



Dakota Wellness Program

AUGUST 2022

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Join Audra for a fast discussion of how to smoothly develop healthy habits during our monthly 15-minute wellness webinar.

Click here to register today!



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

SANFORD
HEALTH PLAN

A failure is the first step to your future success

Changes to your routine are difficult to achieve on the first try. If you are thinking about giving some new health habits a go, starting them at the beginning of the month, your birthday or at the same time as another new beginning in life can actually help you. At these valleys in life, we are often more motivated and ready to let past failures go.

Try these science-backed tips for successful habit change:



Identify a cue

Being as specific as possible for the when and where is important to help you to do a new health activity. A goal like “I’ll workout on weekdays” is too vague. Identify exactly the day, time, place you will do an activity and tie it to a cue that you are already doing. Instead, “I’ll walk on Tuesday and Thursday for 15 minutes at the baseball fields during the team warm-up.” In this scenario you added exercise to an activity you will already be doing – going to a baseball game.



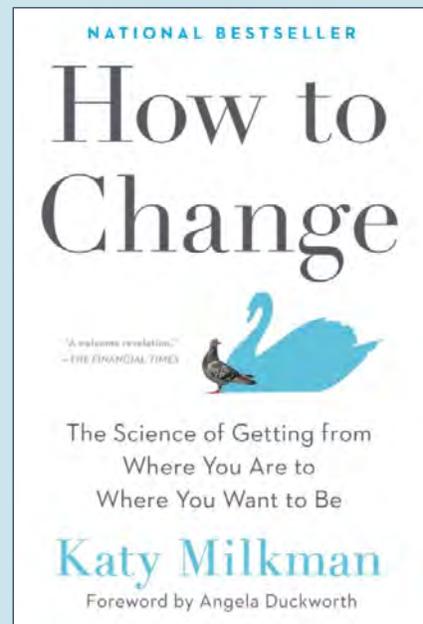
Make it fun

Health activities that you find to be difficult, painful or punishing are the least likely to stick. Add in some fun by pairing a health activity with something you already like to do – this is known as temptation building. Make a list of activities that bring you joy and make a second list of health habits you often avoid but want to do. Pair one of your joyful activities with a health habit to do at the same time.



Find a healthy habit friend

Your environment is a big piece of habit change – this includes those who surround you. Start by asking a friend how they accomplished a goal you would also like tackle. Spend more time with people who practice a healthy lifestyle and you will start to mirror their behaviors.



Book Club

The Science of Getting from Where You Are to Where You Want to Be

by Katy Milkman

As an economist, award-winning Wharton Professor and Choiceology podcast host - Katy Milkman has devoted her career to the study of behavior change. In the book she reveals a path that can take you from where you are today to where you want to be in the future.

Change comes most readily when you understand what’s standing between you and success - then tailoring your solution to that roadblock. Drawing on Milkman’s original research and the work of her world-renowned scientific collaborators, *How to Change* shares strategic methods for identifying and overcoming common barriers to change, such as impulsivity, procrastination, and forgetfulness.

DISCUSSION QUESTIONS

- 1. What are one or two health habits you have tried and failed at?**
- 2. Which obstacles to change from the book have you faced?**
- 3. What book takeaways do you plan to implement for successful habit change?**

Ask the Expert

Registered Dietitian

Question: Are fruit and fruit juice healthy?

Fruits contain healthy, naturally occurring sugars that are packaged with other nutrition benefits like vitamins, minerals, phytochemicals (chemicals produced by plants) and fiber. Unlike other processed and refined carbohydrates that have been stripped of their nutrition, whole fruits are nutritional powerhouses.

One hundred percent fruit juice that has no added sweeteners can be included as part of a healthy eating pattern as well. It contains similar amounts of nutrients as whole fruit but is lacking in one essential dietary component – fiber. For this reason, it is recommended that at least half of your daily fruit intake come from whole fruits rather than all juice.

To increase your fiber and easily consume whole fruits:

- Blend whole fruits and their peels into a smoothie
- Add frozen or fresh whole fruit to yogurt or cereal
- Make frozen desserts like bananas with peanut butter and chocolate chips instead of ice cream or an ice and whole fruit sorbet

Exercise is Medicine

Exercise has been proven effective as a treatment for health conditions by helping the body burn off excess glucose (sugar), reduce weight and improve feel good chemicals in the brain. Sanford Health Plan's Exercise is Medicine program will give you the foundation to make exercise a part of your daily life with a formal 12-week program. We offer virtual classes available to anyone no matter where you live. In-person classes are offered in Bismarck, Fargo and Sioux Falls.

You qualify for this program if you are currently living with any of the following health conditions:

- A BMI (body mass index) of 30 or greater
- High blood pressure or cholesterol
- Depression or anxiety
- Prediabetes or type 2 diabetes
- Cancer

To find out more about our program and costs where you live visit sanfordhealthplan.com/exercise-is-medicine

DO talk to strangers

We grow up learning that we should not talk to strangers. This is important in many situations, but in other scenarios, there are actually health benefits of talking to people.

Having genuine interactions with a cashier or at the gym, church or work can help:

- Get us off of auto pilot
- Improve mood
- Brighten someone else's day

Whether you are an introvert or an extrovert, there are simple ways to connect with others to improve our social well-being. Keep it simple with someone you don't know, for example, "I really like this new menu item" or "Your store must be busy with the forecasted blizzard." For closer acquaintances, such as a coworker, instead of saying "How are you?" try "What's going well lately for you at work?" or "What's new in your work?"

Think of your interactions with strangers as a way to practice social mindfulness. Be present, notice your surroundings and who is in them. Acknowledge others and have an interaction. If you notice, the other person does not want to engage in the conversation, which is ok, just move on.



Preventive Health

Asthma control

Asthma is a chronic disease that causes inflammation and swelling of the airways. Asthma cannot be cured, but symptoms can be controlled. Talk with your healthcare provider about your symptoms and identify triggers to create an asthma management plan.

Triggers to discuss with your doctor:

- Asthma triggers vary by person and may include some of the below. Monitor and track your asthma triggers.
 - o Allergies: pollen, molds, dust mites and pet dander
 - o Irritants in the air: cigarette smoke, air pollution, fumes/vapors/odors and dust particles
 - o Exercise: particularly in cold weather, can trigger exercise-induced asthma
 - o Weather: dry wind, cold air and sudden changes in weather
 - o Strong emotions: stress, anger, fear, excitement and laughter
 - o Medicines: some medications can trigger asthma
 - o Other health conditions: certain conditions can compound the symptoms of asthma

Create a management plan

- Know and minimize contact with triggers
- Take asthma medication as prescribed
- Monitor asthma and recognize when it may be getting worse
- Know what to do when asthma is getting worse



Monthly Observances

Breastfeeding Immunization

Black bean brownies

Serves: 9
Total Time: 70 minutes | Prep time: 10 min | Cook time: 25 min

Ingredients:

1 15 oz. can black beans, drained and rinsed thoroughly	1/2 cup unsweetened cocoa powder
3 large eggs	1 tsp vanilla
1/4 cup unsweetened applesauce	1/4 tsp salt
1/2 cup maple syrup	1/2 cup dark chocolate chips
1 tsp baking powder	

Directions:

Preheat oven to 350 degrees. Place black beans in a food processor and puree until smooth. Add bean puree to a bowl and use a mixer to blend all ingredients until smooth, except chocolate chips. Pour the batter into a greased 8x8 baking dish. Sprinkle the chocolate chips over the top of the batter. Bake for 25-27 minutes. Let cool for at least 30 minutes before slicing into squares.

Nutrition Facts:

Calories: 167 | Total fat: 6g | Total Carbohydrate: 25g
Dietary Fiber: 5g | Total Protein: 5g | Sodium: 201mg

Nutrition information compiled using MyNetDiary.com



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Join us for live cooking classes on our Facebook Group. **REGISTER HERE!**

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