



# Dakota Wellness Program

## **JUNE 2024**

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Join Sanford Health Plan Wellness team members for our monthly 15-minute wellness webinar.

**Click here to register today!**



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# Prioritizing Men's Health: A Holistic Approach to Well-being

Prioritizing men's health is crucial for enhancing overall quality of life and preventing various health issues. Physical well-being is often associated with regular exercise, a balanced diet and sufficient sleep. Engaging in regular physical activity not only promotes cardiovascular health but also helps maintain a healthy weight and reduces the risk of chronic diseases such as heart disease and diabetes.



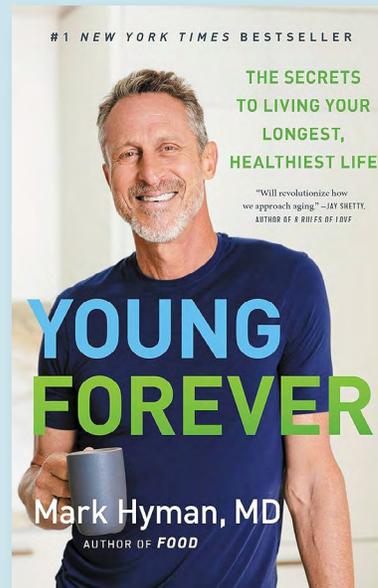
Mental health is another integral component of well-being. Men may face unique challenges related to societal expectations and stereotypes about masculinity. Encouraging open conversations about mental health and seeking support when needed can contribute to a positive mindset and emotional resilience. Stress management techniques, mindfulness practices and maintaining strong social connections play pivotal roles in fostering mental well-being.



Regular check-ups, screenings, and vaccinations detect issues early for timely intervention. Proactive health management includes understanding risks and making informed lifestyle choices like quitting nicotine, moderating alcohol and maintaining a nutritious diet.



Encouraging men to prioritize health by dispelling stereotypes and normalizing self-care is crucial. A holistic approach to men's health, covering physical, mental and social aspects, fosters well-being, enhances quality of life and prevents health issues proactively.



## Book Club

***Young Forever: The Secrets to Living Your Longest, Healthiest Life***  
by Mark Hyman, MD

"Young Forever: The Secrets to Living Your Longest, Healthiest Life" by Dr. Mark Hyman delves into the science-backed strategies for extending lifespan and enhancing health. Hyman emphasizes the significance of lifestyle factors such as nutrition, exercise, sleep, stress management and social connections in promoting longevity and vitality. He advocates for a holistic approach to health, integrating both conventional and alternative medicine practices. The book provides practical tips and actionable advice to help readers optimize their health span and live a fulfilling life.

### Discussion questions

1. How does Dr. Mark Hyman prioritize lifestyle factors such as nutrition, exercise and stress management in promoting longevity? What evidence does he provide to support his approach?
2. In what ways does "Young Forever" challenge conventional views on aging and health care? How does Hyman advocate for a more holistic approach to health span extension?
3. Reflecting on your own habits and routines, how might you incorporate some of the strategies outlined in the book to enhance your longevity and overall well-being? Which aspects resonate with you the most, and why?

# How are Meaningful Social Connections Beneficial to Quality of Life?

Meaningful social connections are fundamental for our overall well-being and success. They serve as a cornerstone for mental and physical health, providing emotional support and resilience during challenging times. These connections offer a diverse range of perspectives, stimulating cognitive functions and fostering personal growth through feedback and encouragement. Additionally, they play a crucial role in professional development by offering networking opportunities, mentorship and access to resources. In essence, nurturing meaningful social connections enriches our lives holistically, contributing to emotional fulfillment, intellectual stimulation and professional advancement.



## Powering Your Health: Unveiling the Vital Role of Protein

Proteins are vital for structure, enzymes, transport, immunity, hormones, muscle function, cell communication, DNA regulation, repair and energy. They're essential for nearly all biological processes, from providing structure to catalyzing reactions and regulating cellular activities.

Boost protein intake with lean meats, eggs, dairy and plant-based sources like beans and tofu, nuts, seeds and whole grains. Consider protein supplements and opt for protein-rich snacks and breakfasts. These simple adjustments can help increase daily protein intake.

## Preventing Type 2 Diabetes

As a Sanford Health Plan member, you have a diabetes prevention program offering to help you make small lifestyle changes that can lead to big health improvements.

Change Your Weigh is an evidence-based program offered in partnership with the CDC's National Diabetes Prevention Program. This yearlong, group-coaching program focuses on simple strategies to help you lose weight, increase physical activity and decrease your risk for developing type 2 diabetes.

The group virtual program includes:

- Weekly meetings for the first four months
- Monthly meetings for the last eight months
- Support from a trained lifestyle coach and class peers

**REGISTRATION IS NOW OPEN** for summer and fall program start dates by scanning or visiting below.



Learn more

◀ Scan the QR Code or visit [sanfordhealthplan.com/diabetes-prevention](https://sanfordhealthplan.com/diabetes-prevention).

## Empowerment through Self-Acceptance: Nurturing a Positive Body Image for Overall Well-Being

Fostering a positive body image is vital for well-being. This means accepting and appreciating your body, focusing on its functionality rather than societal beauty norms. Self-care through exercise and balanced nutrition empowers and fosters self-love. Rejecting unrealistic standards and celebrating uniqueness promotes inclusivity. Surrounding yourself with supportive influences helps cultivate a healthier mindset. Ultimately, it's about practicing self-compassion, prioritizing self-care and embracing diversity.

# Preventive Health

## The Benefits of Getting Outdoors

June is National Great Outdoors Month. Most Americans spend an average of over ten hours in front of a screen each day. We are spending increasingly less time outdoors due to our trend toward more industrial and urban living and our advances in technology. Spending time in nature has been shown to have a variety of health benefits including lower stress levels, better overall mood, improved attention, decreases in feelings of anxiety, reduction in blood pressure and improved immune function just to name a few!

Some research shows that when we are in nature, we are more likely to participate in activities that reach recommended physical activity per week. Research also suggests that just viewing images of nature increases brain attention and improves positive emotion. Just listening to the sounds of nature can increase cognitive function.

There are opportunities to spend time outdoors no matter what your interests or hobbies are. Some ideas include bird watching, hiking, having a picnic, observing clouds, walking, fishing, photography, horseback riding, canoeing, pickleball and many more!

## Monthly Observances

**The great outdoors**  
**Migraine and headache**  
**Post-traumatic stress disorder**

**June 2: Cancer Survivors Day**

**June 8: Family Health and Fitness Day**

**June 10-16: Men's Health Week**

### Morning Glory Baked Oatmeal

SERVINGS: 8

#### Ingredients:

1 cup chopped pecans  
1/4 cup shredded, unsweetened coconut  
1 teaspoon ground cinnamon  
1 tablespoon light brown sugar  
1/2 teaspoon plus 1 pinch salt  
2 cups old-fashioned rolled oats  
(do not use quick-cooking or instant)  
1 teaspoon baking powder  
2 cups low-fat milk (1 percent)  
1/3 cup pure maple syrup  
1 large egg

2 tablespoons neutral-tasting oil, such as avocado, grape-seed or canola, plus more for brushing pan  
1 1/2 teaspoons pure vanilla extract  
1 medium Golden Delicious apple (unpeeled), cored and cut into 1/2-inch pieces (1 cup)  
1 or 2 medium carrots, scrubbed well, then shredded (1 cup)  
1/2 cup raisins

#### Instructions:

Preheat the oven to 375 degrees. Brush an 8-inch square baking dish or a 9-inch deep-dish pie plate with oil. Mix together 1/2 cup of the pecans, 2 tablespoons of the coconut, 1/4 teaspoon of the cinnamon, the brown sugar and a pinch of salt in a medium bowl.

Stir together the oats, baking powder, the remaining 3/4 teaspoon of cinnamon and the remaining 1/2 teaspoon of salt in a mixing bowl.

Whisk together the milk, maple syrup, egg, oil and vanilla extract in a liquid measuring cup. Pour the milk mixture over the oat mixture, stirring to combine, then mix in the remaining 1/2 cup of pecans and the remaining 2 tablespoons of coconut, plus the apple, carrots and raisins. Pour into the prepared baking dish. Top with the pecan-coconut mixture. Bake for 40 to 45 minutes or until golden at the edges and just set at the center. Serve warm.

**Nutrition Facts:** Calories: 340kcal | Fat: 18g (Sat. Fat 4g)  
Carbohydrates: 41g | Protein: 8g | Cholesterol: 25mg  
Sodium: 280mg | Fiber: 5g | Sugar: 23g (including 9g added sugars)



#### QUICK LINKS

[sanfordhealthplan.com/ndpers](http://sanfordhealthplan.com/ndpers)

#### SET-UP A

[mySanfordHealthPlan](http://mySanfordHealthPlan)

#### ONLINE ACCOUNT

[sanfordhealthplan.com/memberlogin](http://sanfordhealthplan.com/memberlogin)

#### CONTACT US

[NDPERSwellness@sanfordhealth.org](mailto:NDPERSwellness@sanfordhealth.org)  
(800) 499-3416 (TTY: 711)



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