

# Dakota Wellness Program

## OCTOBER 2022

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Join Sanford Health Plan dietitian, Mariah Reil, and Audra to explore effective ways to talk with kids about health.

**Click here to register today!**



NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM

**SANFORD**  
HEALTH PLAN

# Talking with kids about health

As parents and role models, we want the children in our lives to be healthy and take care of their bodies. However, we often overlook the importance of how we talk about health. Here are some tips to keep in mind when you talk about what it means to be healthy.

## BE OBJECTIVE

- Instead of, “Ice cream is bad” or “Exercise is good for you” try, “Ice cream gives you fast energy and helps your bones” or “Exercise can give you energy.”

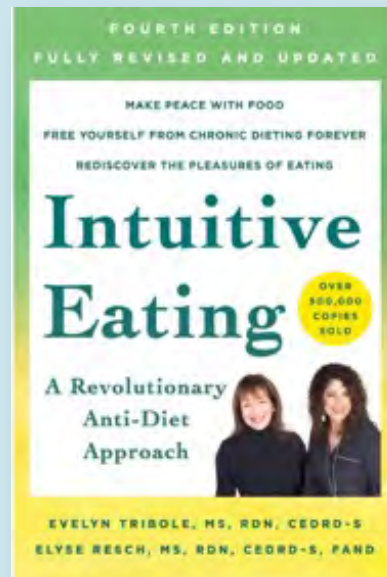
## ASK QUESTIONS

- If your child asks you, “Is ice cream healthy?” or “My friend at school says \_\_\_ is unhealthy.” Ask your child questions to help them think critically. “What do YOU think it means to be healthy?” or “How does your body FEEL when you eat ice cream?”

## USE POSITIVITY TO MOTIVATE, NOT FEAR

- Teach your child what they can look for with healthy behaviors, instead of instilling fear of a negative outcome. “I love riding bike with you, it gives us a good time to tell stories!” instead of “We should exercise otherwise we won’t be healthy.”

Allowing your child to understand what food, movement, and other behaviors DO for their bodies allows them to think critically. It also allows them to tune into their own needs and can significantly reduce their risk for developing a harmful relationship with food, movement, or their body.



## Book Club

### *Intuitive Eating: A Revolutionary Anti-Diet Approach It*

by Evelyn Tribole, MS, RDN, and Elyse Resch, MS, RDN

Since it was first published in 1995, Intuitive Eating has become the go-to book on rebuilding a healthy body image and making peace with food. This revised edition is entirely updated throughout including new material on diet culture, weight stigma, and baby-led weaning. These expansions will help readers properly integrate intuitive eating into their daily lives and make peace with food.

## DISCUSSION QUESTIONS

1. **There have been many diets trends throughout the decades. How have these changed over time and how have they stayed the same?**
2. **How is intuitive eating different than dieting?**
3. **Have you viewed any social media posts or read any articles recently that feel problematic after reading Intuitive Eating? What was their topic or language that they used?**
4. **Have you made any changes to your eating practices after reading the book?**

Join us for our monthly book club. [Register here](#)

# Ask the Expert

Sanford Fit

## *How can I get my kids off the couch and get them up and moving?*

Making exercise fun and exciting can be an activity the whole family can enjoy. It may just be a habit – or something you do without thinking – to sit on the couch when nothing is on TV or endlessly scroll through a device.

To break a habit you can try:

- **Fit Boost:** printable cards or online game that includes a warm-up, movement and cool down exercises anyone can do at home, the park or really anywhere! To play the online game or download printable cards visit [fit.sanfordhealth.org/resources/fitboost-activity](https://fit.sanfordhealth.org/resources/fitboost-activity)
- **Fit Flow:** printable cards or online game that includes yoga poses with instructions anyone can do. To play online or download printable cards visit [fit.sanfordhealth.org/resources/fitflow-activity](https://fit.sanfordhealth.org/resources/fitflow-activity)

Explore articles, videos and many free downloads you can use to engage your kids in their health.

Visit [fit.sanfordhealth.org/families](https://fit.sanfordhealth.org/families) for more information and ideas.



## Care personally, change directly

Have you ever found a bit of food stuck in your teeth and wondered how long it's been there? If so, you know how it feels to not have information you'd rather have. Feedback at work can be just as challenging as that sticky bit of broccoli, many avoid difficult conversations.

A guiding principle for effective feedback comes from Kim Scott, author of *Radical Candor* to care personally, challenge directly. Caring personally means not leaving your emotions at the door. Instead, strive for professional, authentic relationships that build trust.

Challenging directly means honoring our obligation to share clear, constructive feedback needed for change.

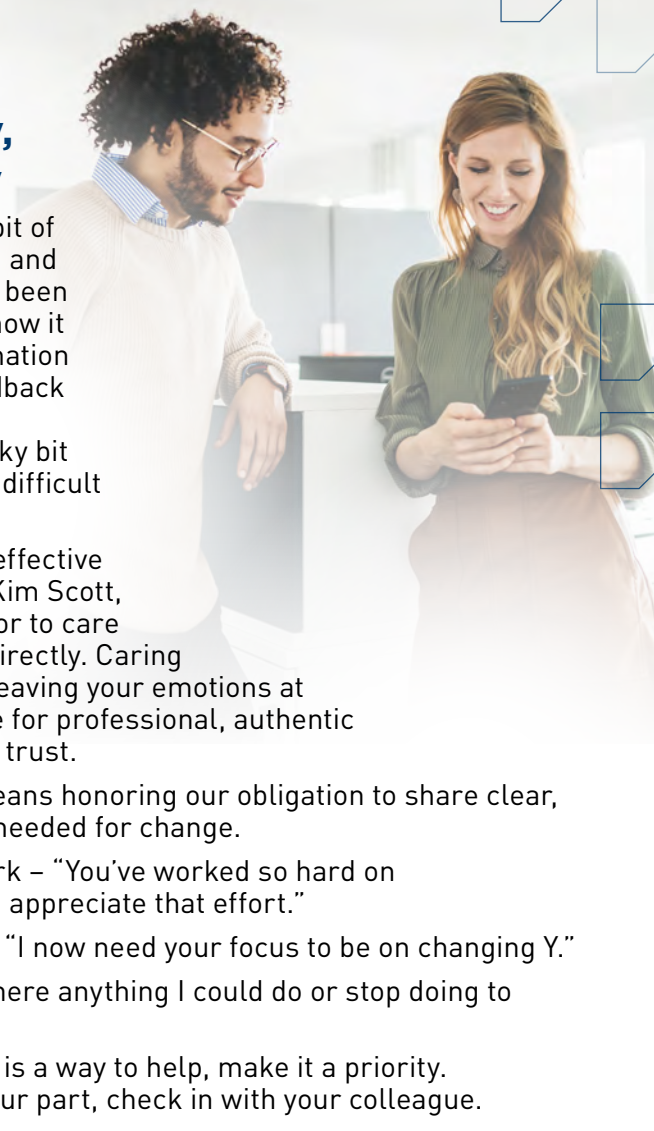
1. Recognize good work – “You’ve worked so hard on [project, sale, etc.] I appreciate that effort.”
2. Difficult feedback – “I now need your focus to be on changing Y.”
3. Offer of help – “Is there anything I could do or stop doing to help you?”
4. Follow up – If there is a way to help, make it a priority. After completing your part, check in with your colleague.

## Giving back during the holidays

Instead of putting all the focus of your holiday on the decorations, gifts you will buy or the food you will prepare – put a new spin on the holiday season by thinking how you can do something for those in need in your community. The most commonly requested items in the winter and holiday time include:

- Gently used or new coats, hats and hand coverings for all ages
- Food – not just holiday themed – but also healthy pantry staples like canned goods, boxed foods and grains
- Dog, cat and pet supplies
- Personal hygiene items and toiletries
- Toys

Call 211 or visit your local helpline website to find organizations that could use your time to collect and sort donations or those that are currently accepting donations of these items for your community.



# Preventive Health

## Eye Injuries

Eye injuries affect around 2.5 million people every year. Household products cause more than 125,000 serious eye injuries. Hospital emergency rooms treat nearly 40,000 victims of eye injuries from sports. Below are tips for preventing injury to your eyes.

### At Home

- Remove/soften sharp edges on furnishings/fixtures
- Install light and handrails on stairs
- Remove lawn debris before mowing and wear protective eye gear when mowing, trimming or cutting
- Keep tools and power equipment in good condition and use guards
- Store hazardous products in a secure area and wear chemical safety goggles when using

### At Work

- Know the eye safety dangers at work: complete an eye hazard assessment
- Eliminate hazards before starting work and use machine guarding, work screens or other engineering controls
- Use proper eye protection

### At Play

- Wear sunglasses that protect your eyes from UVA and UVB rays, even on cloudy days
- Never look directly at the sun
- Wear sport-specific safety goggles/glasses during sports
- Wear sport-specific helmet with a polycarbonate face shield during high-impact sports
- Wear safety goggles/glasses during sports or activities that shoot projectiles

## Monthly Observances

**Breast cancer**

**Children's health**

**Dental hygiene**

**Domestic violence**

**Health literacy**

**Healthy babies**

**Healthy lung**

**2-8—Mental illness**

**20—Osteoporosis**

**20—Stroke**

**22—Make a difference**

## Pumpkin energy bites

Serves: 6

Total Time: 75 minutes | Prep time: 15 min

### Ingredients:

2 cups old fashioned oats	¼ cup honey
2 Tablespoon chia seeds	½ cup pumpkin puree
½ teaspoon pumpkin pie spice	½ cup mini chocolate chips
½ cup peanut or almond butter	

### Directions:

In a large bowl combine the oats, chia seeds, and pumpkin pie spice. Stir to combine. In a microwave-safe bowl, heat the nut butter and honey in the microwave for 30 seconds. Stir to combine. Add the melted honey and nut butter to the oat mixture along with the pumpkin puree. Stir well until totally mixed and combined. When the mixture cools, fold in the chocolate chips. Use a cookie scoop to create balls and cool in refrigerator for at least an hour before eating. Store in the fridge for 1 week.

### Nutrition Facts:

Calories: 392 | Total fat: 19g | Total Carbohydrate: 51g  
Dietary Fiber: 7g | Total Protein: 10g | Sodium: 94mg

*Nutrition information compiled using [MyNetDiary.com](http://MyNetDiary.com)*

## QUICK LINKS

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

## SET-UP A

[mySanfordHealthPlan](#)

## ONLINE ACCOUNT

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

## CONTACT US

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**(800) 499-3416**



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