

Dakota Wellness Program

SEPTEMBER 2023

Inside this issue...

Let's Play!

The 7 Habits of Highly Effective Teens

Ask the expert

Healthy and Happy mealtimes for kids

Preventive health

Rainbow veggie roll up



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

Click here to register today!



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

SANFORD
HEALTH PLAN

Let's Play!

Many people know the benefits of exercise: improved cardiovascular fitness and strength, decreased anxiety and depression, weight control, and better overall health. Recent studies have also shown that “Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior)”. Unfortunately, less than 1 in 4 school-aged children meet the current recommendations for physical activity.



60 minutes of physical activity every day:

This can be 1 hour all at once, or split into smaller chunks throughout the day

Activities could include:

fast walking, recreational bike riding, catching/throwing games, stair climbing, or yoga



Aerobic exercise:

3 days per week, as part of your 60 minutes of activity

Activities could include:

team sports, running/chasing games, martial arts, or fast bike riding



Muscle strengthening:

3 days per week, as part of your 60 minutes of activity

Activities could include:

climbing playground equipment or trees, gymnastics, calisthenics (sit ups/push-ups/planks), tug of war



Bone strengthening:

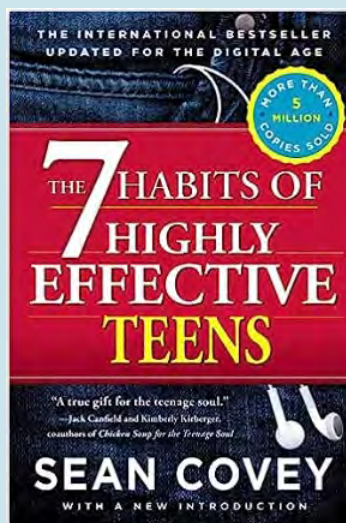
3 days per week, as part of your 60 minutes of activity

Activities could include:

jump rope, hopscotch, swimming, team sports

Don't worry if you can't get there right away- even building in a few extra minutes each day can get you moving in the right direction! If you notice your child has difficulty with the activities above, he/she may benefit from a physical therapy evaluation to determine if decreased strength, coordination, or balance is preventing your child from being as active as they should be.

Monica Christensen, PT, DPT | LifeScape Physical Therapy
[cdc.gov/healthyschools/physicalactivity/facts.htm](https://www.cdc.gov/healthyschools/physicalactivity/facts.htm)



Book Club

The 7 Habits of Highly Effective Teens by Sean Covey

Imagine you had a roadmap—a step-by-step guide to help you get from where you are now, to where you want to be in the future. Your goals, your dreams, your plans...they're all within reach. You just need the tools to help you get there.

That's what Sean Covey's landmark book, *The 7 Habits of Highly Effective Teens*, has been to millions of teens: a handbook to self-esteem and success. Now updated for the digital age, this classic book applies the timeless principles of 7 Habits to the tough issues and life-changing decisions teens face. Covey provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents, as well as tackle the new challenges of our time, like cyberbullying and social media. In addition, this book is stuffed with cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world.

DISCUSSION QUESTIONS

1. Which insights caused you to pause and reflect?
2. What is one habit you will discuss with a teenager in your life?
3. How can you help teens incorporate skills for healthy habits?

Ask the Expert

Question: **What is a sports physical?**

Sports physicals help determine whether it is safe for a child to participate in sports and other physical activity. The exam includes a review of past medical history, injuries and concussions as well as an assessment of current health status to include physical, heart and lung health. Heart and lung problems can keep youth from safely playing a sport, as they can go unnoticed.

Discussion may also include lifestyle habits such as smoking, vaping and use of alcohol, drugs, or nutrition and/or performance-enhancing supplements. Sports physicals provide an opportunity to discuss sport safety and injury prevention. Concussion symptoms, safety gear, dehydration and heat/cold illness are topics that may be covered.

Sports physicals are not as comprehensive as well child visits. Sports physicals can be completed within the more comprehensive well child visit by bringing the school's required paperwork for your provider to complete.



Healthy and Happy mealtimes for kids

Getting kids to eat balanced meals can be one of parenting's most difficult challenges! Many parents struggle with a picky eater and as a result, family mealtimes can turn into a stressful battle. However, parents can help kids learn about good nutrition while also learning to trust their bodies. These principles apply to children of any age, but are especially helpful to introduce early on in life. Here are some best practices from child nutrition experts:

THE PARENT PROVIDES, THE CHILD DECIDES:

Parents get to decide what food is included, or not included, in a meal. It is the child's job to decide if and how much of that meal they will eat.

NO PRESSURE:

Avoid rules such as 'just take one bite'. Avoid positive pressure to eat, such as congratulating a child for eating a vegetable. Instead, try to serve foods in a neutral way. It can take 20+ exposures before a child accepts a new food. This means that even placing a piece of broccoli on the plate is a win. No pressure gives the child time to warm up to the food and the freedom to try it without the pressure to finish it.

FOOD IS FOOD:

Don't place foods on a pedestal. For example, when we overly restrict foods like desserts, children learn that it is 'off-limits', which can cause an obsession with that type of food. Instead, try to expose children regularly to a variety of foods, sweets included. When doing so, remember to stay neutral and simply add it to the balanced meal plate.



Preventive Health

Well Child Visits

Well child visits are regular check-ups for children under the age of 18. Health and wellness care varies from infancy through childhood through adolescence.

Infants & Children: 0-3 years

Well child visits occur more frequently during the first years, as children experience rapid growth and development during this time. Visit discussions and screenings may include:

- Physical exam
- Growth and development
- Eating habits
- Motor skills
- Sleep patterns
- Behavior patterns
- Vaccinations
- Safety

Children & Adolescents: 3-17 years

Well child visits occur annually and include age and gender appropriate discussions and screenings, which may include:

- Physical exam
- Milestones: preschool and kindergarten
- Healthy Habits: physical activity, nutrition, sleep patterns
- Screenings: weight, blood pressure, cholesterol
- Screening: alcohol, tobacco, drugs, sexual behavior/STD's, suicide (if appropriate)
- Safety: injury prevention and care
- Immunizations

Learn more about Well Child preventive health benefits at sanfordhealthplan.com/members/wellness.

Monthly Observances

National Childhood Obesity Awareness Month

National Cholesterol Education Month

Ovarian Cancer Awareness Month

Childhood Cancer Awareness Month

Pain Awareness Month

Prostate Cancer Awareness Month

World Alzheimer's Month

National Suicide Prevention Week: September 10-16

Falls Prevention Awareness Week: September 17-23

QUICK LINKS

sanfordhealthplan.com/ndpers

SET-UP A

mySanfordHealthPlan

ONLINE ACCOUNT

sanfordhealthplan.com/memberlogin

CONTACT US

**NDPERSwellness@
sanfordhealthplan.org
(800) 499-3416 (TTY: 711)**

Rainbow Veggie Roll Up

Servings per recipe: 8

Ingredients:

- | | |
|---|--|
| 8 oz. reduced-fat cream cheese or Neufchatel cheese, softened | 1 cucumber |
| 1 tsp. salt-free lemon pepper seasoning | 2 celery stalks, cut and thinly sliced |
| 1 red bell pepper, thinly sliced | ¼ head purple cabbage |
| 1 yellow pepper, thinly sliced | 8 whole wheat tortillas |
| 1 cup matchstick carrots | |

Instructions:

1. Peel the cucumber using a vegetable peeler.
2. Slice the pepper, celery, carrots, and cabbage (be sure to have an adult oversee this).
3. Add softened cream cheese and seasoning to a bowl. Combine and fold, using a spatula and scraping the sides of the bowl.
4. Place tortilla on workspace and spread 2 Tbsp. of the cream cheese over the tortilla.
5. Add veggies in a single layer over the entire tortilla and roll.
6. Cut into 8 equal pieces and serve, or refrigerate.

Nutrition Facts: Serving size: 1 roll

Calories: 24 | Total fat: 1g | Saturated Fat: 0g
Total Carbohydrate: 4g | Sugar: 1g | Dietary Fiber: 1g
Total Protein: 1g | Protein: 1g

Nutrition information compiled from [Sanford Fit](http://SanfordFit)



Follow us on Facebook!

The information in this newsletter should not be considered medical advice and is not a substitute for individual patient care and treatment decisions.



SANFORD
HEALTH PLAN