

State of South Dakota

I. Vision and goals:

The goal of the South Dakota Healthy States project is to promote healthy lifestyles and reduce chronic disease in South Dakota worksites through healthy eating and physical activity.

The 2005 South Dakota State Plan for Nutrition and Physical Activity identified the worksite as one of five target populations and a top priority for the first year of implementation. Worksites are a logical priority because a majority of South Dakotans work: 63.7% of South Dakota mothers of children under age six are in the workforce. The plan recognizes worksite wellness as an opportunity to influence the health of families indirectly through activities offered in the worksite.

II. Background information:

The www.HealthySD.gov Web site is the central location for resources to support programs for worksites and individuals. South Dakota's *Healthy States* project focuses on nutrition and physical activity but also allows worksites to assess their specific needs and develop plans for policy and environment change that will best meet the needs of their employees. The *Healthy States* project utilizes the department developed *Strides to a Healthier Worksite* tool kit, which is a hands-on, practical resource for worksites interested in implementing wellness programs. The kit provides step-by-step instructions on how to start a wellness program, samples of surveys to evaluate the particular workplace, and wellness activity ideas for nutrition and physical activity. *Strides to a Healthier Worksite* helps develop activities appropriate for the individual worksite.

III. *Healthy States* action agenda (plan of work).

- Department of Health and South Dakota State University (SDSU) Cooperative Extension Services (DOH/CES) will train staff to provide technical assistance to rural worksites in underserved and minority areas in the state.
 - i. Rural locations in the state
 - ii. Worksites with limited resources and employees
 - iii. Minority population
- DOH and CES will provide resources to 10 worksites for wellness projects using the *Strides to a Healthier Worksite* resource guide and materials. Mini grants will be provided to worksites that are ready to make changes related to policy and environment.
 - i. Establish one pilot project with an American Indian Casino.
- The DOH will develop two additional components for the Healthy SD web site to support worksite wellness.
 - i. Develop and implement components of a statewide data collection system for individual worksites to enter data. The Healthysd.gov Web site will expand to evaluate the impact of South Dakota worksite wellness and explore a recognition program.
 - ii. Develop online assessment that worksites could access on the Healthysd.gov Web site to get instant feedback on worksite policy and environment as well as request a consultant to provide technical assistance regarding the *Strides to a Healthier Worksite* guide.
- Assess and develop new resources identified by the Worksite Wellness Consultants related specifically to rural needs and minority populations.

IV. Team membership:

Department of Health, Coordinator, Nutrition and Physical Activity Program

Department of Health, Worksite Wellness Consultant

Department of Health, State Nutritionist

Private, Manager, Avera Corporate Health Services

Department of Labor, Public Information Officer

Governor's Office, Senior Policy Advisor to the Governor

Department of Health, Director, Division of Health and Medical Services

Department of Tourism and State Development

South Dakota State University, Cooperative Extension

Private, Coordinator, Sioux Valley Health System Partners in Prevention

Department of Education

Department of Health DOH Worksite Wellness Coordinator:

SDSU Cooperative Extension Program Leader

Business Owner, Insight Marketing Design

Bureau of Personnel, State Employee Wellness

Department of Health, Administrator, Office of Health Promotion

Indian Health Services, Program Officer, Nutrition/Dietetics,

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