



Healthy Living Update

Take it. Share it.

American Diabetes Association Alert Day®, which is held every fourth Tuesday in March, is a one-day, “wake-up call” asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes.

The new Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risks for prediabetes or type 2 diabetes. Preventative tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider.



Take Charge of Your Health

Studies have shown that type 2 diabetes can often be prevented or delayed by losing just 7% of body weight (such as 15 pounds if you weigh 200) through regular physical activity (30 minutes a day, five days a week) and healthy eating. By understanding your risk, you can take the necessary steps to help prevent the onset of type 2 diabetes.

You can be part of the movement to Stop Diabetes® and get your free Diabetes Risk Test (English or Spanish) by visiting the Association on [Facebook](#), [stopdiabetes.com](#) or by calling 1-800-DIABETES (1-800-342-2383). Although Alert Day is a one-day event, the Diabetes Risk Test is available year-round.

This Month at Public Health:

Immunization Clinics:

- March 4 – 1:00-6:00 pm
- March 8 – 1:00-5:00 pm
- March 21 – 1:00-6:00 pm
- March 26 – 1:00-6:00 pm

OPOP:

- March 11
- March 12
- March 18
- March 19

Cholesterol Screenings:

- March 8
- March 25

Holiday Closings:

- March 29 – closed for Good Friday



Health Maintenance Program Offered at Bismarck-Burleigh Public Health



BBPH staff makes home visits to clients based on a reasonable expectation that the client's medical, and social needs can be adequately met by the health care staff members in the client's place of residence.

Referrals may be accepted from the individuals themselves, family, professionals or others who believe there is a need.

There are referral criteria that the client must meet for a nurse from BBPH to make a visit.

- Client resides in Bismarck/Burleigh County
- There is a reasonable expectation that the client's nursing needs can be safely met in the client's home
- The client requires no more than once weekly nursing visits.
- The client does not require in-home nursing services as defined by Medicare
- There is an identified need that requires nursing services provided in the home to restore, improve or maintain the client's health.
- The client is under the care of a medical professional.

The most common reason for referral to our program is medication confusion/poor compliance. A weekly nursing visit to assess the client and set up medications is often all that is needed to ensure compliance.

The cost of the home visit may be paid by various means.

There may be Medicaid or VA coverage available. Some clients pay privately for visits and this payment is calculated on a sliding fee scale.

If you have questions or a referral to this program please call Connie at 355-1552.



Getting to know your local emergency preparedness team...

March 20th marks the 18th annual Kick Butts Day – a national day devoted to educate youth about the dangers of tobacco – and an opportunity for the Center for Tobacco Prevention and Control Policy (the Center) to promote local tobacco-free school policies.

The Center stresses the importance of prevention because research shows that over 80 percent of adult smokers begin before the age of 18. Each year in North Dakota, 600 kids become new daily smokers and purchase 1.7 million packs of cigarettes.

Eleven thousand kids now under 18 in North Dakota will ultimately die prematurely from smoking, which is why the Center works with public health units across the state to promote tobacco prevention and comprehensive tobacco-free policies in schools and communities.

Since the comprehensive program was put into place the number of North Dakota school districts that have adopted comprehensive tobacco-free policies has increased from 60 to 116. These policies eliminate not only cigarette use but also all other types of tobacco use on school grounds and at school events, which protect students, faculty, staff and visitors from exposure to all tobacco use.

“Kick Butts Day is an important part in our fight against the harmful effects of tobacco use,” said Susan Kahler with Bismarck Burleigh Public Health. Bismarck area students who attended the 7th Annual Bismarck Tobacco Prevention Youth Summit, are educating their peers about effective ways to reduce youth tobacco rates such as increasing the price of tobacco products and comprehensive tobacco-free policies in schools.

Who we are: The Southwest Central Division of Public Health Emergency Preparedness provides public health guidance, planning, coordination, response and funding for large scale emergencies. Funding for this division is provided by a cooperative agreement through the Department of Health and Human Services, Centers for Disease Control. The Southwest Central Division of Public Health Emergency Preparedness consists of a team of three individuals including an Emergency Preparedness Regional Coordinator, Public Information Officer and Environmental Health Practitioner.



Your local Emergency Preparedness Regional (EPR) Coordinator with Public Health is Crystalynn Kuntz and has worked in the region since November 2011. The EPR role includes the coordination of services for adequate response to and planning for an emergency or potential disaster in the southwest ND region.

Your local Public Information Officer (PIO) with Public Health is Elizabeth Lengenfelder and has worked in the region since December 2012. The PIO role includes the preparation of a variety of variety of informational materials to increase public awareness of all hazards emergency preparedness.

Your local Environmental Health Practitioner (EHP) with Public Health is Aaron Johnson and has worked in the region since 2008. The EHP role includes the regulation of food and beverage establishments, onsite septic system construction, water quality, public health nuisances, body art, swimming pools, and indoor air quality.