



# Healthy Living Update

## June is Fresh Fruit and Vegetable Month

Are you eating enough fruits and vegetables every day? If not, now is a great time start—especially with **local farmers markets** gearing up for summer!

Grocery stores are filled with fresh produce all year long but farmers markets are another great place to purchase fresh, locally-grown fruits and vegetables that can help add nutrition to your diet.

There are other numerous benefits to shopping your local farmers markets besides healthful eating for the consumer:

- **Farmers & Growers**—Cutting out the “middle man” enables them to sell at competitive retail prices which allows small, family farms to remain viable.
- **Consumers**—Farmers markets allow easy access to fresh, locally grown produce; as well as the opportunity to talk with the producers about the produce grown.
- **Communities**—Farmers markets allow people to come together, allowing connections and positive relationships to build while keeping the food dollars right here in our own communities.
- **Local Economy**—Supporting local producers helps retain jobs and develop local services.
- **Future**—Farmers markets can introduce a new awareness of local food and products to be used within the community and can encourage future generations to remain active in sustaining local agriculture.

For a list of local Farmers Markets, visit our website:

[www.bismarck.org/publichealth](http://www.bismarck.org/publichealth) and click on Nutrition Services.



### *This Month at Public Health:*

#### Immunization Clinics:

- June 3 – 1:00-6:00 pm
- June 14 – 1:00-5:00 pm
- June 20 – 1:00-6:00 pm
- June 25 – 1:00-6:00 pm

#### OPOP:

- June 10
- June 11
- June 17
- June 18

#### Cholesterol Screenings:

- June 7
- June 25

#### Holiday Closings:

- None

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# June 10-16 is Men's Health Week



## Get Informed!

Men's Health Week is celebrated each year as the week leading up to and including Father's Day. The purpose of this week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Use this week to schedule an appointment to seek regular medical advice and recommended screenings to prevent and treat disease and injury.

### Men's Health Screening Recommendations

Screening	Age	Frequency
Blood Pressure	20 +	Every 1 - 2 years or based on risk factors
Cholesterol	20 +	Every 3 - 5 years or based on risk factors
Dental Exam	18 +	Yearly
Digital Rectal Exam	40 +	Yearly
Stool Guaiac Slide	40 +	Yearly
Physical Exam	20-49	Every 2 - 3 years
	50 +	Every 1 - 2 years
Prostate Specific Antigen (PSA)	50 +	Every 1 - 2 years
Colonoscopy	50 +	Every 10 years following 2 negative annual exams
Testicular Self-Exam	18 +	Monthly self exam, yearly by health care provider
	Less than 39	Every 3 - 5 years (more often for certain medical conditions)
Vision	40 +	Every 2 - 4 years

## Bismarck-Burleigh Public Health welcomes their new Director!



**Renae Moch**, MBA, CMPE, has joined the City of Bismarck as the Director of Bismarck-Burleigh Public Health. Renae brings with her several years of experience in public health and medical practice management. Prior to this position, Renae worked as a Practice Management Strategist for the American Academy of Family Physicians in Leawood, Kansas and as a clinic manager for family medicine clinics in the Bismarck area. She is certified in medical practice management through the American College of Medical Practice Executives and received her MBA in health care from the University of Mary in Bismarck.