



# Healthy Living Update



## National Infant Immunization Week Immunization. Power to Protect.

APRIL 26 – MAY 3, 2014



- National Infant Immunization Week (NIIW) is an annual observance to highlight the importance of protecting infants from vaccine-preventable diseases and to celebrate the achievements of immunization programs in promoting healthy communities throughout the United States. This year, NIIW is scheduled to be held April 26 – May 3, 2014.
- Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death. They not only help protect vaccinated individuals, but also help protect entire communities by preventing and reducing the spread of infectious diseases.
- Immunization is a shared responsibility. Families, healthcare professionals, and public health officials must work together to help protect the entire community.
- Most parents choose the safe, proven protection of vaccines. Giving babies the recommended immunizations by age two is the best way to protect them from 14 serious childhood diseases, like whooping cough and measles. Parents are encouraged to talk to their child's doctor to ensure that their infant is up-to-date on immunizations.
- Because of the success of vaccines in preventing disease, parents may not have heard of some of today's vaccines or the serious diseases they prevent. These diseases can be especially serious for infants and young children. That is why it is important to follow the recommended immunization schedule to protect infants and children by providing immunity early in life, before they are exposed to potentially life-threatening diseases. Vaccine-preventable diseases still circulate in the United States and around the world, so continued vaccination is necessary to protect everyone from potential outbreaks. Even when diseases are rare in the U.S., they can be brought into the country, putting unvaccinated children at risk.
- 50 years since the introduction of the measles vaccine we are reminded that although measles was declared eliminated from the U.S. in 2000, the disease is still commonly transmitted in many parts of the world. Because measles continues to be brought into the U.S. by unvaccinated people who get infected while overseas, high vaccine coverage is critical for preventing measles cases and outbreaks, and protecting infants who are too young to get vaccinated.



### *This Month at Public Health:*

#### Immunization Clinics:

- April 7 – 1:00-6:00 pm
- April 11 – 1:00-5:00 pm
- April 17 – 1:00-5:00 pm
- April 22 – 1:00-6:00 pm
- April 28 – 1:00-6:00 pm

#### OPOP:

- April 14
- April 15
- April 21

#### Cholesterol Screenings:

- April 11
- April 22

#### Holiday Closings

- April 18 – Good Friday

#### **BBPH and Burleigh County Extension providing cooking demos!**

*Where:* Dan's Supermarket-  
Bismarck South

*Time:* 3-6pm

*When:* Tues, April 1 & Thurs, May 1

Bismarck-Burleigh Public Health  
500 E Front Ave. Bismarck, ND  
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Phone: 701.355.1540

[www.bismarck.org/publichealth](http://www.bismarck.org/publichealth)

During the first full week of April each year, the American Public Health Association brings together communities across the U.S. to recognize public health and highlight issues that are important to improving our communities and our nation. Because we all have a role in supporting a strong public health system, we need to put prevention to work in our own daily lives.

- ✓ **BE HEALTHY FROM THE START**—Public health starts at home. From family nutrition and maternal health to safety precautions and disaster preparedness, the first step the community takes toward public health is in the comfort of their own home.
- ✓ **DON'T PANIC**—Public health helps communities withstand the impact of a natural or man-made disaster by planning ahead, acting as a source of information during the crisis and helping to mitigate the long-and short-term effects.
- ✓ **GET OUT AHEAD**—Prevention is now a nationwide priority, and as the public health system evolves, there are more options than ever when it comes to preventative health measures. Clinical and public health professionals must work collaboratively to help individuals identify and pursue the best preventative health options.
- ✓ **EAT WELL**—The system that keeps our nation's food safe and healthy is complex. There is a lot of information to review in order to understand food labels and to learn the best practices for food safety. Public health can help guide people through these choices.
- ✓ **BE THE HEALTHIEST NATION IN ONE GENERATION**—For the first time in decades, the current generation isn't as healthy as the one that came before. Communities need to band together to take a stance against this trend to make sure those children and young adults have bright, healthy futures. Public health can lead the way by identifying resources and information to keep everyone healthy and safe.

## **Higher Rates of Sexually Transmitted Diseases Reported in North Dakota**

The North Dakota Department of Health (NDDoH) is reporting an increase in the number of confirmed sexually transmitted disease (STD) cases. Cases of gonorrhea and syphilis have risen, according to Lindsey VanderBusch of the Division of Disease Control at the NDDoH. Statewide data show that the number of cases of syphilis has risen from 15 to 24 since 2012. The number of cases of gonorrhea has increased from 340 cases to 471 cases since 2012.

North Dakotans can reduce their risk of being infected with an STD by:

- abstaining from sexual activity
- having only one non-infected sexual partner
- using condoms consistently with every sexual encounter

Syphilis, gonorrhea and chlamydia are more easily treated in their early stages with antibiotics. If left undiagnosed and untreated, STDs can eventually cause serious complications, including sterility or even death. Contact Bismarck-Burleigh Public Health for more information about confidential STD testing by calling 701-355-1540.