



Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

Healthy Living Update

September is Child Passenger Safety Month

Child passenger safety seats/carseats get old. They reach their expiration date 6 years after the date of manufacture. The expiration date can sometimes be found on the label or stamped into the seat. According to engineers, the reason for the expiration is changes in technology of the seat and of the materials used.

Carseats that have been in a crash should no longer be used except for a minor crash where 1) airbags do not deploy, 2) vehicle can be driven away, 3) crash does not occur on side where child is seated, 4) no injuries **AND** 5) no visible damage to seat. (Your auto insurance may pay for a replacement carseat.)

Carseats that have been recalled, and there is no repair for the recall, should no longer be used.

Some seats are just worn out. Covers and harnesses can be replaced by contacting the manufacturer, but sometimes the expense is more than you paid for the seat.

So what do you do with one of these seats?

Bring it to the next **CARSEAT ROUND-UP** on **SEPTEMBER 4, 2014** between **4 and 6 PM** at **BISMARCK-BURLEIGH PUBLIC HEALTH**.

At the round-up we will give you a \$5 gift card for the seat. We will take the seat apart, remove cloth and metal from it. It will then be collected by Waste Management for recycling. Last year over 200 seats were recycled. This prevents an unsafe seat from being used by a family and a child being injured.

BreatheND
Saving lives, saving money. The voice of the people.



This Month at Public Health:

Immunization Clinics:

- Sept. 3 – 1:00-6:00 pm
- Sept. 11 – 1:00-6:00 pm
- Sept. 12 – 1:00-5:00 pm
- Sept. 23 – 1:00-6:00 pm
- Sept. 29 – 1:00-6:00 pm

OPOP:

- Sept. 8
- Sept. 9
- Sept. 15

Cholesterol Screenings:

- Sept. 12
- Sept. 23



Gov. Dalrymple signed a proclamation of Breastfeeding Week, Aug. 1-7 for ND with BBPH's Dietician Katie Johnke and son (back row, left) in attendance.

Spotlight on Diversity

I know there is strength in the differences between us.

- Ani DiFranco

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Be Disaster Aware, Take Action to Prepare

If something were to happen, how would you contact one another, how would you get to a safe place, and what would you do in different emergency situations? Planning what to do before a disaster strikes provides the best protection for you and your family.



Create a Family Communication Plan

Because you and your family may not be together when a disaster hits, it's important to create a communication plan to help you and your loved ones connect and get help. Complete a contact card for each family member. Have them keep these cards handy in a wallet, purse, or backpack.

More Tips:

- Identify an out-of-town contact, such as a friend or relative, who family members can call to let them know they are safe. It may be easier to make a long-distance phone call than to call across town, because phone lines can be jammed. An out-of-town contact may be in a better position to communicate among separated family members.
- Teach your family members how to text. It may seem like second nature to some of us, but not everyone texts. During an emergency it's often easier to get a text message delivered rather than a phone call.
- Subscribe to an emergency alert system. Check with your local health department or emergency management agency to see if there is one offered for your area. Post emergency telephone numbers by home phones or save them in your cell phone (fire, police, ambulance, etc.).
- Teach children how and when to call 911 for help.

September is

Fruits & Veggies—More Matters!

Month

ALL FORMS COUNT!

When it comes to good nutrition, all forms of fruits and vegetables matter—fresh, frozen, canned, dried and 100% juice. With 200+ options and a variety of convenient packaging to make fruits and veggies easy to store and easy to serve, there's bound to be something to please everyone.

- * Most frozen and canned foods are processed within hours of harvest, so their flavor and nutritional value are preserved.
- * Studies show that recipes prepared with canned foods had similar nutritional values to those prepared with fresh or frozen ingredients.
- * Canned foods are “cooked” prior to packaging, so they are recipe-ready.
- * Frozen foods also require little preparation—washing and slicing, for instance, is already done.

All forms of fruits and vegetables count toward your daily recommendation. But how many do you need?? Keep it simple—fill half your plate with fruits and vegetables at each meal. By making fruits and vegetables the focal point at every meal, this will help you meet your recommended amount each day.

