



Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

Healthy Living Update

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

MAINTAIN, DON'T GAIN!

The average person puts on 1-5 pounds between Thanksgiving and the New Year. But adding pounds during the holidays is not inevitable. You can enjoy your holiday meals and still face that scale with pride by the New Year. One way you can do that is by moving your resolution date up and making a holiday resolution to “maintain, not gain” this season.



Consider these early resolutions:

MAKE PHYSICAL ACTIVITY PART OF YOUR DAILY LIFE

A major contributor to weight gain during holidays is sedentary living. Holiday schedules are tight and exercise schedules are often sacrificed to make time. Don't make that trade-off this year and pledge to keep moving during the cold winter months.

PRIORITIZE HEALTHY EATING

Dietitians agree that the best way to manage weight is to modify eating habits in such a way that you never feel deprived. Choose foods that you actually enjoy that are also lower in fat, sugar, and calories.

Feel free to fill your plate at holiday feasts, but select fresh fruits, salad greens, and filling veggies instead of sugary desserts, fried foods, mountains of breads, or starchy entrees. You can still eat the “other” foods you enjoy, but take a smaller portion.

Here are some more ideas for keeping trim during the holidays:

- * When eating turkey, choose white meat over dark. A 3-ounce serving of skinless turkey breast has 119 calories and 1 gram of fat (compared to dark meat with 145 calories/5 grams).
- * If you're cooking, provide at least one healthier option per category. For dessert, offer a fresh fruit option. For side dishes, offer a vegetable option instead of potatoes or rice. If you are going to a party, bring a healthy dish that you can enjoy.
- * When dining out, decline the bread and butter plate or limit yourself to just one piece.

This Month at Public Health:

Immunization Clinics:

- Dec. 1– 1:00-6:00 pm
- Dec. 12– 1:00-5:00 pm
- Dec. 18– 1:00-6:00 pm
- Dec. 29 – 1:00-6:00 pm

OPOP:

- December 8
- December 9
- December 15

Cholesterol Screenings:

- December 12

Holiday Closings

- December 25 - Christmas

Registration Open for Home Alone Class



Who: Youth ages 9-12

What: Program to teach kids home safety tips

Where: Bismarck-Burleigh Public Health

When: Mon, Dec. 29.
12:30-3:30 pm

How: Register before Dec. 22 by calling Peggy at 221-6865

Be Prepared: Keep Your Holidays from Going Up in Flames

It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.

Each year, more than 400 residential fires involve Christmas trees, resulting in as many as 40 deaths and 100 injuries. In fact, though Christmas trees cause the fewest holiday-related fires, they account for the greatest percentage of deaths, according to a recent report by the Centers for Disease Control and Prevention. The safest tree is a flame-resistant artificial one.



Follow this advice if you want to bring a fresh tree home:

- Keep candles at least 12 inches away from anything that burns.
- Make sure your tree is at least 3 feet away from heat sources like fireplaces, radiators, space heaters, candles or heat vents.
- Get rid of your tree after Christmas or when it is dry. (Bismarck tree collection runs Dec. 29-Jan. 9)
- Connect no more than three strands of mini light sets and no more than 50 bulbs for screw-in light sets.

World AIDS Day: December 1

Get the Facts. Get Tested. Get Involved.

In 2012 only 23.8% of North Dakotans aged 18-64 reported ever receiving an HIV test. The HIV prevention program exists in North Dakota to reduce the spread of HIV by decreasing risky behaviors which include unprotected sex, needle-sharing for drug use, or tattooing and body piercing. The HIV program is expanding the reach of HIV testing through the use of rapid HIV testing and providing new opportunities to reach people who are at risk of becoming infected with HIV.



HIV can happen in North Dakota, You need to know, get tested.
Call Bismarck-Burleigh Public Health at 355-1540 to schedule an appointment.