



Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

January 2015

Healthy Living Update

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Healthier Choices Can Prevent Birth Defects

January is Prevent Birth Defect month. Not all birth defects can be prevented, but the CDC has recommendations to help women reduce the risk. A woman can increase her chances of having a healthy baby by taking the following steps even before becoming pregnant:



- Get 400 micrograms (mcg) of folic acid every day.
- Avoid alcohol, “street drugs”, and smoking.
- Get your recommended vaccinations to prevent infection.
- Discuss all medications, both prescription and over-the-counter with your health care provider.
- Work to get medical conditions like diabetes under control.
- Get a medical checkup and talk about your family history.
- Eat a healthy diet and be physically active to maintain a healthy weight.

Pregnant and want help making healthy choices for you and your baby? Consider OPOP.

Bismarck-Burleigh Public Health provides a supplemental prenatal care program called OPOP (Optimal Pregnancy Outcome Program). OPOP is primary prevention program designed to empower pregnant women to make informed healthy lifestyle choices for healthier babies. Services include nursing tips, nutritional and social histories, assessments, life-style, risk avoidance, referral to available resources, education and guidance. All of these services are free of charge. Please call BBPH at 355-1540 if you have any questions regarding OPOP or would like to schedule an appointment.

This Month at Public Health:

Immunization Clinics:

- Jan. 8– 1:00-6:00 pm
- Jan. 15– 1:00-6:00 pm
- Jan. 22– 1:00-6:00 pm
- Jan. 29 – 1:00-6:00 pm

OPOP:

- January 12
- January 13
- January 20

Cholesterol Screenings:

- January 16
- January 27

Holiday Closings

- January 1 - New Years Day

Spotlight on Diversity

We are, at almost every point of our day, immersed in cultural diversity: faces, clothes, smells, attitudes, values, traditions, behaviors, beliefs, rituals.

- Randa Abdel-Fattah



Top 10 Healthy New Year's Resolutions

- 1) Quit smoking or tobacco use - Call the ND Quitline 1-800-784-8669
- 2) Wear your seatbelt and use the appropriate car seat.
- 3) Get a pap test or mammogram. Women's Way may provide a way to help pay for screenings for eligible ND women.
- 4) Skilled Nursing, case management, and home health services for your elderly loved ones.
- 5) Make sure your immunizations are up-to-date.
- 6) Get the following screenings: blood pressure, cholesterol, blood sugar, hearing and vision.
- 7) Focus on mindful eating and exercise to lose weight.
- 8) Keep your kids healthy. BBPH has ND Health Tracks, call 355-1540 to schedule an appointment.
- 9) Get ready for new baby. The OPOP maternal and child wellness program is available for low-income pregnant women through BBPH.
- 10) Make a family plan and build an emergency kit (i.e. water, food flashlights, batteries, radio).



Bismarck-Burleigh Public Health can help. All of these services are available here.

Stay Active During Winter in North Dakota

It can take a little extra effort to stay active when it's cold outside, but it's worth it. The benefits of physical activity are many:

- *Strengthens your immune system.
- *Reduces feelings of depression, anxiety and stress.
- *Improves sleep
- *Helps maintain a healthy weight.



Outdoor Winter Activities

Snowshoe
Shovel
Ice skate
Ice hockey
Sledding
Walking
Play tag
Cross country ski
Chop wood
Snowball fight

Indoor Winter Activities

Dance
Ice skate at indoor rink
Take the stairs
Walk at local mall
Do the laundry
Vacuum
Clean house
Swimming at indoor pool
Do stretches, jumping jacks, jog in place, etc. while watching TV