

# Healthy Living Update

## March 15 - 21, 2015 is Flood Safety Awareness Week: Are You Prepared?

Sometimes floods develop slowly and forecasters can anticipate where a flood will happen days or weeks before it occurs. Oftentimes flash floods can occur within minutes and sometimes without any sign of rain. Being prepared can save your life and give you peace of mind.



### Create a Communications Plan

It is important to be able to communicate with your family and friends in the event of a disaster. Whether it is having a specific person identified to contact for status updates or a safe location to meet up with family members, having a plan in place will give you peace of mind if disaster does strike.

### Assemble an Emergency Kit

It is good practice to have enough food, water and medicine on hand at all times to last you at least 3 days in the case of an emergency. Water service may be interrupted or unsafe to drink and food requiring little cooking and no refrigeration may be needed if electric power is interrupted. You should also have batteries, blankets, flashlights, first aid kit, rubber boots, rubber gloves, and a NOAA Weather Radio or other battery operated radio easily available.

### Know Your Risk

Is your home, business or school in a floodplain? Where is water likely to collect on the roadways you most often travel? What is the fastest way to get to higher ground? Knowing the answers to these questions ahead of time can save your life.

### Prepare Your Home

Make sure your sump pump is working and consider having a backup.

### Protect Your Pets

Plan your evacuation strategy and don't forget your pet! Specialized pet shelters, animal control shelters, veterinary clinics, friends, and relatives out of harm's way are ALL potential refuges for your pet during a flood or other disaster.

Source: [www.floodsafety.noaa.gov](http://www.floodsafety.noaa.gov)

## This Month at Public Health:

### Immunization Clinics:

- March 5– 1:00-6:00 pm
- March 12– 1:00-6:00 pm
- March 16– 1:00-6:00 pm
- March 26 – 1:00-6:00 pm

### OPOP:

- March 9
- March 10

### Cholesterol Screenings:

- March 13
- March 24

### Holiday Closings

- None

## Spotlight on Diversity

*Coming together is a beginning; keeping together is a process; working together is a success.*

- Henry Ford



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## Celebrate Kick Butts Day This March

Tell Big Tobacco: I am not a “Replacement”

March 18<sup>th</sup> marks the 20<sup>th</sup> annual Kick Butts Day- a national day empowering youth to be activists by standing up and speaking out against Big Tobacco companies. This national anti-tobacco holiday provides an opportunity for Bismarck’s youth to educate their peers and community leaders on the toll that tobacco has on them.

In North Dakota alone, 600 kids will become new daily smokers each year and purchase 1.5 million packs of cigarettes. The high school smoking rate in North Dakota is 19%; this is higher than the national average of 15.7%.

One way that communities can prevent youth from becoming smokers is by raising the tax on tobacco products. North Dakota is the 46<sup>th</sup> state with a tobacco tax of only \$0.44. The tax has not been raised since 1993. By raising the tax to the national average of \$2.00, nearly 7,500 youth can be kept from becoming adult smokers.

With the current tax rate in place fourteen thousand kids now under the age of 18 in North Dakota will ultimately die prematurely from smoking. This year Kick Butts Day will raise awareness to the consequences tobacco use has on the youth in North Dakota. We need to keep youth from the hands of Big Tobacco companies, and by raising the tax on tobacco products we can do just that.

Source: [www.tobaccofreekids.org/facts\\_issues/toll\\_us/north\\_dakota](http://www.tobaccofreekids.org/facts_issues/toll_us/north_dakota)

## “Bite into a Healthy Lifestyle”

There is no one food, drink or pill that is the key to achieving optimal health. A person’s overall daily routine is what is most important. March is National Nutrition Month and the Academy of Nutrition and Dietetics encourages everyone to “Bite into a Healthy Lifestyle.”

This year’s theme encourages consumers to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

A healthy lifestyle – one based on regular physical activity and a healthy and balanced eating pattern – is essential to maintaining good health. This year’s theme gives consumers an easy reminder that achieving optimal health is not about a specific food or time, but rather a life-long lifestyle change.

National Nutrition Month reminds us of ways to return to the basics of healthful eating – emphasize balanced meals and portion control, rather than focus on any one specific food or meal. The key is to determine the lifestyle balance that provides the body what it needs, while still being able to enjoy the foods and activities we love most.

Source: [www.nationalnutritionmonth.org/nnm](http://www.nationalnutritionmonth.org/nnm)

