

## This Month at Public Health:

### Immunization Clinics

Monday, February 1  
Thursday, February 4  
Monday, February 8  
Thursday, February 11  
Thursday, February 18  
Monday, February 22  
Thursday, February 25  
Monday, February 29

### Optimal Pregnancy Outcome Program - a free service

Monday, February 8  
Tuesday, February 9  
Tuesday, February 16  
Monday, February 22

### Cholesterol Screenings

Friday, February 12  
Tuesday, February 23

### Holiday Closings

February 15- President's Day

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**Public Health**  
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

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

February 2016

# Healthy Living Update

## Smokeless Does NOT Mean Harmless

Each year over 8,000 Americans die from cancer caused by smokeless tobacco use. To bring awareness to these deaths and the dangers associated with smokeless tobacco use, the national holiday, Great American Spit Out, will be held on Friday February 19th 2016. This tobacco free holiday educates individuals that just because these products do not produce secondhand smoke it does not make them harmless.

There are about 28 cancer causing chemicals in spit tobacco. These chemicals lead to an increased heart rate and blood pressure, leukoplakia, tooth decay, mouth sores, and cancers ranging from oral cancer to pancreatic cancer.

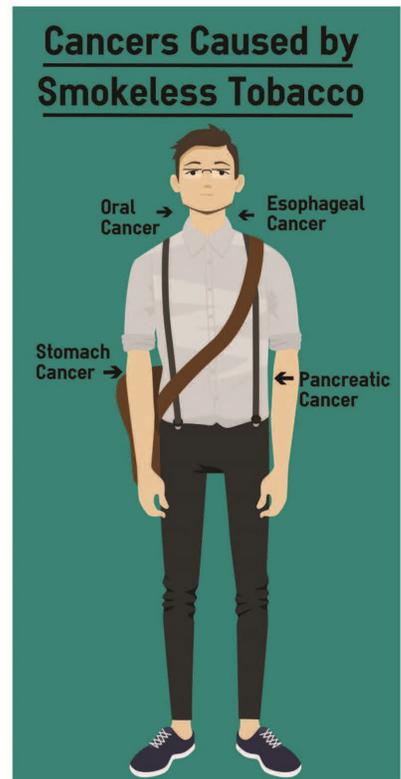
In North Dakota 6.4% of adults and 10.6% of youth are current smokeless tobacco users, according to the North Dakota Behavioral Risk Factor surveillance Survey and the Youth Risk Behavior Survey.

It is important for youth and adults to know that smokeless tobacco products are not a safe alternative to smoking cigarettes or using e-cigarettes. These products contain nicotine which can lead to a lifelong addiction to tobacco.

If you or someone you know needs help quitting tobacco contact 1.800.QUIT.NOW (1.800.784.8669) or go online to

[www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits) .

**Sources:** 2015 Youth Risk Behavior Survey, 2014 Behavioral Risk Factor Survey, Campaign Tobacco Free Kids, North Dakota Department of Health, American Cancer Society, and the American Academy of Otolaryngology.



## Snack Smart for a Healthy Heart

Snacking isn't "bad" if you do it in moderation and make healthy choices. Healthy, good-for-you snacks can be a part of a healthy diet – which you need to do to live healthfully.



To snack the sensible way, choose these nutrient-rich snacks:

Crunchy	Thirst Quenchers
<ul style="list-style-type: none"> <li>• Apples and Breadsticks</li> <li>• Carrot and celery sticks</li> <li>• Green pepper sticks</li> <li>• Zucchini circles</li> <li>• Radishes</li> <li>• Broccoli spears</li> <li>• Cauliflower</li> <li>• Unsalted rice cakes</li> </ul>	<ul style="list-style-type: none"> <li>• Fat-free milk</li> <li>• Unsweetened juices</li> <li>• Low-sodium tomato or mixed vegetable juice</li> <li>• Water</li> </ul> <p><i>Source: American Heart Association, <a href="http://www.heart.org">www.heart.org</a></i></p>
Munchy	Sweet
<ul style="list-style-type: none"> <li>• Unsalted sunflower seeds</li> <li>• Whole-grain breads or toast</li> <li>• Cherry or grape tomatoes</li> <li>• Low-fat or fat-free cheese</li> <li>• Plain, low-fat or fat-free yogurt w/ granola</li> <li>• Bagels</li> <li>• Unsalted almonds, walnuts and other nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Unsweetened canned fruit</li> <li>• Thin slice of angel food cake</li> <li>• Baked apple</li> <li>• Raisins</li> <li>• Dried fruit gelatin gems</li> <li>• Frozen grapes or bananas</li> <li>• Fresh fruit</li> <li>• Low-fat or fat-free unsweetened fruit yogurt</li> </ul>

### February is American Heart Month... Are You at Risk?

Many controllable risk factors affect your risk of heart disease and stroke including:

Smoking

High blood pressure

High blood cholesterol

Diabetes

Being overweight or obese

Physical inactivity

It's important that you measure your risk of heart disease and make a plan for how to prevent it. The American Heart Association has a Heart Attack Risk Calculator tool on their website [www.heart.org](http://www.heart.org). Use this tool to help you assess your risk of having a heart attack or dying from coronary heart disease in the next 10 years. It will also check to see if you may have metabolic syndrome, a group of risk factors that greatly increase your chances of developing cardiovascular disease, including stroke and diabetes. This Risk Assessment is intended for adults who do not already have heart disease or diabetes.