

## This Month at Public Health:

### Immunization Clinics

Monday, August 1  
 Monday, August 8  
 Thursday, August 11  
 Monday, August 15  
 Thursday, August 18  
 Monday, August 22  
 Thursday, August 25  
 Monday, August 29

### Optimal Pregnancy Outcome Program - a free service

Tuesday, August 2  
 Tuesday, August 9  
 Monday, August 15  
 Tuesday, August 16

### Cholesterol Screenings

Friday, August 12  
 Tuesday, August 30

### Holiday Closings

None

### Bismarck-Burleigh Public Health

500 East Front Avenue  
 Bismarck ND, 58504  
 Phone 701.355.1540

[www.bismarcknd.gov/publichealth](http://www.bismarcknd.gov/publichealth)



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

Bismarck-Burleigh Public Health

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

# Healthy Living Update

## Prevent Child Heatstroke Deaths

### Act Fast. Save a Life.

On average, a child dies from heatstroke every 10 days in the US in vehicles where they have been left or have gotten back in the vehicle and are unable to get out. Twenty-four children died in 2015, which is the lowest number since 1998. Unfortunately, in 2016, 21 children have already died. Nine of these children were 2-3 years old, several of whom got back in the vehicle.

Temperatures on the days that children have died this year have ranged from 52 (heater was on) to 96 degrees. At 80 degrees, the temperature in a vehicle exceeds 100 degrees in 10 minutes. Remember that children's bodies overheat 4 times faster than an adult.

Tips for preventing child heatstroke deaths:

- Never leave a child in a vehicle, not even for a minute!!
- Place an item you need in the back seat, such as a purse, cell phone or backpack.
- Have an agreement with daycare provider that you will be called 10-15 minutes after your child has not arrived as expected.
- Arrange with your partner to text each other when either of you has dropped your child at daycare.
- Lock vehicles to prevent children from entering them.
- Do not allow children to play in vehicles.
- If you see a child alone in a vehicle, ACT QUICKLY to get them out of the vehicle and cooled off.

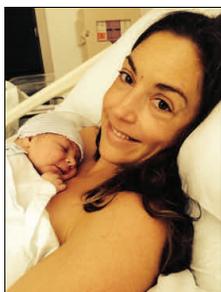
Source: [safecar.gov](http://safecar.gov), [safekids.org](http://safekids.org), [nhtsa.gov](http://nhtsa.gov), and [noheatstroke.org](http://noheatstroke.org)



## World Breastfeeding Week Promotes Healthy Babies

**Breastfeeding is one of the most effective steps a mother can take to protect the health of her baby. In observance of [World Breastfeeding Week](#), August 1-7, join us in supporting breastfeeding in North Dakota.**

The American Academy of Pediatrics recommends exclusive breastfeeding for about the first 6 months and continued breastfeeding for at least the first year as solid foods are introduced. However, many mothers in North Dakota are not able to meet these goals. Data from the [2014 Breastfeeding Report Card](#) shows that in ND, 82 percent of newborn infants started breastfeeding, 55 percent were still breastfeeding at six months and 27 percent were still breastfeeding at twelve months.



Professional breastfeeding support can help ND mothers start and continue breastfeeding. Bismarck-Burleigh Public Health has 6 Certified Lactation Counselors.

Bismarck-Burleigh Public Health supports nursing mothers in the workplace and has been designated "Infant Friendly" by the NDDoH since 2011.

## National Farmers Market Week: There's More to Market!

To help farmers market supporters across the country celebrate National Farmers Market Week, the first full week of every August, we are highlighting the different ways that farmers markets are benefitting our communities!

### Farmers Markets...

- \* **Preserve America's rural livelihoods and farmland.** Farmers markets provide one of the only low-barrier entry points for beginning farmers, allowing them to start small, test the market, and grow their businesses.
- \* **Stimulate local economies.** Growers selling locally create 13 full time farm operator jobs per \$1 million in revenue earned.
- \* **Increase access to fresh, nutritious food.** Several studies have found lower prices for conventional and organic produce at farmers markets than at supermarkets. Due to this and other factors, 52% more SNAP households shop at farmers markets and from direct marketing farmers today than in 2011.
- \* **Support healthy communities.** Farmers market vendors educate their shoppers. Four out of five farmers selling at markets discuss farming practices with their customers, and three in five discuss nutrition and how to prepare food.
- \* **Promote sustainability.** Three out of every four farmers selling at farmers markets say they use practices consistent with organic standards.

*-Farmers Market Coalition*



Visit [www.bismarket.com](http://www.bismarket.com) to learn more about our own community farmers market!

### Pokémon GO Safely

Have you played the newest game craze, Pokémon GO? While you are getting fresh air and exercising, remember to play safely.

- Don't Pokémon GO and Drive
- Play in a Group
- Be Cautious Near Roadways

