



# Healthy Living Update

## SmokeFree

### North Dakota's smoke-free law to take effect **December 6**

North Dakota's new smoke-free law — passed by over two-thirds of North Dakota voters — will take effect on December 6. The new law strengthens North Dakota's existing smoke-free law by making all public places smoke free.

The new law — initiated by an independent grassroots organization known as Smoke-free North Dakota — will protect everyone from exposure to secondhand smoke in all enclosed public places and places of employment, including restaurants, bars, truck stops, guest rooms and common areas within hotels and motels, health care facilities, long-term and assisted living centers, and licensed adult day care facilities. In addition, smoking is prohibited within 20 feet of entrances, exits, operable windows, air intakes and ventilation systems attached to enclosed public places and places of employment. The use of electronic cigarettes is also prohibited in areas where smoking is not allowed.

According to the 2012 U.S. Surgeon General's Report, Preventing Tobacco Use Among Youth and Young Adults, smoke-free policies combined with a comprehensive prevention approach are effective in preventing youth and young adults from starting to smoke. A comprehensive approach should also include tobacco-free school campuses, mass media educational campaigns and tobacco price increases.

Bismarck-Burleigh Public Health and the ND Center for Tobacco Prevention and Control Policy (the Center) will be providing educational resources to the public and businesses to assist with the transition into the smoke-free law. Resource information will be available at Bismarck-Burleigh Public Health and [www.breathend.com](http://www.breathend.com).

"We're extremely pleased that the people of North Dakota voted in favor of smoke-free air," said Pat McGeary with Bismarck-Burleigh Public Health. "This new law is an important step in preventing our youth from starting to smoke."

For more information about the smoke-free law, contact Pat McGeary at 701.355.1594, or the Center for Tobacco Prevention & Control Policy at 1.877.277.5090 or [info@breathend.com](mailto:info@breathend.com).

[www.bismarck.org/publichealth](http://www.bismarck.org/publichealth)  
[www.burleighco.com/departments/ph](http://www.burleighco.com/departments/ph)

### This Month at Public Health:

#### Immunization Clinics:

- December 3  
1:00-6:00 pm
- December 14  
1:00-5:00 pm
- December 20  
1:00-6:00 pm

#### OPOP:

- December 10
- December 11
- December 17
- December 18

#### Cholesterol Screenings:

- December 14

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# Respiratory Rally – A program for adults with Lung Disease

*On December 7, 2012 a Respiratory Rally will be held from 9 a.m. to 3 p.m. at the Best Western Doublewood Inn. The purpose of the Rally is to provide a unique venue for people and the caregivers of those with lung disease, including COPD, emphysema, asthma, and other respiratory conditions to a relaxing day full of inspirational messages, education and lunch. Dr. Bhaja Shrestha, a pulmonary physician from Sanford Health will give the morning keynote address. Tobacco cessation resources and oxygen therapy will also be discussed at the rally. There will be opportunities for respiratory patients to connect with companies that have respiratory products at the exhibits. This will be a valuable time for those individuals with chronic lung disease to interact with others sharing a common problem and tips on how to live a more productive and fulfilling life.*

## Tuberculosis, Should I worry?

*In response to questions regarding the recent Tuberculosis cases in North Dakota we have addresses frequent questions. Please call BBPH if you have additional questions.*

### *What is Tuberculosis (TB)?*

*TB is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs.*

### *How is TB spread?*

*The TB germs are put into the air when a person with TB disease coughs, sneezes, speaks, or sings and someone may breathe in the particles that are sent into the air.*

*You must have very close contact within a small space with the infected person in order to get TB.*

*You cannot get TB from someone's clothes, drinking glass, eating utensils, handshake, toilet or other surface.*

### *What are the symptoms of TB?*

*The general symptoms of TB disease include feeling sick or weak, weight loss, fever and night sweats. Symptoms of TB of the lungs include prolonged, productive coughing (3 weeks or longer), chest pain and coughing up blood.*



### *Should I be tested for TB?*

*No. TB testing may be recommended prior to or during employment for certain occupations such as healthcare and correctional institutions.*

*When someone has the disease the ND Department of Health and the local Public Health Unit conducts an investigation and determines who needs to be tested for TB. TB testing is available at local public health agencies.*

### *How do you get tested for TB?*

*A small amount of fluid – called tuberculin is injected under the skin. The test is read after 2 – 3 days by a health care professional.*

### *What if the TB skin test is positive?*

*More testing will be done by a physician. A positive test means that the individual has been exposed to the TB germ. Having the germ is different from having the disease, Tuberculosis.*

### *How is TB disease treated?*

*Medication is taken to treat TB. Frequent testing is conducted to determine when the individual is no longer infectious, and can return to their usual activities*

# Welcome to the Holidays



*...gift giving, party-hopping, dessert-eating, over-indulging, stress-evoking frenzy - STRESS! Yes, stress is the number one cause of over-eating, over-drinking, exercising less and not getting enough sleep. In just 5 weeks of holiday celebrations, weight gain of up to 10 pounds can happen quite easily, along with feelings of guilt, low self-esteem, and higher risk of chronic diseases like high blood pressure, heart disease and diabetes. So what strategies work to help maintain your health and well-being? Jot these plans down today and track how you will make them happen while enjoying some fun this holiday season!*

- *Regular workouts of AT LEAST 30 minutes of walking daily, along with parking your car as far away from entry doors and using stairs.*
- *Planning all meals and snack AHEAD, with plenty of fresh fruits and vegetables and water.*
- *Eating a healthy snack BEFORE a party*
- *Going easy or not at all, on alcohol, pop and caffeinated drinks*
- *Eat moderate portions of high anti-oxidant foods to combat stress, like salmon, tuna, turkey, chicken, beans and legumes, walnuts and other nuts, flaxseed, olive oil, whole grains, oats, asparagus, spinach, pomegranate, berries and dark chocolates*
- *Incorporate daily relaxation techniques like prayer, meditation and yoga*
- *Surround yourself with supportive people who prioritize the same things which you hold of value*
- *Get 7-8 hours of sleep every night*
- *Ask for help when feeling overwhelmed*
- *Reward yourself ahead of time (put money aside or purchase a gift card) after making a daily commitment to healthy living even during the holidays with something special for you - new workout clothes, a massage, music downloads, or a weekend get-away!*

## Habits for Good Health

**These steps may help prevent the spread of respiratory illnesses such as the flu:  
Influenza Season Typically Peaks in February**

- **Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after you use it.**
- **Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.**
- **Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.**
- **If you get the flu, stay home from work, school, and social gatherings. In this way, you will help prevent others from catching your illness.**
- **Try not to touch your eyes, nose or mouth. Germs are spread this way.**

## Feel the Burn:

Ever wonder how many calories you burn doing an activity? Here's a list of average calories burned per 30 minutes of activity for a 155-pound person.

• Sleeping	23
• Watching TV	28
• Reading (sitting)	42
• Standing in Line	47
• Computer work	51
• Billiards	93
• Cooking	93
• Bowling	112
• Grocery Shopping	130
• Golfing (with a cart)	130
• Walking (17 min mile)	149
• Blowing Snow (walking)	167
• Golfing (Carrying clubs)	205
• Shoveling Snow (by hand)	223
• Ice Skating	260
• Basketball	298
• Hockey	298
• Cross Country Skiing	298

Source: *Harvard Heart Letter*

## Nacho Momma's Apple Pie

### Apple Nachos Recipe

#### Ingredients (serves 7)

- 4 large Granny Smith apples, sliced
- 35 large marshmallows
- 1/4 cup butter
- 35 caramels
- 1 Tbsp evaporated milk (or half and half)
- 1/4 cup peanuts
- 1/4 cup mini semi-sweet morsels
- 2 Tbsp chocolate syrup
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#### Instructions

Slice apples and arrange on platter.

In saucepan, melt marshmallows and butter until creamy. Set aside. In microwave dish, melt caramels with milk (cooking in 30 second intervals, and stirring). Set aside.

Pour marshmallow cream over apple slices, followed by caramel sauce. Drizzle chocolate syrup and sprinkle with peanuts and mini chocolate morsels. Serve immediately and enjoy!

\*\*Adapted slightly from Taste of Home magazine



## December 2012 ~ Days to Remember

- World Aids Day – December 1
- First Day of Advent – December 3
- National Pearl Harbor Remembrance Day – December 7
- Teacher's Appreciation Day – December 7
- Immaculate Conception – December 8
- Human Rights Day – December 10
- Christmas Eve – December 24
- Christmas Day – December 25
- New Year's Eve – December 31

And just for fun, mark these days on your calendar too:

- Bathtub Party Day – December 5
- Sister-friend Day – December 10
- Poinsettia Day – December 12
- Underdog Day – December 15
- Bake Cookies Day – December 17
- Humbug Day – December 21
- Holiday Breather Day – December 28
- Make Up Your Mind Day – December 31