



Healthy Living Update

World Breastfeeding Week August 1-7, 2013

You are not alone!!

The US Surgeon General encourages more mothers to breastfeed their babies from birth until at least one year and has even made this a [Healthy People 2020](#) goal. In Burleigh County, 77% of mothers are breastfeeding when they are discharged from the hospital. So, if you are considering breastfeeding, you will be in the majority of mothers who breastfeed their babies. *You are not alone!!*

It is estimated that mothers that breastfeed their babies save about \$1500 on formula alone in the first year. Additional savings come in fewer health insurance claims and less time away from work to care for sick children. If 80% of US families followed these guidelines, it would result in health care savings of \$10.5 billion each year.

You are not alone. Bismarck/Mandan has over 40 breastfeeding professionals scattered throughout the community at public health offices, hospitals, clinics, and WIC. LaLeche League is also available in Bismarck. Some businesses in Bismarck and Mandan allow infants to come to work with the mother, encouraging them to breastfeed longer. Bismarck-Burleigh Public Health and 45 other businesses in North Dakota have been designated Infant Friendly Workplaces by the State of North Dakota. *You are not alone!!*



Check out www.gotmomma.com or www.ndhealth.gov/breastfeeding for more information. If you are looking for help with breastfeeding you can call Bismarck-Burleigh Public Health at 355-1540.

Spotlight on Diversity

"One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings."

--Franklin Thomas

This Month at Public Health:

Immunization Clinics:

- August 5 – 1:00-6:00 pm
- August 9 – 1:00-5:00 pm
- August 15 – 1:00-6:00 pm
- August 20 – 1:00-6:00 pm
- August 27 – 1:00-6:00 pm
- August 29 – 1:00-6:00 pm
- August 30 – 1:00-5:00 pm

OPOP:

- August 12
- August 13
- August 19
- August 20

Cholesterol Screenings:

- August 9
- August 27

No Holiday Closings

Bismarck-Burleigh Public Health
500 E Front Ave. Bismarck, ND
58504
Phone: 701.355.1540
www.bismarck.org/publichealth

Public Health Encourages testing for HIV

Too many people don't know they have HIV. In the United States, nearly 1.2 million people are living with HIV, and almost one in five don't know they are infected. Getting tested is the first step to finding out if you have HIV. If you have HIV, getting medical care and taking medicines regularly helps you live a longer, healthier life and also lowers the chances of passing HIV on to others.

If you answer "yes" to any of the following questions, you could be infected with HIV or other sexually transmitted diseases.

Have you ever had unprotected sex?

Did you or any of your partners:

- Receive treatment for hemophilia from 1978 through 1985?
- Have a blood transfusion or organ transplant from 1978 through 1985?
- Have you used needles or syringes that were used by anyone before you?

Call Bismarck-Burleigh Public Health for additional information or to schedule an appointment.

Back to School—What's for lunch?!

Millions of children receive meals during school. These meals are based on nutrition standards from the USDA which help encourage kids to make smart choices. Schools are working to make meals more nutritious, keep all students hunger-free, and help children maintain or reach a healthy weight. Students who eat meals at school will likely consume more fruits and veggies, 100% whole grains and low-fat or nonfat dairy. Encourage your child(ren) to eat school meals.

School lunch provides:

- 2 oz. meat/meat alternative
- 2 or more servings of fruits and/or veggies
- 2 servings of grains
- 8 oz. milk



Packing a lunch from home?—Try to follow the same guidelines listed above.

Other tips to consider:

Keep it nutritious—pick items with higher amounts of fiber and nutrients like calcium, protein and vitamin C.

Keep it cold—for safety's sake, pack a lunch with a reusable ice pack; better yet, freeze a small water bottle. Your child will then have a slushy drink to enjoy at lunch.

Keep it fun—include items that kids can stack or mix. Remember that kids like to dunk, and include healthy dips with veggies or other items.

Here are some ideas to round out your child's lunch or as a snack*:

- 🍎 Fruit cups or applesauce (with no sugar added)
- 🥜 Nuts or seeds, such as walnuts, pistachios, peanuts, or sunflower seeds
- 🥕 Fresh fruit/veggies, such as apples, cherries, carrots, sugar snap peas, celery
- 🧀 String cheese
- 🍌 Healthy snack bars (individually wrapped) with 3 or more grams fiber, less than 10 grams sugar, and less than 1 gram saturated fat
- 🥛 Yogurt (nonfat/low-fat)

*Snacks can help children get the nutrients needed to grow and maintain a healthy weight. Prepare single-serving snacks (like those listed above) to help children get just enough to satisfy their hunger.

BISMARKET

WHEN: August 10, 9am-1pm

Where: Sertoma Park
Riverside Park Dr.

