



Healthy Living Update

Learn the Facts about E-Cigarettes

Electronic cigarettes are devices made to deliver nicotine to the body. They appear to be designed like a cigarette but are battery powered with a vaporizer and mouthpiece attached. These products are made to look like cigarettes, cigars, or pipes. According to product manufacturers, e-cigarette cartridges are available in various flavors such as vanilla, menthol, and pina colada, as well as containing varying levels of nicotine. Using an e-cigarette is commonly referred to as vaping. Preliminary U.S. Food and Drug Administration (FDA) tests of e-cigarette samples showed they contain carcinogens and some toxic chemicals such as diethylene glycol, an ingredient used in antifreeze.

Important Facts:

- Experts have raised concerns that the marketing of products such as e-cigarettes can increase nicotine addiction among young people and may lead kids to try other tobacco products. California, Minnesota, New Hampshire, New Jersey, New York, Kansas, Vermont, and Utah have prohibited the sale of e-cigarettes to minors since March 2011.
- FDA has not evaluated any e-cigarettes for safety or effectiveness.
- North Dakota Smoke Free law prohibits the use of electronic cigarettes in all places where smoking is not allowed.

For more information

<http://www.breathend.com/uploads%5Cresources%5C1711%5Ce-cig-fact-sheet.pdf>.

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

September is National Preparedness Month

- **Stay Informed:** Access Ready.gov to learn what to do before, during, and after an emergency.
- **Make a Plan:** Discuss, agree on, and document an emergency plan with those in your household. For sample plans, see Ready.gov.
- **Build a Kit:** Keep enough emergency supplies - water, nonperishable food, first aid, prescriptions, flashlight, and battery-powered radio on hand - for you and loved ones.
- **Get Involved:** Community leaders agree that the formula for ensuring a safer homeland consists of volunteers, a trained and informed public, and increased support of emergency response agencies during disasters.

Spotlight on Diversity

Different cultures but similar values:

Two captains sink the ship.
(Japan)

Too many cooks spoil the soup. (United States)

This Month at Public Health:

Immunization Clinics:

- September 5 – 1:00-6:00 pm
- September 9 – 1:00-6:00 pm
- September 13 – 1:00-5:00 pm
- September 19 – 1:00-6:00 pm
- September 24 – 1:00-6:00 pm
- September 30 – 1:00-6:00 pm

OPOP:

- September 9
- September 10
- September 16

Cholesterol Screenings:

- September 13
- September 24

Holiday Closings

- September 2 – Labor Day

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September is Fruits & Veggies - More Matters Month

We know the story. You want your family to eat more fruits and vegetables and you intend to serve more, but practical issues seem to always get in the way. You need foods that are convenient and quick to prepare but you also need to feed picky eaters! We know.

What can you do? Here's a quick guide to help you think "fruits & veggies" whether you're at the store, in the car, entertaining or making a grocery list! Check out these ways to add MORE fruits and veggies to your day!

- **As you cruise the grocery aisles**, remember all forms count. Pick up fruits and veggies throughout the store; it's okay to grab canned, frozen, dried or 100% juice.
- **Getting more fruits and vegetables in at dinner** doesn't have to be a struggle. Why not add fruits and veggies to the meals you are already making?!
- **Eating on the go** can feel chaotic, but it's easy to include more fruits and vegetables away from home. A good variety of fruits and vegetables are Mother Nature's original fast foods.
- **Make half your plate fruits and veggies!** Serve fruit and veggie dishes first so it'll be easy to fill up half your plate.

Protect the Ones You Love: Child Injuries Are Preventable



Childhood injuries are preventable, however, according to the Centers for Disease Control, injury is the leading cause of death among children. Every hour 1 child dies from an injury. Parents and caregivers have a very important role in keeping their infants safe.

Falls- Never leave your infant alone on a high surface such as a changing table, bed, couch or countertop. The safest place for an infant when not held is in a crib. Use gates to keep an infant away from dangerous areas.

Burns- Do not smoke or drink hot liquids (such as coffee) next to or while carrying your baby. Protect your baby from direct sun, and turn your hot water heater down to 120 °F, to prevent accidental burns while bathing. Keep electrical cords out of baby's reach and use safety caps on electrical sockets.

Drowning- It takes only 1 inch of water and a few moments for a child to drown. Never leave a young child unattended in the tub. If you must leave, take your child with you.

Car seats- Surveys have shown that 80% of car seats are installed improperly putting your infant at risk for injury. Contact your local community car seat check-up at 355-1542 for more information.

Immunizations- Vaccination is one of the best ways parents, family members, and caregivers can protect infants from 16 potentially harmful diseases. Vaccine-preventable diseases can be very serious, may require hospitalization, or even be deadly – especially in infants.

Safe Sleep- Make sure infants sleep alone in a crib, placed on their back. Be sure the crib meets safety standards and do not place loose bedding, soft toys, or bumper pads in the crib.