



Healthy Living Update

United Tribes Technical College Goes Tobacco Free On February 1st 2014

United Tribes Technical College has become the first tribal college in North Dakota to adopt a "Tobacco Free" campus policy. College President David M. Gipp signed the policy November 21 on the anniversary of the 38th annual Great American Smoke Out.

"United Tribes is committed to the health and well-being of the children, students, faculty and staff of our campus, and to visitors who come here," said President Gipp. "Our goal is to help protect our campus community from the harmful effects of tobacco use while maintaining our respect for Native traditions."

The new policy takes effect February 1, 2014. It prohibits the use of tobacco on campus properties, in campus-owned vehicles, and at institution sponsored off-campus functions. It includes any product containing tobacco or manufactured from it, or containing nicotine. It also prohibits the use of e-cigarettes. For more information go to www.uttcc.edu.

Exempted is the traditional or sacred use of tobacco. United Tribes will continue to be a "tobacco honoring" campus for Native American spiritual and cultural ceremonies, when requests are made and approved in advance.

The policy was developed by the United Tribes Wellness Circle, in cooperation with Bismarck-Burleigh Public Health and the North Dakota Center for Tobacco Prevention and Control. It was adopted by the college's administrative council. The Wellness Circle are great advocates for a healthy campus and received the 2013 Tribune Award. With the implementation of this policy, UTTC now protects approximately 1,160 students, faculty, staff and families from exposure to tobacco. This is a great success in many ways.



This Month at Public Health:

Immunization Clinics:

- February 3 – 1:00-6:00 pm
- February 14 – 1:00-5:00 pm
- February 20 – 1:00-6:00 pm
- February 25 – 1:00-6:00 pm

OPOP:

- February 10
- February 11
- February 18

Cholesterol Screenings:

- February 14
- February 25

Holiday Closings

- February 17 – President's Day

Spotlight on Diversity

Diversity is the one true thing we all have in common. Celebrate it every day.

--Unknown



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



February is American Heart Month

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths.

Heart attack symptoms

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath.
- If you think that you or someone you know is having a heart attack, call 9–1–1 immediately.



Prevention—You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

- ✓ Eat a healthy diet
- ✓ Maintain a healthy weight
- ✓ Exercise regularly
- ✓ Monitor your blood pressure
- ✓ Don't smoke
- ✓ Limit alcohol use
- ✓ Have your cholesterol checked
- ✓ Manage your diabetes
- ✓ Take your medicine

Information adapted from www.CDC.gov

Celebrate National Children's Dental Health Month

Here are some tips for keeping your family's smiles bright!

- Parents should start cleaning their child's teeth as soon as they appear.
- Visit the dentist for a check-up every 6 months after age 1.
- Toddlers under 2 years of age should not use fluoridated toothpaste.
- Wipe a baby's teeth and gums clean after every feeding with a soft, damp washcloth.
- Never allow a baby/toddler to take a bottle or cup to bed with them.
- By age 3, children should be brushing their own teeth with only a pea-sized amount of toothpaste under adult supervision.

Do I need to have Cholesterol Screening?

All adults age 20 or older should have a cholesterol screening once every five years. The test measures the total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol, and triglycerides.

Some may need to have their cholesterol checked more often than every five years if one or more of these situations applies:

- Total cholesterol is 200 mg/dL or more.
- Men over age 45 or women over age 50.
- The HDL (good) cholesterol is less than 40 mg/dL.
- You have other risk factors for heart disease and stroke.

The test is done with a simple blood test. Clients need to be fasting from food (water, black coffee or tea are allowed) for 9 to 12 hours prior to the scheduled appointment. The screening includes a blood sugar test, blood pressure reading and consultation with a dietitian. Call 355-1540 to make an appointment – and get started on a healthy new year!