



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

Bismarck-Burleigh Public Health

# Healthy Living Update

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

## Healthy School Snacks

Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly chronic diseases. Snacks play a major and growing role in children's diets.

### Most of children's snacks should be fruits & vegetables.

- According to the USDA, the average serving cost of all types is \$0.25/serving
- Use various preparation methods to find out what your kids prefer
- Types include fresh, frozen, dried, or canned



### Try serving mostly whole grains.

- The first word in the ingredient list should be "whole"
- Examples: English muffins, tortillas, cereal, popcorn, rice cakes

### Choose low-fat or fat-free dairy foods.

- Great source of calcium, which can help build strong bones
  - Examples: yogurt, string cheese; pudding or frozen yogurt served occasionally

### Drink healthy beverages.

- Water: should be the main drink served to kids at snack time
- Low-fat and fat-free milk
- 100% fruit juice (*American Academy of Pediatrics recommends that children ages 1-6 drink no more than 6 ounces and children ages 7-18 drink no more than 12 ounces of juice per day.*)

## This Month at Public Health:

### Immunization Clinics:

- August 1– 1:00-5:00 pm
- August 4 – 1:00-6:00 pm
- August 8 – 1:00-5:00 pm
- August 14 – 1:00-6:00 pm
- August 19 – 1:00-6:00 pm
- August 21 – 1:00-6:00 pm
- August 25 – 1:00-6:00 pm
- August 26 – 1:00-6:00 pm
- August 28 – 1:00-6:00 pm

### OPOP:

- August 11
- August 12
- August 18

### Cholesterol Screenings:

- August 8
- August 26

## BBPH and Burleigh County Extension team up to provide monthly cooking demos!

**Where:** Dan's Supermarket-Bismarck South Location

**Time:** 3-6pm

**When:** Fri, August 1

Tues, September 2

Wed, October 1



## Spotlight on Diversity

*Strength lies in differences,  
not in similarities*

- Stephen R. Covey

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## Breastfeeding: A Winning Goal!!

Breastfeeding is a winning goal that benefits everyone.

Did you know...If 90% of babies in the US were breast-fed for six months, \$13 billion dollars could be saved every year?

In our community, fewer doctor visits, fewer antibiotic prescriptions and fewer diagnoses for diabetes and obesity would be made. Breastfeeding creates less waste. If every baby in the US were breastfed, 86,000 tons of tin and 1230 tons of paper would not go into the landfill.

Employers benefit by fewer missed work days by their employees, fewer insurance claims, and more productive employees.

The benefits to babies are well known, including: reduced SIDS risk, fewer ear infections, better response to immunizations, fewer and less severe diarrhea illnesses.

Benefits to mothers who breastfeed include better control of diabetes, less chance of breast and ovarian cancer, heart disease, osteoporosis, and Alzheimer's.

By breastfeeding, families will be healthier now and in the future. Your family's health care costs can be less with fewer doctor and emergency room visits, hospitalizations, and prescriptions. Formula costs about \$2000 for the first year. Breastmilk is the most affordable, nutritious and accessible meal in town. See the above billboard by Lucky Ducks Deli!! Breastfeeding is a winning goal for all!!!!

Source: World Alliance for Breastfeeding Action



## ***United Tribes Technical College Wellness Circle receives the Public Health Team of the Year Award***

The Wellness Circle worked with Bismarck-Burleigh Public Health's Tobacco Prevention and Control Coordinator Sue Kahler to develop the comprehensive tobacco free policy on campus. The North Dakota Public Health Association singled-out the group's work in establishing United Tribes as a tobacco free college campus. This award recognizes a team that has worked collaboratively on a unique, creative, or outstanding public health effort in the past year.



*Sue Kahler, Wanda Agnew, Pat Aune, and Joni Tweeten*

The members of the Wellness Circle were determined and steadfast in their mission to see a comprehensive tobacco free campus policy passed and Sue Kahler was committed to sharing her knowledge and experience to help ensure the best policy outcome. The UTTC Wellness Circle guided implementation of a policy banning tobacco products and tobacco use from the campus for all purposes but Native American ceremonies. The approval of the policy made United Tribes Technical College the first tribal college in North Dakota and the third in the nation to adopt a tobacco-free campus policy. This award was presented on June 19 in Grand Forks during the 2014 Dakota Conference on Rural and Public Health. Congratulations to all involved!