



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

Bismarck-Burleigh Public Health

# Healthy Living Update

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

## 10 TIPS TO A HEALTHIER THANKSGIVING

1. **Turkey** – Remove the skin from the turkey before serving. Add a little olive oil, lemon, and herbs to provide an even more satisfying taste to your meal.
2. **Mashed Potatoes** – Use a low-fat milk, low-fat sour cream, or plain low-fat yogurt instead of heavy cream.
3. **Try sweet potatoes** instead of white potatoes.
4. **Pumpkin Pie** – Use egg whites or egg substitutes and fat-free evaporated milk for the filling.
5. **Vegetables** – Roast or steam potatoes, green beans, or carrots.
6. **Remember the vegetable tray!** This is a great thing for everyone to snack on throughout the day.
7. **Stuffing** – Make a healthier stuffing by using canola oil and a fat-free, low sodium chicken broth. You can also use whole-grain bread instead of white bread.
8. **Add cranberries** to stuffing or quick breads.
9. **Serve sparkling water** with fruit instead of full calorie beverages.
10. **Most of all** – remember Thanksgiving is just one day! Eat healthfully the rest of the week and be sensible about the food you eat on Thanksgiving.



### This Month at Public Health:

#### Immunization Clinics:

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

#### OPOP:

- November 3
- November 17
- November 18

#### Cholesterol Screenings:

- November 14
- November 25

#### Holiday Closings

- November 27 -  
Thanksgiving

## November is American Diabetes Month

There are many myths about diabetes. These myths can create a picture of diabetes that is not accurate. **Get the facts** and learn how you can stop diabetes misconceptions.

**X Myth: Diabetes is not that serious of a disease.**

**Fact:** If you manage your diabetes properly, you can prevent or delay diabetes complications.

**X Myth: If you are overweight/obese, you will eventually develop type 2 diabetes.**

**Fact:** Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role.

**X Myth: Eating too much sugar causes diabetes.**

**Fact:** Being overweight does increase your risk for developing type 2, and a diet high in calories contributes to weight gain. The American Diabetes Association recommends that people should limit their intake of sugar-sweetened beverages.

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## Join the Great American Smoke Out 2014 with NDQuits

November 20th marks the American Cancer Society's 38<sup>th</sup> annual Great American Smokeout. On this day, smokers are encouraged to quit tobacco use and ultimately take an important step toward a healthier life that can lead to reducing their cancer risk.

The best thing to do is to never start using tobacco. If you do smoke or use smokeless tobacco, get help with quitting. North Dakota residents can get help quitting tobacco, FREE, through NDQuits. NDQuits offers confidential coaching and advice through telephone, online and mobile services to adults and youth ages 14 and older.

NDQuits coaches will assess the quitter's readiness to quit tobacco use and help them develop a plan, which could include setting a quit date, learning how to identify triggers and learning how to deal with withdrawal symptoms and cravings.

NDQuits members age 18+ may be eligible to receive free medication to help them quit. NDQuits enrollees also have access to the following:

- The ability to chat with other quitters online
- 24/7/365 online encouragement and support
- Online calculators that let you figure how many days you've extended your life or how much money you've saved
- E-mail messages to encourage and inspire you in your quit attempt



If you know of a family member or peer who wants to quit smoking or smokeless tobacco, have them check out NDQuits at [www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits) or call 1.800.QUIT.NOW (1.800.784.8669). NDQuits is a program of the North Dakota Department of Health.

### ***Myths about Diabetes Continued...***

***X Myth: People with diabetes should eat special diabetic foods.***

*Fact:* A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – with meals based on whole grain foods, vegetables and fruit.

***X Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.***

*Fact:* Starchy foods can be part of a healthy meal plan, but portion size is key. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks.

***X Myth: People with diabetes can't eat sweets.***

*Fact:* If eaten as part of a healthy meal plan, or combined with exercise, sweets can be eaten by people with diabetes. The key is to have a very small portion and save them for special occasions.