

This Month at Public Health:

Immunization Clinics

Monday, August 3
Thursday, August 6
Monday, August 10
Thursday, August 13
Thursday, August 20
Monday, August 24
Thursday, August 27
Monday, August 31

Optimal Pregnancy Outcome Program - a free service

Monday, August 10
Tuesday, August 11
Monday, August 17
Monday, August 24

Cholesterol Screenings

Tuesday, August 25

Call to make an appointment.

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Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

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

Healthy Living Update

It's Time for Back to School Vaccinations

With the new school year just around the corner parents of kindergartners, elementary school age children and 7th graders need to be thinking about school vaccinations. The N.D. State Immunization program has sent reminder letters to parents of children who are behind on their "school shots". These vaccinations need to be completed **before** school starts this fall.

So what vaccinations do kindergartners, elementary school age, and 7th grade children need?

Children entering **kindergarten** and **elementary school** are required to have and need documentation of:

- 5 doses of DTaP, (diphtheria, tetanus and acellular pertussis)
- 4 IPV (Polio)
- 3 Hepatitis B (hepatitis B)
- 2 MMR (measles, mumps and rubella)
- 2 Varicella (Chickenpox)



Adolescents entering **seventh grade** are required to be immunized against tetanus, diphtheria and pertussis (Tdap) and meningococcal disease (MCV4). Most **colleges** require two doses of meningococcal vaccine for the incoming freshmen and college students residing in on-campus housing. The second dose is to be given after age 16, so don't wait!

Health officials highly recommend that children receive three doses of human papillomavirus vaccine starting at age 11 to prevent HPV-related cancers later in life. The school requirements reflect immunization recommendations from the Centers for Disease Control and Prevention (CDC) and the Advisory Committee on Immunization Practices (ACIP).

Parents, don't wait till the week before school starts to call for appointments for these vaccinations. Call Bismarck-Burleigh Public Health at 701-355-1540 to schedule an appointment today!

August is National Breastfeeding Awareness Month

Background

Both babies and mothers gain many benefits from breastfeeding. Breastfeeding has shown to be one of the most highly effective preventive measures a mother can take to protect the health of her infant. Breast milk is easy to digest and contains antibodies that can protect infants from bacterial and viral infections. Mothers who breastfeed may have lower rates of certain breast and ovarian cancers. It is also recognized by the Centers for Disease Control and Prevention (CDC) as a primary strategy to reduce childhood obesity. However, in the United States, although most mothers hope to breastfeed, and 79% of babies start out being breastfed, only 19% are exclusively breastfed 6 months later. Additionally, rates are significantly lower for African-American infants.



Promotion & Support

There are many ways that communities can support breastfeeding mothers and babies, and everyone plays a role. The success rate among mothers who want to breastfeed can be greatly improved through active support from their families, friends, communities, clinicians, health care leaders, employers, and policymakers. Given the importance of breastfeeding for the health and well-being of mothers and children, it is critical that we take action across the country to support breastfeeding. –Centers for Disease Control and Prevention

Bismarck-Burleigh Public Health has lactation counselors available. For more information, or to speak to a lactation counselor, contact us at (701) 355-1540.

Celebrate National Farmers Market Week from August 2 – August 8, 2015!



Farmers markets are an integral part of the urban/farm linkage and have continued to rise in popularity, mostly due to growing consumer interest in obtaining fresh and local products. Farmers markets allow consumers to have access to locally grown, farm fresh produce, enables farmers the opportunity to develop a personal relationship with their customers, and cultivate consumer loyalty with the farmers who grow the produce.

Take the time this week or this month to enjoy **BisMarket**, our own community farmers market located in **Sertoma Park** on **Tuesdays** and **Saturdays**. The mission of the BisMarket is to provide access to a variety of locally grown, high quality, farm-fresh products direct from local producers. This family-friendly market enhances community building, fosters local business development and encourages healthy food choices in a green outdoor space. Visit www.bismarket.com for details.