

## This Month at Public Health:

### Immunization Clinics

Monday, November 2  
Thursday, November 5  
Monday, November 9  
Thursday, November 12  
Monday, November 16  
Thursday, November 19  
Monday, November 23  
Monday, November 30

### Optimal Pregnancy Outcome Program - a free service

Monday, November 9  
Tuesday, November 10  
Monday, November 16  
Tuesday, November 17

### Cholesterol Screenings

Friday, November 13  
Tuesday, November 24

### Holiday Closings

November 11 - Veteran's Day  
November 26 - Thanksgiving

### **Bismarck-Burleigh Public Health**

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

Bismarck-Burleigh Public Health

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

# Healthy Living Update

## Bismarck Tobacco Prevention Youth Summit Success

On the morning of Wednesday, October 7th about seventy Bismarck area youth and several advisors gathered together in a conference room at the Radisson to learn about the importance of raising the price of tobacco products and the benefits of tobacco free parks.

Raise It for Health ND did an interactive presentation with the students that got them thinking about how big of an effect a small tax increase would have on tobacco use rates in North Dakota. There were not only local presenters working with the youth, but national presenter Char Day with Americans for Nonsmokers Rights joined the cause as well. Char educated on the benefits of tobacco free parks and provided two activisms within a Bismarck park, later that afternoon. For one of the activisms at the park students were given 300 orange construction flags, empty 2 liter pop bottles, garbage bags, and plastic gloves. They were then instructed to place a flag in the ground where they found tobacco product litter and place the litter in the empty 2 liter bottle. The students ran out of the 300 flags within the first 10 minutes of activism. The amount of litter found by the students demonstrates the need to youth for a tobacco free park policy in Bismarck.

Recognition was given to the following schools for their hard work during the 2015 legislative session; Simle Middle School, Light of Christ 7th and 8th Grade Academy, Century High School, and St. Mary's High School. Thank you to all of the coordinators who worked with their students to create positive change in their community. Overall the event was a huge success and gave students the tools they needed to prepare them for the nationwide Great American Smoke Out coming up on November 19th.



## It's Turkey Time: Safely Prepare Your Holiday Meal

Unsafe handling and under-cooking your holiday bird can cause salmonella or other foodborne illnesses. Here are a few tips from Bismarck-Burleigh Public Health and the USDA to keep your Thanksgiving safe and delicious!

### Clean

- Wash your hands for 20 seconds with soap and warm water.
- Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! **Cooking is the only way to destroy this potentially dangerous bacteria.**



### Separate

- Separate raw turkey from fresh food and use separate cutting boards, plates, and utensils.
- Wash items that touch raw meat with soap and warm water.

### Cook

- Your bird is not safe to eat until it reaches 165° F - you cannot tell by the color.
- Use three places to check the temperature with a meat thermometer: breast, wing, and thigh.

### Chill

- Remember to refrigerate leftovers within 2 hours and throw away after 3-4 days in the fridge.

## Spotlight on Home Health Services

The Health Maintenance Program at Bismarck-Burleigh Public Health provides home visits to residents of the City of Bismarck and Burleigh County. The visits may include Medication Fills, Health Assessments, Blood Draw, Foot Care and/or Injections. The clients served have chronic health problems that can effectively be addressed at a weekly home visit. Our nurses also provide case management to these clients to assure that they have the services in place to keep them in their own homes as long as possible.

Medicaid and the VA provide coverage for these services. Individuals who do not have insurance are placed on a sliding fee scale for each home visit. If you know of someone who could benefit from a home visit please contact Jodi Wolf, RN at 355-1560.

