

This Month at Public Health:

March 2016

Healthy Living Update

Immunization Clinics

Thursday, March 3
Monday, March 7
Thursday, March 10
Monday, March 14
Thursday, March 17
Monday, March 21
Thursday, March 24
Monday, March 28
Thursday, March 31

Optimal Pregnancy Outcome

Program - a free service

Monday, March 14
Tuesday, March 15
Tuesday, March 21
Monday, March 22

Cholesterol Screenings

Friday, March 11
Tuesday, March 29

Holiday Closings

March 25 - Good Friday

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Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

BreatheND

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

March is Colorectal Cancer Awareness Month

In many cases, colorectal cancer can be prevented. Still, it's one of the 5 most common cancers in men and women in the U.S. Colorectal cancer is also one of the leading causes of cancer death. Don't let these common myths stop you from getting the life-saving tests you need.

Myth: Colorectal cancer is a man's disease.

Truth: Colorectal cancer is just as common among women as men. Each year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 die from it.

Myth: Colorectal cancer cannot be prevented.

Truth: In many cases colorectal cancer can be prevented. It almost always starts with a *polyp*. If the polyp is found early, doctors can remove it and stop colorectal cancer before it starts.

Other ways to help lower your chances of getting colorectal cancer:

- Get to and stay at a healthy weight throughout life.
- Be physically active; minimum of 150 minutes of moderate activity per week.
- Eat at least 2½ cups of vegetables and fruits each day.
- Choose whole grains.
- Limit the amount of red meat and processed meat you eat.
- Limit alcohol to 1 drink per day for women, 2 per day for men.
- Don't use tobacco in any form.

Myth: Age doesn't matter when it comes to getting colorectal cancer.

Truth: About 90% of all colorectal cancers are found in people age 50 and older. For this reason, start getting checked for this cancer when you are 50. People who are at a higher risk for colorectal cancer – such as those who have colorectal cancer in their families – may need to begin testing when they are younger. Ask your doctor when you should start getting tested.

Source: American Cancer Society





Raising Tobacco Awareness on ‘Kick Butts Day’

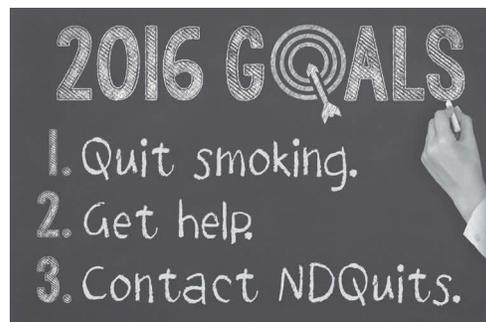
On Tuesday March 16th Bismarck youth will celebrate Kick Butts Day. Kick Butts Day is known as a national tobacco free holiday started to empower youth to become activists by standing up and speaking out against Big Tobacco companies. It provides an opportunity for youth to educate their peers and community leaders on the toll of tobacco.

The Facts:

- In North Dakota alone, 500 kids will become new daily smokers each year and purchase or smoke 900,000 packs of cigarettes.
- According to the 2015 Youth Risk Behavior Survey, the high school smoking rate has dropped from 19% in 2013 to 11.7% in 2015.
- Even though we have seen a large decrease in rate of cigarette use, the use rate of e-cigarettes among youth has skyrocketed to 22.3% in North Dakota.

By working together as a community, we can encourage the next generation to be confident and share their voice. On days like Kick Butts Day, youth join together to show us that they will be the generation to end tobacco use. For more information on Kick Butts Day visit www.kickbuttsday.org.

Source: https://www.tobaccofreekids.org/facts_issues/toll_us/north_dakota



March is National Nutrition Month!

“Savor the Flavor of Eating Right” encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

How, when, why and where we eat are just as important as *what* we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods — that’s the best way to savor the flavor of eating right! Visit www.eatright.org for information.



SAVOR
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OF EATING
RIGHT

NATIONAL NUTRITION MONTH® 2016

 Academy of Nutrition and Dietetics
www.eatright.org