

Highlight on Health

A Bismarck-Burleigh Public Health Publication

BBPH Celebrates National Public Health Week

Important Dates

April 3-9 - National Public Health Week

April 7 - World Health Day

April 7 - Walk to Work Day

April 23 - World Laboratory Day

April 24-30 - World Immunization Week

April 26-May 3 - National Infant Immunization Week

Public Health

Note: All dates listed are for the month of April.

OPOP - 10, 11, 17, 18

Immunization Clinic - 3, 6, 10, 13, 17, 20, 24, 27

Car Seat Distribution - 4, 28

Well Baby Clinic - 7

Office Closed - 14

National Public Health Week is a time to promote the benefits of healthy communities. April 3-9 is designated as National Public Health Week to shine a spotlight on local public health units like Bismarck-Burleigh Public Health and highlight how far we've come and acknowledging how much more we need to do to make healthy living easier. Join us in celebrating National Public Health Week 2017 to rally around the goal of making the United States the Healthiest Nation by 2030.



Daily themes for Public Health Week are as follows:

Monday – *“Building a Nation of Safe and Healthy Communities”*
Health must be a priority in designing our communities, to ensure everyone has a safe place to live, work and play. You can start by protecting yourselves and those around you from vaccine preventable diseases.

Tuesday – *“Make the Healthy Choice the Easy Choice”*
Healthy living can be as easy as choosing water over soda or walking steps versus taking the elevator.

Wednesday – *“Providing Quality Health Care for Everyone”*
By prioritizing your health needs you are ensuring your health, today and tomorrow.

Thursday – *“Public Health Professionals: Impacting Lives Everyday”*

“Today we recognize the Public Health Professionals who work tirelessly every day to protect this community from disease, injury and health threats and keep our residents and their families healthy and safe. Without dedicated Public Health professionals, becoming the healthiest nation in one generation would not be possible,” states Renae Moch, Director of Bismarck-Burleigh Public Health.

Friday – *“Preventive Healthcare = Healthy Outcomes”*

Preventive healthcare is an essential function of Public Health because prevention leads to positive patient outcomes. Take advantage of Bismarck-Burleigh Public Health’s various preventive health screenings. Call Bismarck-Burleigh Public Health at 701-355-1540 to schedule an appointment.



Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

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From the Director's Desk

Renae Moch, MBA, FACMPE



We are kicking off the month of April with Public Health Week! April 3-9, 2017 is designated as National Public Health Week.

Want to join in the celebration? We'd love to visit with you! We invite you to visit Bismarck-Burleigh Public Health this week and see the resources that are available to you and your loved ones. Together we are a powerful partnership; one that can create the healthiest nation in one generation.



WHO focuses on depression for World Health Day

The World Health Organization celebrates World Health Day in April. This year, the focus of their campaign is depression, which affects more than 300 million people worldwide.

Depression is indiscriminate the leading cause of disability worldwide, and is a major contributor to the overall global burden of disease. Each year, depression is attributed to the more than 800,000 suicides. Suicide is the second leading cause of death in 15-29-year-olds.

The good news is there are a variety of effective treatments for the disease. Resources are available online, at www.who.int and you can find help for yourself, or someone you know through a variety of mental health organizations in the community.



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at facebook.com/BBPH.gov

#VACCINESWORK TO PROTECT INDIVIDUALS AND COMMUNITIES

Immunization is our shield against serious diseases.

When immunization rates are high, the wider community is protected including:

Infants who are too young to receive their vaccines.



Older adults at risk of serious diseases.

People who take medication that lowers their immune systems.

Check with your doctor that you are fully vaccinated.

