

Highlight on Health

A Bismarck-Burleigh Public Health Publication

Important Dates

May 1-5 - Project Hope Week

May 6-12 - National Nurses Week

May 6-12 - Women's Health Week

May 15-19 - Bike to Work Week

May 17 - Employee Health and Fitness Day

May 31 - World No Tobacco Day

Public Health

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

OPOP - 1, 2, 8, 16

Immunization Clinic - 1, 4, 8, 11, 15, 18, 22, 25

Car Seat Distribution - 9, 26

Well Baby Clinic - 5

Office Closed - 29

Do You Know Your Numbers?

	Healthy Range Keep it up!	Caution Talk with your provider.	At Risk Talk with your provider.
Blood Pressure	<120/80	120-139/80-89	≥ 140/90
Body Mass Index (BMI)	18.5-24.9	25-29.9	≥ 30 or <18.5
Waist Measurement	M: <40" W: < 35"		M: ≥ 40" W: ≥ 35"
Fruit & Veggie Servings	At least 5 servings/day	<1-5 servings	None
Physical Activity	30 mins/day 150 mins/wk	<30 min/day	Sedentary In-active
Tobacco Use	None		Yes
Blood Glucose (Fasting)	70-99	100-125	>125
Hemoglobin (A1c)	<5.7	5.7-6.4	> 6.5
Total Cholesterol	<200	200-239	>240
LDL (Bad cholesterol)	<100	100-129	>130
HDL (Good cholesterol)	>60	M: 40-59 W: 50-59	M: < 40 W: < 50
Triglycerides	<150	150-199	>200

You can feel great, but how you feel does not always tell the whole story. When it comes to your health, there are numbers you need to know. A health care provider can help you complete this card. This will give you a snapshot of your numbers match up as healthy, pre-risk or at-risk and where changes can be made to make improvements. If lab results are not immediately available, those numbers can be filled in later.

The Center for Disease Control (CDC) utilizes a variety of programs that address high blood pressure:

- **Million Hearts** is an initiative to prevent 1 million heart attacks and strokes.
- **WISEWOMAN** is comprised of 21 programs that operate on a local level in state and tribal organizations.
- **SRCP** is a program to reduce the amount of sodium Americans eat and drink every day.



Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

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From the Director's Desk

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Spring is finally here! Mild spring weather brings more of us outside to enjoy a variety activities. It's great for overall health and wellness to be outdoors, but it is important to remember these preventive tips to stay healthy while enjoying our North Dakota spring weather:

Practice Sun Safety

May is National Melanoma Skin Cancer Awareness Month. Skin cancer is the most common of all cancers. Melanoma consists of only 5% of all skin cancers, but it is the deadliest form. Protect yourself from harmful UV rays by wearing sunscreen and cover your skin to avoid sunburn.

Protect Yourself from Insect Bites

May is also National Lyme Disease Awareness month. Humans acquire Lyme Disease through the bite of an infected tick. The only way to avoid the disease is by avoiding these tick bites. You can do this by wearing long-sleeve shirts, as well as wearing pants outdoors and applying insect repellent to prevent bites.

National Nurse's Week

During the month of May, Bismarck-Burleigh Public Health recognizes our nurses during National Nurse's Week, May 6-12. We appreciate all of the work they do year-round, but this week is celebrated nationally to recognize the contributions that nurses make to the community. Remember to thank a nurse this month!

Think Protection When Out in the Sun

Source: *skincancer.org*

Each year in the U.S. over 5.4 million cases of nonmelanoma skin cancer are treated in more than 3.3 million people.

Skin cancer accounts for more new cases each year than the combined incidence of cancers of the breast, prostate, lung and colon. Over the past three decades, more people have had skin cancer than all other cancers combined.

About 90 percent of nonmelanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun.

The most common form of skin cancer is Basal cell carcinoma (BCC), accounting for more than 4 million diagnosed cases in the U.S. each year.

The second-most common form of cancer is Squamous cell carcinoma. There are more than 1 million cases diagnosed in the U.S. each year. Individuals who have received an organ transplant are about 100 times more likely than the general public to develop squamous cell carcinoma.

The annual cost of treating skin cancers in the U.S. is estimated at \$8.1 billion.



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