

Highlight on Health

A Bismarck-Burleigh Public Health Publication

Public Health

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

Car Seat Distribution - 7, 29

Cholesterol Testing - 28

Well Baby Clinic - 3

Immunization Clinic - 2, 6, 9, 13, 16, 20, 27, 30

OPOP - 14

Important Dates

Nov. 10 - Veterans Day Observed (Office Closed)

Nov. 11 - Veterans Day

Nov. 16 - Great American Smokeout

Nov. 23 - Thanksgiving (Office Closed)

Nov. 23 - National Family Health History Day

Nov 23-Jan. 1 - Tie One on for Safety Campaign



Talkin' Turkey Safety Tips

Celebrating Thanksgiving generally revolves around food - and lots of it. This means you could be sending your guests home with more than just some holiday cheer if you aren't mindful of your food preparation.

1. Safely Thaw Your Turkey

Thaw turkeys in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Never thaw your turkey by leaving it on the counter. When the turkey is left out at room temperature for more than two hours, its temperature becomes unsafe (between 40°F and 140°F), where bacteria can grow rapidly.

2. Safely Handle Your Turkey

Bacteria from raw poultry can contaminate anything it touches. Follow the four steps to food safety: cook, clean, chill, and separate.

3. Safely Stuff Your Turkey

Cook stuffing in a casserole dish to make sure it is thoroughly cooked.

Stuff turkey before cooking. Use a food thermometer to ensure stuffing's center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F. If stuffing is inside a turkey, remove bird from oven and let stand 20 minutes before removing the stuffing.

4. Safely Cook Your Turkey

Set oven to at least 325°F. Place thawed turkey breast side up in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times will vary depending on turkey weight. To ensure turkey has reached a safe internal temperature of 165°F, insert a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Let stand 20 minutes before removing stuffing from the cavity and carving the meat.

5. Take Care with Leftovers

Refrigerate perishable food within 2 hours. If outdoor temperature is above 90 degrees Fahrenheit, refrigerate within 1 hour.

Source: CDC



Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

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Time to Become a Quitter

November 16th marks the American Cancer Society's annual Great American Smokeout. On this day, smokers are encouraged to quit tobacco and take an important step toward a healthier life that can lead to reducing cancer risk. Your best option is to never start using tobacco. If you do smoke or use smokeless tobacco, get help with quitting.

North Dakota residents can get help quitting tobacco, **FREE**, through NDQuits. NDQuits offers confidential coaching and advice through telephone, online and mobile services to adults and youth ages 14 and older.



NDQuits coaches will assess the quitter's readiness to quit tobacco use and help them develop a plan, which could include setting a quit date, learning how to identify triggers and learning how to deal with withdrawal symptoms and cravings. NDQuits members age 18+ may be eligible to receive free medication to help them quit. NDQuits enrollees have access to the following:

- The ability to chat with other quitters online
- 24/7 365 days a year online encouragement and support
- Online calculators that let you figure how many days you've extended your life or how much money you've saved
- E-mail messages to encourage and inspire you

If you know of a family member or peer who wants to quit smoking or smokeless tobacco, have them check out NDQuits at www.ndhealth.gov/ndquits or call 1.800.QUIT.NOW (1.800.784.8669). NDQuits is a program of the North Dakota Department of Health. If NDQuits is not what you are looking for, BBPH offers free individual counseling. Contact Sue Kahler, Certified Tobacco Treatment Specialist, Mayo Clinic Certified at 355-1594 or [via email](mailto:sue.kahler@ndhealth.gov) for an appointment.

From the Director's Desk

Renae Moch, MBA, FACMPE



Bismarck-Burleigh Public Health (BBPH) has been awarded grant funds from the North Dakota Comprehensive Cancer Control Program (ND CCCP) to assist in preventing HPV-related cancers. Activities related to the ND CCCP will begin November 1, 2017, and continue through June, 2018. Bismarck-Burleigh Public Health will be utilizing reminder-recall and provider prompting systems in an attempt to increase HPV vaccination rates for 11-year olds in our service area and that have received services from us in the past. Also, BBPH will be working to increase community awareness by providing education about the benefits of HPV vaccine.

Initiating the HPV vaccine series at 11 years of age, prior to exposure, is one of the best ways to protect against many different types of cancers caused by the Human papillomavirus. We look forward to working with our clients to increase awareness related to HPV and the preventative cancers it causes. We appreciate the opportunity to work with the North Dakota Comprehensive Cancer Control Program in this state-wide effort.

Winter Preparedness Page Added to EPR Section

Bismarck-Burleigh Public Health Emergency Preparedness has added a winter preparedness page to its website.

The page includes winter weather warning terminology, as well as tips and suggestions for a winter communication plan, evacuation

versus shelter in place, travel tips, contents for a vehicle survival kit, treatment for frostbite and hypothermia, and more.

The addition of the winter preparedness page is part of a site update that has occurred throughout 2017, and is one of a

handful of new pages under the Bismarck-Burleigh Public Health section of the City of Bismarck's site.

Visit <http://www.bismarcknd.gov/1796/Winter-Preparedness> to learn how you can prepare yourself and your family.