

# Highlight on Health

*An Emmons County Public Health Publication*

## Important Dates

**Feb. 2** - National Wear Red Day

**Feb. 2** - Groundhog Day

**Feb. 4** - World Cancer Day

**Feb. 4-10** - Burn Awareness Week

**Feb. 14** - Valentine's Day

**Feb. 14** - International Condom Day

**Feb. 14** - Ash Wednesday

**Feb. 19** - Presidents' Day

**Feb. 22** - National Heart Valve Disease Awareness Day

## Monthly Observances

- American Heart Month
- International Prenatal Infection Prevention Month
- National Children's Dental Health Month
- Teen Dating Violence Awareness Month

## Tips to Love Your Heart Throughout February

Heart disease is the leading cause of death for both men and women nationally. To prevent heart disease and increase awareness of its effects, Emmons County Public Health is proudly participating in American Heart Month.

According to the Emmons County Community Health Profile, heart disease was the most common cause of death from 2006-2010. These statistics were reflected at the state level in 2015, as well, with heart disease accounting for 21.3% of all North Dakota deaths, edging out cancer (21.2%) by a tenth of a percent.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk:

- Watch your weight.
- Quit smoking and stay away



from secondhand smoke.

- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

For more information, visit the Emmons County Public Health office at 118 E Spruce Ave, call us at (701) 254-4027, or contact us through our Facebook page at [www.facebook.com/ECPH.gov](http://www.facebook.com/ECPH.gov). We will also be posting a variety of heart health information through our Facebook page during the month of February.



# Spit Out Smokeless Tobacco in February

Each year over 8,000 Americans die from cancer caused by smokeless tobacco use. To bring awareness to these deaths and the dangers associated with smokeless tobacco use, the Great American Spit Out will be held February 22, 2018. This tobacco-free holiday educates about these products and the 28 cancer causing chemicals in spit tobacco. These chemicals lead to a variety of health problems:


- Increased heart rate and blood pressure
- Leukoplakia, tooth decay
- Mouth sores
- Cancer

In North Dakota 7.2% of adults and 8.0% of youth are current smokeless tobacco users, according to the North Dakota Behavioral Risk Factor Surveillance Survey and the Youth Risk Behavior Survey. It is important for youth and adults to know that smokeless tobacco products are not a safe alternative to smoking cigarettes or using e-cigarettes. If you or someone you know needs help quitting tobacco contact 1.800.QUIT.NOW (1.800.784.8669) or visit [www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits).

**Sources:** 2017 Youth Risk Behavior Survey, 2016 Behavioral Risk Factor Survey, Campaign Tobacco Free Kids, North Dakota Department of Health, American Cancer Society, and the American Academy of Otolaryngology



## Drinking Water in the Winter

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- ✓ Improve Dry Skin
  - ✓ Regulate Body Temp
  - ✓ Reduce Calorie Intake
  - ✓ Boost Immune System
  - ✓ Fight Fatigue