

Highlight on Health

An Emmons County Public Health Publication

Important Dates

Jan. 1 - New Year's Day

Jan. 4 - World Braille Day

Jan. 7-13 - National Folic Acid Awareness Week

Jan. 14-20 - Healthy Weight Week

Jan. 18 - Women's Healthy Weight Week

Jan. 22 - National Drugs and Alcohol Chat Day

Jan. 23-29 - Drug Facts Week

Jan. 25 - IV Nurse Day

Jan. 28 - Feb. 3 - World Leprosy Week

Monthly Observances

- **Cervical Health Awareness Month**
- **National Birth Defects Prevention Month**
- **National Glaucoma Awareness Month**
- **National Radon Action Month**
- **Thyroid Awareness Month**



Tobacco Cessation Program Available in 2018

A tobacco cessation program is available to anyone in Emmons County who is looking to raise their chance of successfully beating smoking or using smokeless tobacco.

Emmons County Public Health will conduct a quarterly one-time informational meeting followed by referrals to the NDQuits program, appointments with a Tobacco Treatment Specialist (TTS) at the Linton Clinic, and one-on-one follow-up by phone or in person through the public health office or TTS. In addition, "starter" patches, gum and lozenges are available to those clients who enroll in the

NDQuits program and want to begin the quitting process.

For more information about the tobacco cessation tools that are available, contact Bev Voller, RN- Tobacco Prevention Coordinator at 701-254-4082 or set up an appointment at the Linton (701-254-4531) or Hazelton Clinic (701-782-4338). You can also follow us on Facebook by visiting www.facebook.com/ECPH.gov. For a variety of publication information, visit the [North Dakota Department of Health](http://NorthDakotaDepartmentofHealth.org) online.





January Focuses on Birth Defects Prevention

Emmons County Public Health is joining the National Birth Defects Prevention Network (NBDPN) to raise awareness of birth defects and to promote strategies to reduce the risk of birth defects and their complications. We hope you will join us in promoting National Birth Defects Prevention Month! This year's theme is "Prevent to Protect: Prevent Infections for Baby's Protection".

We know not all birth defects can be prevented. However, we encourage all women to make healthy choices and adopt healthy habits to help lower their risk of having a baby born with a birth defect. Please encourage all pregnant women and those who may become pregnant to follow recommended guidelines to reduce the chance of developing an infection before or during pregnancy.

Folic Acid Awareness Week, January 7-13, is a perfect time to call additional attention to the importance of folic acid in preventing certain birth defects. The United States Public Health Service recommends all women of childbearing age consume 400 micrograms (400mcg or .4mg) of folic acid daily to prevent up to 50 - 70% of neural tube defects, such as spina bifida and anencephaly. To learn more about Folic Acid Awareness Week go to <http://www.nbdpn.org/faaw.php>.

Water is Best Beverage Choice

What you drink is as important as what you eat. Many beverages have added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are tips to help you make beverage choices:

Drink water

Drink water instead of sugary drinks. Soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

How much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

A thrifty option

Water is easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

Manage your calories

Drink water with and between your meals. Adults and children take

in about 400 calories per day as beverages — drinking water can help you manage your calories.

Kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice each day.

Enjoy your beverage

When water won't do — enjoy the beverage of your choice, but remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs.

Water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day.

Source: CDC