

# Highlight on Health

*An Emmons County Public Health Publication*

## Important Dates

**April 1-7** - National Public Health Week.

**April 7** - National Alcohol Screening Day.

**April 7** - World Health Day.

**April 13** - Thomas Jefferson's Birthday.

**April 14** - Palm Sunday.

**April 15** - Tax Day.

**April 17** - World Hemophilia Day.

**April 19** - Good Friday.

**April 21** - Easter Sunday.

**April 22** - Earth Day.

**April 22-28** - National Infant Immunization Week.

**April 24** - Administrative Professionals Day.

**April 28** - World Day for Safety and Health at Work.



## Alcohol Use, Abuse Continues to be High Throughout North Dakota

North Dakota's culture of alcohol abuse continues to be rampant.

Last year, the state was determined to be the nation's drunkest state by Center for Disease Control, with nearly one-quarter of adults (24.7 percent) drinking excessively, well above the national rate of 18 percent. North Dakota also managed to have the nation's highest percentage (46.7 percent) of alcohol-related driving deaths, this time eclipsing the national average by more than 16 percent.

In 2017 more than 15% of the state's adult arrests were for Driving Under the Influence (DUI). It is estimated that alcohol is a factor in 40-50 percent of the fatal crashes in the state each year. This translates to one alcohol-related crash every 10 hours, with one alcohol-related fatality each 7 days.

April is Alcohol Awareness Month, a time when you can reflect on your

own usage. If you are drinking too much, you can improve your health by cutting back or quitting.

Some strategies to help you quit:

- Limit your drinking to no more than 1 drink a day for women and 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Limit the amount of alcohol you keep at home.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

Source: CDC, Healthfinder.gov



# Rural America a Topic of Public Health Week

For more than 20 years, National Public Health Week has helped raise awareness about public health and prevention. Many of these topics are exacerbated by living in rural America.

According to the American Public Health Association, rural Americans are facing greater risk of death from the five leading causes of death (heart disease, cancer, unintentional injury, chronic lower respiratory disease and stroke) along opioid addiction, overdose and suicide, versus urban counterparts.

This year's National Public Health Week will focus on rural health, along with a variety of other topics:

**NPHW 2019**

For Science  
For Action  
For Health

National Public Health Week [www.nphw.org](http://www.nphw.org)

- Monday, April 1
  - o Topic: Healthy Communities.
  - o Event (Through April 7): APHA's Billion Steps Challenge
  - o Event: NPHW Forum Event hosted in Washington, D.C. and livestreamed.
- Tuesday, April 2

- o Topic: Violence Prevention.
- Wednesday, April 3
  - o Topic: Rural Health.
  - o Event: NPHW Twitter Chat, 2-3 p.m.
- Thursday, April 4
  - o Topic: Technology and Public Health.
  - o Event: NPHW

- Student Day: Your're Graduating. Now What?
- Friday, April 5
    - o Topic: Climate Change.
  - Saturday/Sunday, April 6-7
    - o Topic: Global Health.
- Source: NPHW.org.

A number of fact sheets are also available from the APHA:

- Building a nation of safe, healthy communities - [www.nphw.org/nphw-2019/healthy-communities](http://www.nphw.org/nphw-2019/healthy-communities)
- Help all young people graduate from high school - [www.nphw.org/nphw-2019/high-school-graduation](http://www.nphw.org/nphw-2019/high-school-graduation)
- Increase economic mobility - [www.nphw.org/nphw-2019/economic-mobility](http://www.nphw.org/nphw-2019/economic-mobility)
- Achieve social justice and health equity - [www.nphw.org/nphw-2019/social-justice](http://www.nphw.org/nphw-2019/social-justice)
- Give everyone a choice of safe, healthy food - <http://www.nphw.org/nphw-2019/healthy-food>
- Prepare for the health effects of climate change - [www.nphw.org/nphw-2019/climate-change](http://www.nphw.org/nphw-2019/climate-change)
- Making the healthy choice the easy choice - [www.nphw.org/nphw-2019/healthy-choices](http://www.nphw.org/nphw-2019/healthy-choices)
- Strengthen public health infrastructure and capacity - [www.nphw.org/nphw-2019/public-health-infrastructure](http://www.nphw.org/nphw-2019/public-health-infrastructure)

For more information about this, and other public health topics, visit [www.nphw.org](http://www.nphw.org).

**Earth Day 2019**  
"Protect Our Species"

Learn more at [www.earthday.org](http://www.earthday.org)