

# Highlight on Health

*An Emmons County Public Health Publication*

## Important Dates

**September 4** - World Sexual Health Day

**September 5** - Labor Day  
(Office Closed)

**September 7-12** - National Suicide Prevention Week

**September 9** - Fetal Alcohol Syndrome Awareness Day

**September 12-18** - National Folic Acid Awareness Week

**September 13** - World Sepsis Day

**September 19-23** - Malnutrition Awareness Week

**September 20-24** - Falls Prevention Awareness Week

**September 21** - World Alzheimer's Day

**September 25** - World Lung Day

**September 28** - World Rabies Day

**September 29** - National Women's Health & Fitness Day



## Build “A Lasting Legacy” During Preparedness Month

The life you are building, or have built, for you and your family is likely the most important thing you can create. This year's theme for preparing for disasters is about creating “A Lasting Legacy” for you.

National Preparedness Month is an observance each September that raises awareness about the importance for preparing for disasters and emergencies that could happen at any time. Everyday occurrences like supply chain issues are something you must plan for: purchasing items when available and riding out times when they are unavailable.

Being prepared means:

- Building a Preparedness Kit – this kit can contain a variety of items including food, first aid and emergency items.
- Making a Plan – You can use plans including:
  - o Determining how

- o will you receive emergency alerts and/or warnings
- o Deciding on your shelter plan
- o Writing your family/ household communication plan
- o Do you need to update/maintain your emergency preparedness kit?
- Practice Your Plans – It isn't enough to create a plan. Make sure you practice plans with every member of your household so everyone knows exactly what to do during an emergency.

Throughout the month of September, look for social media posts on our account that will provide suggestions for ways you and your family can create a lasting legacy. Look for the hashtag #BeReady that will accompany a variety these posts.



# Suicide Still Ongoing Problem In U.S., North Dakota

Suicide is an ongoing and a worsening problem in the United States and in North Dakota. Nationally, our suicide rate has increased by 35 percent since 1999.

North Dakota's suicide rates are higher than the nation's average. Since 2010, North Dakota's deaths due to intentional self-harm have been at, or above 15 per 100,000 population. During that same time, the highest national rate was 14.8 deaths per 100,000.

Suicide continues to effect younger populations. Suicide is the second leading cause of death for people ages 10-34 nationally, and is the No. 10 leading cause of death in the U.S. Although more women than men attempt suicide, men are nearly four times more likely to die by suicide. More than 1 in 3 who die from suicide are under the influence of alcohol at time of death.

The National Alliance on Mental Health reports that 46 percent of people who die by suicide have a diagnosed mental health condition, while 90 percent of people who die by suicide have experienced symptoms of a mental health condition. Many individuals who die by suicide have a history of trauma or abuse, have experienced prolonged stress, or recently suffered a tragedy or loss.

There are a few ways to approach a suicide-crisis:

- Talk openly and honestly.
- Remove means such as guns, knives or stock-piled pills.
- Calmly ask simple and direct questions.
- If there are multiple people around, have one person speak at a time.
- Express support and concern.



- Don't argue, threaten or raise your voice.
- Don't debate whether suicide is right or wrong.
- If you're nervous, try not to fidget or pace.
- Be patient.

If you, or someone you know, has started thinking about suicide, seek help through a crisis line, health-care professional or trusted friend. If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.

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