

Highlight on Health

An Emmons County Public Health Publication

Important Dates

November 1-7 - Medical-Surgical Nurses Week.

November 4-10 - National Diabetes Education Week.

November 11-17 - National Nurse Practitioner Week.

November 12 - World Pneumonia Day.

November 14 - World COPD Day.

November 14 - World Diabetes Day.

November 15 - Great American Smokeout.

November 17 - Intl. Survivors of Suicide Loss Day.

November 18-25 - Gastroesophageal reflux disease Awareness Week.

November 22 - National Family Health History Day.

November 22 - Thanksgiving (Office closed).



Nearly 38 million Americans still smoke, but the Great American Smoke Out serves as an opportunity for that first day of kicking a deadly habit.

Start Your Healthy Life On the Great American Smoke Out

Quitting smoking isn't easy – just ask anyone who has tried successfully or unsuccessfully to kick the habit.

But for the near-38 million individuals who smoke, the Great American Smokeout is an annual starting point for a smoke-free life. In its more than 40 years of existence this health observance on November's third Thursday has played a significant role in helping decrease the nation's smoking rate – from 42% in 1965 to less than 15.5% in 2016.

Individuals who smoke are advised to speak with your health provider or pharmacist for input on ways to ensure a successful outcome while quitting. Research has shown support efforts result in more circumstances of success in quitting smoking:

- Telephone quitlines
- Nicotine cessation programs
- Nicotine Anonymous meetings
- Self-help books/materials
- Smoking counselors/coaches
- Family/friend encouragement

By quitting smoking, even for one day, individuals who smoke are becoming healthier. Using 2 or more of these measures to quit smoking works better than using any one of them alone. For example, some people use a prescription medicine along with nicotine replacement. Other people may use as many as 3 or 4 of the methods listed above. Professional guidance can help you choose the approach that's right for you.

Source: *Cancer.org.*



Public Health
Prevent. Promote. Protect.

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Talk Turkey Temperature This Thanksgiving

Thanksgiving is likely the largest meal you'll participate in this year. Getting it just right, especially the turkey, brings a fair amount of pressure whether or not a host is experienced with roasting one. Follow these tips to make sure your Thanksgiving meal is both delicious and safe to serve.

Steps to follow before cooking a turkey:

- Read labels carefully. Temperature labels show if the bird is fresh or frozen. If you plan to serve a fresh turkey, purchase it no more than two days prior to your meal.
- Purchase 2 thermometers: a refrigerator thermometer to ensure the turkey is stored at 40 degrees Fahrenheit or slightly below, and a good thermometer to make sure the cooked turkey reaches a safe 165 degrees Fahrenheit.
- Thaw the turkey by using the microwave, the cold water method or a refrigerator. The refrigerator method is USDA recommended.

Steps to follow when cooking a turkey:

- Wash hands with warm water and soap for 20 seconds before touching any food to

LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

- NATURAL
- KOSHER
- FREE RANGE
- ORGANIC
- FRESH
- FROZEN

For more information about each type of turkey, visit foodsafety.gov

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

- Refrigerator:** Safe to store the turkey for another 1-2 days in the refrigerator. This is the USDA recommended thawing method. How to thaw: Allow approximately 24 hrs. for every 4-5 lbs. of bird.
- Cold water:** Cook immediately after thawing. How to thaw: Submerge the bird in cold water & change every 30 mins.
- Microwave:** Cook immediately after thawing. Use defrost function based on weight.

For more information on safe thawing methods, visit foodsafety.gov

Did You Know? It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils, Plates, Countertops, Cutting boards SHOULD ALSO BE WASHED.

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPA RATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color. Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature:

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge: 3-4 days

Safe frozen: 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION: Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskHHS.gov. Visit PreguntasAlAlcance.gov for questions in Spanish.

USDA Ad Council

prevent the spread of many types of infection and illness.

- Do not wash the turkey. This spreads pathogens onto kitchen surfaces. The only way to kill bacteria that causes foodborne illness is to fully cook the turkey.
- Keep raw turkey separated from all other foods at all times.
- Use separate cutting boards, plates and utensils

when handling raw turkey to avoid cross contamination. Wash items that have touched raw meat with warm soap and water, or place them in a dishwasher.

- Cook the turkey until it reaches 165 degrees Fahrenheit as measured by a food thermometer. Check the turkey's temperature by inserting the thermometer in three places the thickest

part of the breast, the innermost part of the thigh, and the innermost part of the wing.

Steps to follow when consuming Thanksgiving leftovers:

- Refrigerate leftovers within two hours to prevent bacteria from growing on the food.
- Store leftovers in shallow pans or containers to decrease cooling time. This prevents the food from spending too much time at unsafe temperatures (between 40-140 degrees Fahrenheit).
- Do not store stuffing inside a leftover turkey. Remove the stuffing from the turkey and refrigerate the stuffing and meat separately.
- Avoid consuming leftovers that have been left in the refrigerator for longer than 3 or 4 days (the next Tuesday to be exact). Use the freezer to store leftovers for longer periods of time.
- Keep leftovers in a cooler with ice or frozen gel packs if the food is traveling home with a guest who lives more than 2 hours away.

Source: FoodSafety.gov

Diabetes DYK

1 in 10 Americans (30 million people) have diabetes. 84 million adults are at high risk for developing Type 2 Diabetes. But, you can lower your risk with healthy lifestyle changes.

