

Highlight on Health

An Emmons County Public Health Publication

Important Dates

January 1 - New Year's Day (Office Closed).

January 3 - Festival of Sleep Day.

January 7-13 - National Folic Acid Awareness Week.

January 12 - National Pharmacist Day.

January 21 - MLK Jr Day.

January 21-25 - Healthy Weight Week.

January 25 - IV Nurse Day.

January 22-27 - National Drug and Alcohol Facts Week.

January Awareness

- National Birth Defects Prevention Month
- National Blood Donor Month
- National Glaucoma Awareness Month
- Cervical Cancer Screening Month



Start 2019 Off Right with Emmons County Public Health

Is January 2019 the start of your healthier life? Emmons County Public Health can help, as three staff members are trained as Tobacco Treatment Specialists (TTS).

As of just two years ago, about 1 in 5 North Dakota adults smoked, as compared to the national rate of 17.1 percent of adults. However, youth smoking in the state was considerably more concerning.

In 2017, 12.6 North Dakota high school students smoked on at least one day in the last month. Nationally, the rate was 8.8 percent. In 2017, 20.6 percent of high school students used e-cigarettes, 8.0 percent used smokeless tobacco and 8.2 percent smoked cigars on at least one day in the past 30 days. Nationally, the rates were 13.2 percent, 5.5 percent and 8.0 percent, respectively.

Within the last year Emmons County

Public Health, in collaboration with Linton Hospital and Hazelton Clinic, has implemented tobacco treatment services to improve the health of local residents. Tobacco use affects overall health, and quitting tobacco is one of the most important things you can do to improve your health. The North Dakota Department of Health (NDDoH) Tobacco Prevention and Control Program funds tobacco treatment specialist training and medication to assist tobacco treatment services. NDQuits, ND's free phone and online tobacco cessation program, provides free counseling as well as eight weeks of medications twice a year to those uninsured and underinsured. Counseling and medication improve quit rates.

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Diabetes, Prediabetes Rates Continue to Rise

Diabetes is a growing epidemic in the United States, as well as in North Dakota.

Nearly 70,000 North Dakotans have diabetes, or about 11.2 percent of the adult population. Another 188,000 people (or about 35.4 percent of the state's adult population) have prediabetes. Prediabetes, which develops into Type 2 diabetes within five years for 15-30 percent of individuals, and diabetes cost the state nearly \$600 million each year.

Fortunately, there are steps an individual can take to improve their health: moderate weight loss and increased physical activity. Moderate weight loss equates to about seven percent of an individual's overall body weight, while increased physical activity translating to 30 minutes of activity, five times per week.

The start of a new year is an ideal time to try to



One Johns Hopkins Medicine report suggests that a 5-10 percent reduction in body weight can lower your risk of developing diabetes by up to 58 percent.

reach these goals, as it marks a common time for people to make healthy lifestyle changes. These lifestyle changes can include adding physical activity and altering the types of food you eat. One Johns Hopkins Medicine report suggests that a 5-10 percent reduction in body weight

can lower your risk of developing diabetes by as much as 58 percent.

According to the American Diabetes Association, a complete physical activity routine includes four kinds of activities:

- Continuous activity

– walking, using the stairs, moving around – throughout the day

- Aerobic exercise such as brisk walking, swimming, dancing, etc.
- Strength training such as lifting weights
- Flexibility exercises such as stretching

Swap out one sugary food item from your diet per day.

