



Public Health
Prevent. Promote. Protect.

Wells County District Health Unit

Wells County District Health Unit

2023 Quarter 3 Newsletter



Harvey Office:

1008 Adams Ave
Harvey, ND 58341
701-324-5259

Fessenden Office:

103 6 Ave N
Fessenden, ND
58438
701-547-3756

Hours:

Mon.—Thurs.

8am—4:30pm

Appointments are
encouraged!

Walk-ins are
accommodated
based on nurse

STEP UP for BONE HEALTH

THE 5 STEPS

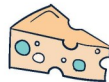
AT ANY AGE, THERE ARE FIVE STEPS TO BETTER BONE HEALTH THAT WILL REDUCE YOUR FUTURE RISK OF OSTEOPOROSIS AND BROKEN BONES

WHAT IS OSTEOPOROSIS?

OSTEOPOROSIS IS A DISEASE WHICH CAUSES THE BONES TO BECOME WEAK AND FRAGILE, SO THAT THEY BREAK EASILY, EVEN AFTER A MINOR FALL FROM STANDING HEIGHT, A COUGH OR A SNEEZE!



1 EAT BONE-HEALTHY FOODS



CALCIUM
e.g. Cheese, Yoghurt,
Milk, Fortified Soy Drink



PROTEIN
e.g. Meat, Nuts,
Fish, Chickpeas



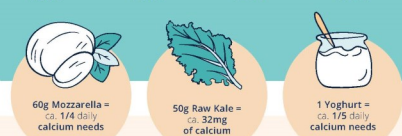
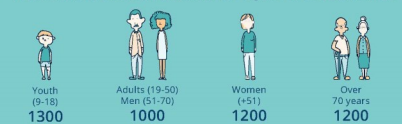
VITAMINS & NUTRIENTS
e.g. Vitamins D, K,
Zinc, Magnesium

AND GET ENOUGH VITAMIN D FROM THE SUN
10-20 minutes of sun exposure every day (face, hands, and arms)



ARE YOU GETTING ENOUGH CALCIUM?

RECOMMENDED DAILY CALCIUM INTAKES* mg/DAY AT DIFFERENT AGES



2 EXERCISE FOR STRONGER BONES AND MUSCLES



AIM TO EXERCISE FOR 30-40 MINUTES,
THREE TO FOUR TIMES EACH WEEK



WEIGHT-BEARING AND RESISTANCE EXERCISES ARE BEST
Practice balance exercises too!

3 MAINTAIN A HEALTHY BODY WEIGHT

A BMI ABOVE 19 kg/m²



BODY MASS INDEX	MEANING
Below 19	Underweight
19.1 - 24.9	Normal
25.0 - 29.9	Overweight
Above 30.0	Obese



4 DON'T SMOKE AND AVOID EXCESSIVE ALCOHOL INTAKE



DRINKING MORE THAN 2
UNITS OF ALCOHOL PER
DAY INCREASES THE RISK
OF FRACTURE.



SMOKING ALMOST
DOUBLES THE RISK
OF HIP FRACTURE.

5 BE ALERT TO ANY PERSONAL RISK FACTORS



HEIGHT LOSS
of 4 cm / 1 1/2 in.
or more?



GENETICS
Parental history of
hip fracture?



MEDICATIONS
e.g. Corticosteroids or
cancer treatment?



DISEASES
e.g. Rheumatoid
arthritis, diabetes?



MENOPAUSE
Before
45 years old?



TAKE THE IOF
OSTEOPOROSIS RISK CHECK
To find out whether you could be at risk

TALK TO YOUR DOCTOR
AND ASK FOR TESTING AND
TREATMENT IF NEEDED.



* National Academy of Medicine (USA)

www.worldosteoporosisday.org

World Osteoporosis Day
October 20



Shingles and Tdap are now **FREE** for Medicare Part D beneficiaries!

National Immunization Awareness Month

August is National Immunization Awareness Month!

This annual observance highlights the importance of getting recommended vaccines throughout your life. During NIAM, we encourage you to talk to your doctor, nurse or healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.

As your children head back to school this fall, it's particularly important for you to work with your child's doctor or nurse to make sure they get caught up on missed well-child visits and recommended vaccines.

Remember to take care of yourself too! Make sure to receive any vaccines you need to stay healthy. Use CDC's adult vaccine assessment tool to see which vaccines might be right for you.



1.866.388.7848



North Dakota Women, Infants, and Children Program (WIC) wants to see you and your family happy, healthy and thriving. WIC supports eligible women from pregnancy to delivery and children from birth to five years old. WIC comes to Harvey the second Tuesday of the month. Call to schedule an appointment at 701-662-7043 - Option 4



Join the 400,000 using This is Quitting.



In fact, a car can heat up 19 degrees in 10 minutes.

And a child's body temperature can rise 5 times faster than an adult's.

If you see a child alone in a car, take action to avoid heatstroke.





Did You Know!

Did you know we have youth bike helmets available for free? Yes we do! Give us a heads up by calling our offices to let us know you are needing one and we will help get you fitted! We even have toddler sized helmets!

Did you know we have medication disposal packets at each of our locations? Yep! So if you have expired or unused medication, stop by for some free packets to add to your med containers to deactivate the medication and safely dispose of it in the trash!

Did you know we have durable medical equipment? Name it and we probably have it! Free of charge to use includes wheelchairs, canes, shower chairs/benches, etc. Give us a call and let us know what you need and we will check our stock and let you know what's available!



Use ND Tip to submit an anonymous tip to law enforcement about crimes, suspicious activity, or non-emergency traffic concerns on North Dakota roadways.

Keep Yourself and Your Loved Ones Safe



Lock

Keep medication out of sight and in a safe and secure place.



Monitor

Keep track of medication and take only as directed.



Take Back

Drop off unused medication at local Take Back locations.

To find a location near you, go to www.takeback.nd.gov.

New Grant Opportunity!



WCDHU will be applying for a maternal child health grant this fall. Our main priority with this grant will be breastfeeding. Our plans are to get two nurses certified in lactation consulting. With this certification, we will be able to provide education and assistance to expecting mothers and mothers already breastfeeding. Also, we plan to purchase breast pumps that mothers would be able to use. We hope this grant will provide these tools to our rural community, so mothers are able to get the assistance they need close to home.

— Caitlyn Roemmich, Administrator

What we have been up to!

We were happy to have a booth at the Wells County Fair again this year! This is a great opportunity for us to provide some information to a larger audience than normal!

We taught TWO babysitting classes this summer—one in Harvey and one in Fessenden for a total of 36 students educated in SafeSitter curriculum and CPR. Larissa, Caitlyn, Jordan and Yolanda attended the Dakota Conference for Rural and Public Health in Bismarck in June. Jordan and Caitlyn will head to Denver, CO for the National Association of County and City Health Officials annual conference.

Larissa and Yolanda have begun summer sessions of Fit and Strong in Fessenden and Harvey!



INGREDIENTS:

- 12 large eggs
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 teaspoons extra-virgin olive oil
- 1 tablespoon of finely chopped seeded serrano pepper
- 1/2 teaspoon paprika
- 2 cups baby spinach
- 6 whole wheat tortillas (8 inches)
- 1/2 cup shredded pepper jack cheese

Freezer Breakfast Burritos



HOW TO MAKE:

- Whisk eggs, salt and pepper in a large bowl
- Heat oil in a large nonstick pan over medium-low heat
- Add serrano and paprika; cook, stirring frequently, until fragrant, 1 to 2 minutes
- Add spinach; cook, stirring frequently, until wilted, 1-2 min
- Pour in the eggs and cook, stirring occasionally, until the eggs are mostly set, about 5 minutes
- To assemble burritos:
 - Place each tortilla on a sheet of foil
 - Add 1/2 cup scrambled eggs to the bottom half of the tortilla then divide cheese evenly
 - Roll snugly, tucking in the ends as you go
 - Wrap tightly in foil and freeze for up to 3 months

NUTRITION FACTS:

Calories: 313

Dietary Fiber: 3g

Total fat: 16g

Total protein: 19g

Total carbohydrates: 26g

Sodium: 415mg

How to make your summer memorable:

- ☑ Start a new project to do over the summer
- ☑ Have a weekly movie night
- ☑ Go for evening walks at your favorite location
- ☑ Go camping
- ☑ Make a new favorite family tradition



PARENTS LEADSM

We're here for you.



988lifeline.org