



## Public Health

Prevent. Promote. Protect.

Wells County District Health Unit

# Wells County District Health Unit

Quarter 2 Newsletter 2023

hello  
SPRING

### 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  
availability

## Preventive Health

### Foot Health

April is National Foot Health Awareness Month. It is important to keep our feet healthy and prevent any foot problems or discomfort, especially if you have diabetes.

#### Suggestions to keep your feet healthy:

1. It is important to stay active and keep your weight at a healthy level as extra weight may increase pressure to your feet causing pain and limited mobility.
2. Wear comfortable, well-fitting shoes that support your feet.
3. Keeping your feet moisturized will prevent the skin from cracking and leading to pain or irritation.
4. Keep your feet clean, dry and toenails trimmed (trim straight across to prevent ingrown toenails).
5. Change your position throughout the day. Elevate your feet when sitting as this will help keep the blood circulating.
6. It is important to see a physician if you have problems with your feet. If you are diabetic, see your physician yearly to inspect your foot health.



# NDQuits

1.800.QUIT.NOW

[www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits)

1.866.388.7848



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



## April is Stress Awareness Month

Stress hormones are the same ones that trigger your body's "fight or flight" response. Your heart starts racing, your breathing increases, and your body gets ready for action. This response was designed to protect your body in an emergency by preparing you to react quickly. But when the stress response keeps firing, day after day, it could put your health at serious risk and cause:

*headaches, insomnia, heartburn, weakened immune system, high blood pressure, missed periods and more.*

**Tips to reduce stress:** enjoy a healthy diet, reduce caffeine, get moving for at least 30 minutes a day, create boundaries (practice saying no!), spend time with loved ones, and practice self care!

Fit and Strong class is going very well. We are into week 6. Some of the participants have already increased their ankle weights from ½ to 1 pound. All participants are pretty dedicated and show up early so that they are ready for class to begin. I had one participant tell me that they have definitely noticed strength in the legs and that haven't been cramping like they had prior to starting class. Another participant stated that he has started walking at home on the treadmill 1.8 miles a day and also even with this last shot of snow they walked 3 miles with snow shoes. A lot of the class has already requested handouts of the workouts to continue at home with. - Yolanda Gray, Fessenden site Fit and Strong facilitator

Fit & Strong Update

**READY TO  
QUIT VAPING?**  
text **VAPEFREEAL** to **88709**



Join the 400,000 using This is Quitting.



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



## Cribs for Kids

Wells County District Health is now a partner with the **Cribs for Kids** program. **Cribs for Kids** is a safe-sleep education and distribution program for low-income families to help reduce the risk of injury and death of infants due to unsafe sleep environments. The program addresses situations dealing with crib affordability and cultural practices such as bed-sharing and secondhand smoke.

**Crib Kits** feature a *Graco Pack n' Play*, crib sheet, pacifier and a swaddle sack for eligible pregnant and newly delivered mothers.

Screening is completed at Wells County District Health based on eligibility and availability. Please Call 701-324-5259 or 701-547-3756 to inquire about our **Cribs for Kids** program.



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](http://www.takeback.nd.gov).

## Avocado chicken salad

Serving size: 1/2 cup

### Ingredients:

1/2 c cilantro leaves	1/3 c mayonnaise (choose low fat or made with olive oil for a lower fat option)
1/2 c chopped chives	1/4 c greek yogurt
1/4 c dill 1 Tbsp capers	3 c shredded chicken breast
1 tsp lemon zest	Salt and pepper to taste
1 Tbsp lemon juice	
2 cloves garlic	
2 ripe avocados, halved and pitted, divided	

### Directions:

1. Combine cilantro, chives, dill, capers, lemon zest, lemon juice, garlic salt, pepper and the flesh from 1 avocado in a food processor; process until finely chopped, about 30 seconds. Add mayonnaise and yogurt; process until smooth, 1 to 2 minutes.
2. Dice the remaining avocado and place in a medium bowl. Add chicken and the dressing; stir gently until combined and evenly coated. Serve at room temperature or refrigerate until cold, about 2 hours. Garnish with additional chives and lemon zest, if desired.
3. Enjoy on whole grain bread, whole grain crackers, lettuce wraps, or on a bed of greens.

### Nutrition Facts:

Calories: 320 | Total fat: 22g | Saturated Fat: 4g  
Total Carbohydrate: 7g | Total Sugar: 1g  
Dietary Fiber: 5g | Total Protein: 24g | Sodium: 460mg  
Nutrition information compiled using [MyNetDiary.com](http://MyNetDiary.com)



# What we have been up to!

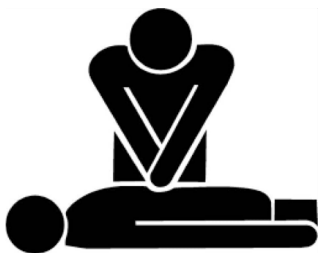
WCDHU paired up with Harvey FCCLA to instruct K-6<sup>th</sup> grade at Harvey Elementary on seatbelt safety. These 3 students presented on why seatbelts are important and also if a child should still be in a car seat based on height.

Each student K-6 was measured to see if they were tall enough to sit in a regular seat of a car or if they still required to be in a booster seat. The majority of the K-6 did not meet the 4ft 9in rule. When asked if these students still use a booster seat, majority stated no.

The FCCLA students stressed the importance of booster seats and also the proper way of wearing a seatbelt. Vision Zero was also part of the presentation.



- Presented to about 50 kids at Scrubs Camp! We presented on vaping and alcohol prevention, seat belt safety, hygiene/wellness practices and healthy foods. We served mixed berry fruit smoothies and trail mix!
- Became trained instructors for Safe Sitter babysitting curriculum so we can continue to teach middle schools how to safely watch after younger kids for babysitting jobs. Keep an eye out for class dates!
- Attended Public Health Day at the Capital! Administrator Caitlyn Roemmich and Prevention Coordinator Jordan Beckley were able to sit next to Senator Klein on the senate floor!



All staff became re-certified in  
CPR ~Thank you Fessenden  
Ambulance Service!



# VACCINATIONS BY AGE



## AGES 0-6:

In the United States, routine vaccines are recommended in children between ages 0 and 6 years to prevent a number of serious or even deadly diseases.

The recommended schedule is available through the Centers for Disease Control and Prevention and includes at least 10 different vaccines:

- + Hepatitis B
- + DTaP
- + Polio
- + Rotavirus
- + HiB
- + Pneumococcal
- + Influenza
- + MMR
- + Chicken Pox or Varicella
- + Hepatitis A

*Infants at higher risk may require two additional vaccines.*



## AGES 6-18:

- + Tdap\*
- + HPV
- + Meningococcal conjugate
- + Annual flu
- + Boosters at age 16



## AGES 19-24:

- + Annual flu
- + HPV
- + Meningococcal conjugate
- + Tdap\*



## AGES 25-64:

- + Annual flu
- + Tdap booster\*



## AGE 65 & UP:

- + Annual flu
- + Shingles (herpes zoster)
- + Tdap\*
- + Pneumonia

\*Tdap = Tetanus, diphtheria and pertussis or whooping cough vaccine

## PHRASES THAT VALIDATE OUR CHILDREN

- I'm here for you.
- Tell me more.
- That would be scary if you thought that.
- I believe you.
- I understand that.
- That make sense.

PARENTS LEAD ORG

## Learn about the available resources for parents struggling with substance abuse

Call Kay is a confidential resource to connect you with a peer support specialist who has experienced navigating the child welfare system and now lives a life in recovery as a parent.



CALL KAY

A North Dakota  
Behavioral Health  
Initiative