



MONTHLY REMINDERS

NOTICE OFFICES CLOSED

NOVEMBER
11-Veterans Day
28-29 Thanksgiving

TRAININGS/CLASSES

Minot Office:

KICK START-QUIT TOBACCO

OCT 17 / NOV 21
6:30PM - 8:30PM

FOOD SAFETY

OCT 1 / NOV 5 / DEC 3
4:00PM - 8:00PM
OCT 2 / NOV 6 / DEC 4
9:00AM - 1:00PM

Videos Available on YouTube

RESPONSIBLE BEVERAGE SERVER TRAINING

OCT 3 / NOV 7 / DEC 5
5:00PM - 7:00PM

REGISTER ONLINE!

www.fdh.u.org

Sunday Classes Available!
(Check our website for dates & times)

Other Locations:

Free Car Seat Safety Checks 3PM-6PM



Ryan Chevrolet
1800 S. Broadway, Minot

October 8
November 12
December 10

FOR POSSIBLE DATE/TIME
CHANGES PLEASE VISIT
WWW.FDHU.ORG

facebook

FOR ADDITIONAL EVENTS
VISIT OUR FACEBOOK PAGE
LIKE AND SHARE!

Preventing Type 2 Diabetes

Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes.

Fast Facts

- More than 30 million people in the United States have diabetes, and 1 in 4 of them don't know they have it.
- Diabetes is the 7th leading cause of death in the United States (and may be underreported).
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.
- In 2017, Estimated cost of diagnosed diabetes was \$327 billion.



Until recently, young children and teens almost never got type 2 diabetes, which is why it used to be called adult-onset diabetes. Now, about one-third of American youth are overweight, a problem closely related to the increase in kids with type 2 diabetes, some as young as 10 years old.

You are more likely to develop type 2 diabetes if you are age 45 or older, have a family history of diabetes, or are overweight. Physical inactivity, race, and certain health problems such as high blood pressure also affect your chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes if you have prediabetes or had gestational diabetes when you were pregnant.

Before developing type 2 diabetes, most people have prediabetes; their blood sugar is higher than normal but not high enough yet for a diabetes diagnosis. Prediabetes is really common—more than 84 million US adults have it, though 90% of them don't know they do. The good news is that prediabetes can be reversed. The good news is you can prevent or delay type 2 diabetes with proven, achievable lifestyle changes even if you're at high risk.

Ready to see where you stand?

Visit www.cdc.gov and take the [1-minute prediabetes risk test](#). If your score shows your risk is high, visit your doctor for a simple blood test to confirm your result.

Follow these steps to help lower your chances of developing these diabetes-related health problems.

- Make healthy food choices, maintain a healthy weight, and move more every day.
- Find ways to stay calm during your day. Being active and reading a good book can help you lower stress.
- Keep track of the many ways you are moving more and eating healthy by writing them down.

Visit www.cdc.gov/diabetes for more information.

BOTTINEAU - 228-3101
BOWBELLS - 377-2316
GARRISON - 463-2641

KENMARE - 385-4328
MCCLUSKY - 363-2506
MINOT - 852-1376

MOHALL - 756-6383
TOWNER - 537-5732
WASHBURN - 462-3330



Safe Sleep for Infants

There have been dramatic improvements in reducing baby deaths during sleep since the 1990s, when recommendations were introduced to place babies on their back for sleep. However, since the late 1990s, declines have slowed. Practicing these tips can help lower the risk of sleep-related infant deaths, including sudden infant death syndrome (SIDS), accidental suffocation, and deaths from unknown causes.



Tip #1 Place baby on back for all sleep times –naps and at night.

Tip #2 Use a firm sleep surface

Tip #3 Avoid cribs older than 10 years old

Tip #4 Have baby share your room...not your bed.

Tip #5 Keep room temperature between 68°F- 72°F

Tip #6 Pacifiers reduce the risk of SIDS for all babies, including breastfed babies.

Tip #7 Never smoke around your baby or expose them to second-hand smoke

Tip #8 Do not swaddle the baby after 2 months of age or before they start rolling over

Tip #9 Breastfeed your baby to reduce the risk of SIDS

Tip #10 Keep soft objects, such as pillows, loose bedding, bumper pads, and soft toys out of baby's sleep area

- 3,500 hundred sleep-related deaths among US babies occurs each year.
- 22% of mothers reported not placing their baby on his or her back to sleep, as recommended.
- Nearly 1/2 of caregivers do not receive correct advice on safe sleep from healthcare providers.

Caregivers who received correct advice were less likely to place their babies to sleep on their stomach or side.

Not all caregivers follow these recommendations. Healthcare providers can counsel caregivers on safe sleep practices during pregnancy and baby care visits.

For more information visit: www.cdc.gov

ANTI-BULLYING APP THEY DO LISTEN!

SAMHSA's free KnowBullying app will help you boost your children's confidence, resilience, and build effective strategies for facing bullying.



Start a conversation they'll remember when it counts.

Download KnowBullying, the free bullying prevention app created with evidence-based information and tools by SAMHSA.



bit.ly/KnowBullying

Research shows that parents and caregivers who spend at least 15 minutes a day talking with their children or teens help build strong relationships, and prevent bullying.

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

There are three types of bullying:

- **Verbal bullying** is saying or writing mean things.
- **Social bullying** involves hurting someone's reputation or relationships.
- **Physical bullying** involves hurting a person's body or possessions

Bullying can occur during or after school hours. While most reported bullying happens in the school building, a significant percentage also happens in places like on the playground or the bus. It can also happen travelling to or from school, in the youth's neighborhood, or on the Internet.

www.stopbullying.gov