

Highlight on Health

A Custer Health Publication

Public Health

Car Seat Checkups
Aug. 9 - 3-6 p.m.

Immunizations
Aug. 7 - 3pm to 5pm
Aug. 14 - 3pm to 6pm
Aug. 21 - 3pm to 5pm
Aug. 28 - 3pm to 5pm

STI Testing
Aug. 21 - 1pm to 4 pm
(1101 3rd Ave NW, Beulah)
Aug. 22 - 9am to 3pm
(403 Burlington Street SE,
Mandan)

Important Dates

Aug. 1-7 - World Breast-feeding Week

Aug. 6-12 - Exercise with Your Child Week

Aug. 12 - International Youth Day

Aug. 18 - Birth Control Pills Day

Aug. 20 - World Mosquito Day



STI Testing Set for August

Custer Health offices in Mandan and Beulah will provide HIV, Hepatitis C, Chlamydia and Gonorrhea testing in August.

On Monday, August 21, the Beulah office (1101 3rd Ave NW) will providing testing from 1-4 p.m. Walk-ins are welcome, or call (701) 873-4433 to schedule an appointment.

On Tuesday, August 22, the Mandan office (403 Burlington Street SE) will provide testing from 9 a.m. to 3 p.m. Walk-ins are welcome, or call (701) 667-3370 to schedule an appointment.

Testing is free for individuals that qualify and all testing is confidential. HIV and Hepatitis C results will be available in 20 minutes.

Custer Health recommends you should be tested if you fall under the following criteria:

- You are a current or former injection drug user.
- You've had more than 1 sex partner in the past 6 months.
- You've received a blood transfusion prior to 1992.
- You are a man who has had sex with another man.
- Anyone born between 1945 and 1965 is recommended to be tested for Hepatitis C.
- You've received tattoos and/or piercings at home or jail.
- You have had unprotected sex.
- You have had sex with someone with HIV and/or Hepatitis C.
- Everyone aged 14-64 is recommended to be tested for HIV at least once.



Public Health
Prevent. Promote. Protect.



Custer Health
For a healthier way of life.

Custer Health
Offices in Mandan, Carson, Beulah and Center
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Breastfeeding Vital to ND Families

Breastfeeding is a vital component of sustainable development and a critical component to end malnutrition. A number of campaigns include breastfeeding as a target to ensure maternal and child survival, health and nutrition.

In 2016, North Dakota women were breastfeeding beyond the national average in the first months of a child's life, but were not sustaining that momentum throughout the first year of the child's life. North Dakota eclipsed the national average (81.1%) for percent of women that have ever breastfed (82.3%) and were significantly ahead of the national rate (44.4%) of women exclusively breastfeeding at three months (49%). The state boasted 13.62 Certified Lactation Counselors per 1,000 live births in 2016, good for fourth overall nationally. And while North Dakota met the HP2020 goal for initiation rate, it did not meet the HP2020 goal for 6 months duration.

North Dakotans were above the national average when exclusively breastfeeding (23.6%, as compared to the national rate of 22.3%) they lagged behind national averages (51.8%) in breastfeeding at 6 months (51.5%). Also, just 1.7% of live births were occurring at Baby Friendly Facilities, and there was less than 1 La Leche League Leaders in the state per 2,000

births, placing the state in the bottom 6 nationally. North Dakota was also one of 42 states that did not have child care regulation supporting onsite breastfeeding.

Custer Health provides a number of resources that can help give you the confidence and support that many new moms need to breastfeed. For more information, visit www.custerhealth.com/breastfeeding or contact one of our certified lactation counselors:

- Chelsey Trebas, RN, CLC
 - o ctrebas@custerhealth.com
 - o (701) 667-3370
 - o (888) 667-3370
 - o 403 Burlington St. SE, Mandan
- Nancy Overson, IBCLC
 - o noverson@custerhealth.com
 - o (701) 255-3397
 - o 2400 East Broadway Ave, Bismarck
- Jeanine Wall-Hebert, MS, LRD, CLC
 - o jhebert@custerhealth.com
 - o (701) 255-3397
 - o 2400 East Broadway Ave, Bismarck
- Heidi Moore, RN, CLC
 - o hmoore@custerhealth.com
 - o (701) 873-4433
 - o 1101 3rd Ave NW, Beulah

Source: WABA, CDC

State Still Shows High Use of Alcohol

Despite declining rates, **ALCOHOL** remains the most widely used drug by our youth. Compared to other states, our state continues to rank high in the nation in underage and binge drinking.

Over half (62%) of their high school peers have had a drink sometime in their life and nearly a third (31%) have participated in binge drinking in the past month.¹



North Dakota is ranked #2 for binge alcohol use among youth ages 12-20.²

Nearly 4% of middle school students in North Dakota had their first drink of alcohol at 8 years of age or younger.¹

12% of high school students had their first full drink before age 13.

For more information about teenage substance abuse, go to PARENTSLEAD.ORG.

¹ YRBS, 2015
² NSDUH, 2012-2013