

LET'S TALK ABOUT HEALTHCARE

Kick Butts Day to promote tobacco-free lifestyle

March 15 marks Kick Butts Day, a day of activism that empowers youth to stay tobacco free by standing out, speaking up, and seizing control against Big Tobacco. Lake Region District Health Unit and the North Dakota Center for Tobacco Prevention and Control Policy (BreatheND) encourage North Dakota youth to understand how addictive tobacco products are, and that tobacco can hold you in its grip for life. These are all reasons to never start.

Despite promising to stop marketing to youth in the 1998 tobacco settlement, tobacco companies continue to find new ways to recruit new customers. Tobacco companies know that if you aren't using tobacco by your 18th birthday, chances are you will be tobacco free for life. That's why they target our kids, and it's working. Every day more than 2,500 kids in the U.S. will try smoking for the first time and 400 of these kids will become new daily-addicted smokers.

Overall, tobacco use is

still the leading cause of preventable death in the U.S., killing more than 480,000 people every year.

"Many young people aren't aware of how addictive nicotine products are or that tobacco companies are targeting them to be the next addicted tobacco user" said Liz Bonney, Tobacco Prevention Coordinator with Lake Region District Health Unit. "Kick Butts Day gives us the opportunity to get that message across and encourage North Dakota youth to be tobacco free."

"We know that education is key to tobacco prevention. The more our youth know about the addictive and negative effects tobacco has on health, the better able we are to encourage them to remain tobacco free." said Liz Bonney. "It is our goal to continue educating and empowering North Dakota youth to make healthy choices."

To learn about tobacco prevention, contact Liz Bonney at 701-662-7022 or go to www.breathend.com.

Gallows MC contributes to HAMC cancer care suite



Gallows Motorcycle Club Secretary-Treasurer **Jerome Suchor** (right) and honorary member and HAMC staff member **Kim Skar**, both of Towner, hold a check for a donation to the Daryl Badke Memorial Fund. Badke died of cancer in October 2016.

Submitted photo

In February, the Good Samaritan Health Services (GSHS) Foundation received a \$1000 donation from the Gallows Motorcycle Club in Towner. The donation was designated to form the Gallows Motorcycle Club - Daryl Badke Memorial Fund in memory of Daryl Badke of Towner who passed away from cancer in October of 2016.

"After Daryl's passing, we received a donation from his wife, Eydee and we wanted that contribu-

tion to serve a bigger cause. At that point, we supplemented with some of our own funds to create this memorial fund. We want this money to directly benefit those battling cancer. Our hope is to make an annual donation to this fund in Daryl's memory." States Jerome Suchor, Gallows MC Secretary and Treasurer.

"I don't think we could have found a better cause to donate to. With the planning of the HAMC Cancer Care

Suite, we felt we could help local people who have been diagnosed with cancer like Daryl was." States Kim Skar, Honorary Gallows MC member and HAMC staff member.

The Heart of America Cancer Care Suite is slated to open in the fall of 2017. If you would like more information on how to donate contact Kelsey Nelson at 776.5455 ext. 2149.

—Submitted by HAMC Marketing Coordinator **Dani Schell**

Darlene Tiffany to speak at March Journey meeting

By **Carissa Mavec**
Tribune Reporter

The March Journey Meeting will be held on Wednesday, March 15 at 6:30 p.m. at the HAMC Fox Auditorium.

The speaker will be Darlene Tiffany, who is currently Journeying through Multiple Myeloma. Myeloma is a type of cancer that develops from cells in the bone marrow called plasma cells. According to Journey leader Jody Tuchscherer, it is a very complex and rare cancer in the area.

This month's meeting also celebrates the one-year anniversary of The Journey and will bring cancer awareness to Multiple Myeloma, Colorectal and Kidney cancers.

Promote healthy habits for a healthy lifestyle

By **Carolee Kaylor**
Nutrition Program Asst.

At the Family Table

Teaching children about eating healthfully and exercising should begin at an early age. According to the Centers for Disease Control and Prevention (2012), 17 percent of American children are obese, and this number is rising. Whether your child is overweight or not, healthful eating and exercise are keys to personal well-being. As a parent, you can take an active role and guide your child in the right direction to grow and pursue good health for a lifetime.

Encourage Healthful Eating Habits

Discuss with each family member the importance of eating nutritious meals and beverages throughout the day.

—During snack times, offer healthy and fun snacks. Spread peanut butter on whole-grain bread, or cut up different fruits and vegetables.

—Try starting a traditional or container garden with your child to promote vegetable eating.

—Consider your beverage choices. Serve low-fat or fat-free milk with meals, and have water (instead of sweetened beverages) to quench thirst throughout the day.

Promote Physical Activity

Most parents believe

Chicken Tortilla Soup

- 1 Tbsp. olive oil
- 2 chicken breasts, cubed
- 1 (15-ounce) can chicken broth (reduced-sodium)
- 1 (15-ounce) can black beans, drained
- 1 c. frozen corn
- 1 can diced tomatoes, in juice
- 1 tsp. chili powder
- ½ tsp. cumin
- ½ c. chopped onion
- 1 (4-ounce) can green chilies, optional
- 1 c. fat-free sour cream

Cook chicken breasts in olive oil until cooked through. Transfer chicken to a large pot with remaining ingredients. Add sour cream last to keep soup from curdling (do not bring to a boil). Cook on medium heat, stirring occasionally, until all ingredients are blended together and the soup is heated through.

Makes eight servings. Each serving has 170 calories, 3.5 grams (g) fat, 13 g protein, 22 g carbohydrate, 5 g fiber and 135 milligrams of sodium.

From NDSU Extension Service "Eat Smart Play Hard – Family Meal Time" – Julie Garden-Robinson, Food & Nutrition Specialist; Sean Brotherson, Family Science Specialist; Kendra Otto, Former Practicum Student Human Development and Family Science

their children are always active. However, research has found that children today spend very little time exercising vigorously. Children who are overweight generally are the least likely to participate in vigorous activity.

Try asking your children what activity they would like to do, and then do it together. Go to a park pool or the backyard. Ride bikes together, go for a walk or play an active game. If the weather keeps you indoors, try dancing to music, acting out a book or playing Simon Says.

Be a Role Model

As a parent, set a good example for your children. Parents need to accumulate at least 30 minutes of moderate activity on most days of the week.

Work together as a family on gardening, picking up litter or cleaning, walking, exercising or biking. Spending time doing physical activities with your children is a great way to spend parent-child time, get fit and set a positive example of healthful living.

Food and Family Q&A

Question: My two boys

are always watching television, and I am concerned they aren't being active enough. What can I do to get them away from the TV?

Research has shown a link between how much TV a child watches and weight gain. The more television time children get, the more likely they are to become overweight. This news is alarming for many parents

because they often find their children in front of the screen, whether the TV or the computer.

Try limiting your children's to two hours a day. They may be upset at first, but they will learn to enjoy it. Help them find new things to do instead, such as playing board games, riding bikes or doing art projects. Keep TVs out of bedrooms, and avoid eating dinner in front of the TV. You also can encourage TV time to be "activity time" with interactive video games that promote action such as tennis or other sports and

dancing.

Finally, remember to follow your rules by limiting your television time. Get outside with your children and walk, ride bikes, play catch, engage in hide-and-seek or enjoy other physical activities. Children are much more likely to leave TV behind and get active when adult family members engage with them in such efforts.

Quick Tip: Cleaning is great exercise. See who can pick up his or her room the quickest.

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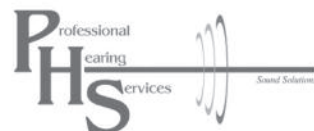
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