

... Measuring progress. Inspiring action.



July 2014

NEWS & NOTES

from ND COMPASS

A monthly newsletter to keep you informed.

Summer is Finally Here!

Midwest summers can be full of fun and adventure. After a long and cold winter, and a wet spring, summer time invites us to go out and enjoy the weather. Swimming in the pool, camping, hiking on the trails, and grilling outdoors are just a few of the opportunities that summer provides. In our rush to enjoy the season, we should not ignore the health risks that the summer can bring. Here are a few tips to help you have a safe and healthy summer.

- **Add more fruits to your diet-** Increasing fruit in your diet will increase antioxidants in your body that can help prevent age-related illnesses.
- **Use safe grilling practices-** A variety of foodborne illnesses may arise if unsafe grilling practices are used.
- **Use your green thumb-** By planting a garden, a flower box, or a few flowers or plants you can reduce your stress level.
- **Beware of bugs-** Take necessary precautions to protect yourself from bugs that can transmit diseases (i.e., ticks, mosquitos, and fleas).
- **Take advantage of the warm weather-** Pick an outdoor activity that can be counted as an exercise or a workout.
- **Protect your vision-** Wear sunglasses when outside to help prevent damage to the eyes, which can result in cataracts or macular degeneration.
- **Wear sunscreen-** Protect your skin against Ultraviolet (UV) rays that could cause skin cancer.
- **Swim with safety on your mind-** If you are on a boat, wear a life jacket to reduce your chances of a drowning accident.

To support a safe and healthy summer, this month's [ND Compass Ask a Researcher](#) column features Julie Garden-Robinson, a [North Dakota State University professor](#) and [extension specialist](#), who provides some grilling and food safety tips. In addition, Jordyn Wallenborn, [North Dakota State University Master of Public Health](#) graduate and [Center for Social Research](#) staff highlights important information regarding tick bites and Lyme disease in the [For Discussion](#) column.

For Discussion

Ticks Bite: Protect Yourself against Lyme Disease

Jordyn Wallenborn is an American Indian Project Manager and a Graduate Assistant at the [Center for Social Research](#). She has a B.S. in Community Health and an MPH in Infectious Disease Management. In this article she highlights information about Lyme disease and how to protect yourself against it. "Lyme disease is a major public health problem that has the ability to affect anyone, no matter their age. Because there is no developed immunity, people can be infected with Lyme disease as many times as they are exposed to the bacterium. Lyme disease affects a large portion of the population and varies in severity; community members throughout the upper Midwest and Northeast states should take precautions to prevent Lyme disease throughout the year, especially during summer months."



[Read more.](#)

Ask a Researcher

Guard against Grilling Gaffes: Healthy Grilling and Food Safety Tips

Julie Garden-Robinson is a food and nutrition specialist for the [North Dakota State University Extension Service](#) and a [professor in the Department of Health, Nutrition and Exercise Sciences](#). She develops and coordinates nutrition and food safety research and education projects throughout North Dakota for children through adults. In this article she provides some grilling and food safety tips. "Safety at the grill has several meanings, including fire and injury prevention, as well as safe food handling...Remember that food safety begins at the store and continues all the way to the serving table. Food can become contaminated anywhere along the way, but by following basic food safety principles (clean, separate, cook, chill), we can reduce our risk of getting sick."



[Read more.](#)

ND COMPASS: New Data Available

A number of charts have been updated within the following key measures:

DEMOGRAPHICS:

[Population](#) context measure charts

[Race](#) context measure charts

[Age](#) context measure charts

CHILDREN & YOUTH:

[Population Trends](#) key measure charts

ECONOMICS:

[Economic Output \(GDP\)](#) key measure charts

HEALTH:

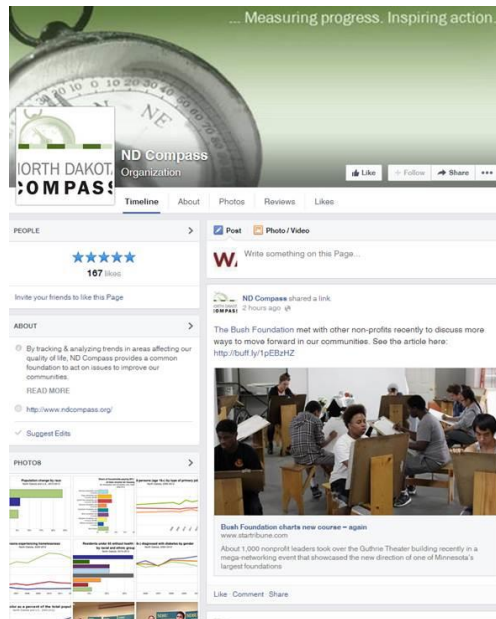
[Mental Health](#) key measure charts

Look for Us on Social Media!

If you haven't already, make sure and check us out on social media. We regularly post on [Facebook](#) and tweet on [Twitter](#) and we started adding to [Pinterest](#)!

Find us on [Facebook](#) and search NDCompass!



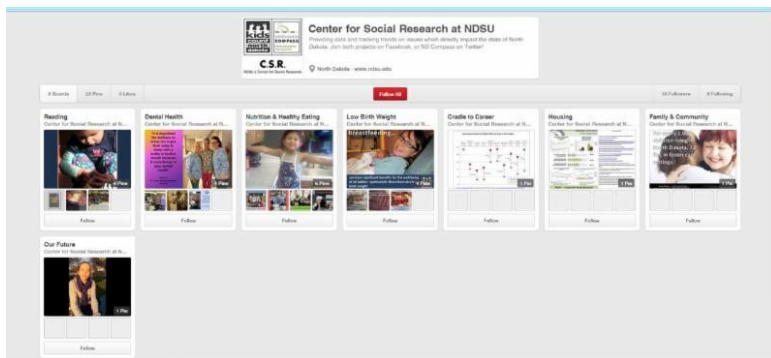


Follow ND Compass on [Twitter](#) @NDCompass!



Our Center, the [Center for Social Research](#), now has a [Pinterest](#) page where we are currently housing our data visualizations created for Facebook and other social media venues.

Search for the Center for Social Research at NDSU!



By tracking and analyzing trends in areas that affect our quality of life, North Dakota Compass gives everyone in our state--policymakers, business and community leaders, and concerned individuals who live and work here--a common foundation to act on issues to improve our communities.

Stay Connected and Join our Newsletter!



[Visit the ND Compass Website](#)

ND Compass at North Dakota State University · PO Box 6050, Dept. 2362, Fargo, ND · 701.231.9496
Email us!