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**30 YEARS OF NATIONAL PUBLIC HEALTH WEEK**

April 2025, National Public Health Week celebrates its 30<sup>th</sup> year. This year’s theme is “It Starts Here.” During each day of Nation Public Health Week, there is a focus on a particular public health topic. Ways each of us can make a difference on that topic is identified. These areas are critical to our future success in creating the healthiest nation, and everyone can do their part to help.

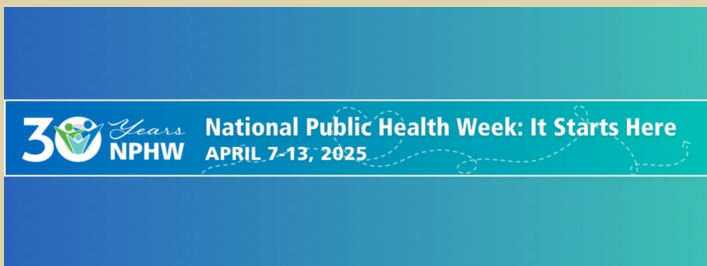
**Day 1:** It Starts Here: Your Health is Our Mission

**Day 2:** Climate Action Starts Here:  
Championing Resilience for Health

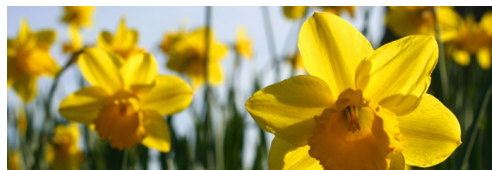
**Day 3:** Health Equity Starts Here:  
Optimizing Health for All

**Day 4:** Advocacy Starts Here:  
Amplifying Voices for Public Health

**Day 5:** The Future of Public Health Starts Here:  
Strengthening the Public Health Workforce



**UPCOMING: CALENDAR OF EVENTS**



**FEBRUARY**

- 2/17 **Offices Closed—President’s Day**
- 2/1-2/28 American Heart Month

**MARCH**

- 3/12 Registered Dietitian Nutritionist Day
- 3/17-3/23 National Drug & Alcohol Facts Week
- 3/17-3/21 National Poison Prevention Week
- 3/1-3/31 National Nutrition Month
- 3/1-3/31 Colorectal Cancer Awareness Month

**APRIL**

- 4/7-4/13 National Public Health Week
- 4/7 World Health Day
- 4/21-4/26 National Infant Immunization Week
- 4/18 Offices Closed—Good Friday**
- 4/24 Car seat check-up at Lake Chevy
- 4/1-4/30 National Child Abuse Prevention Month
- 4/1-4/30 Alcohol Awareness Month

**SEPTIC SYSTEM PERMITS FOR NEW CONSTRUCTION & MODIFICATIONS**

Spring is here, and it is time to start scratching the dirt. If you are in Benson, Eddy, Pierce, or Ramsey County and have an onsite sewer system that is not working satisfactory or you are building a new house, there are regulations in place for onsite sewer system. The regulations include the requirement to obtain a permit to do onsite sewer construction or repair and/or septic tank installation. The permit fee is \$400 for a septic system or \$200 for a septic tank. The permit fee covers the cost of the inspections and design of the onsite sewer system.

Contact LRDHU Environmental Health Division for an onsite sewer permit before starting construction on your lot or repair/replacement of an existing sewer system. Failure to do so before starting construction shall result in a fine. Applications can be found on our website: [Irdhu.com/environmentalhealth](http://Irdhu.com/environmentalhealth) For any question you can call Candace Berg at 662-7039.



**Ramsey County Office**  
524 4th Ave NE Unit 9  
Devils Lake, ND 58301  
(701)662-7040

**Benson County Office**  
PO Box 86; 330 C Ave  
Minnewaukan, ND 58351  
(701)473-5444

**Eddy County Office**  
24 8th St N  
New Rockford, ND 58356  
(701)947-5311

**Pierce County Office**  
240 SE 2nd St Ste 1  
Rugby, ND 58368  
(701)776-6783

## NATIONAL NUTRITION MONTH

**N**ational Nutrition Month is an annual campaign established in 1973. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Food Connects Us." Food is connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredient were sources. Health, memories, traditions, seasons and access can all impart our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Weekly topics are:

**Week 1:** Connect with Food

**Week 2:** Connect with a Nutrition Expert

**Week 3:** Explore the Connection Between Food & Culture

**Week 4:** Build the Connection Across All



## NATIONAL INFANT IMMUNIZATION WEEK

**N**ational Infant Immunization Week is a yearly observance highlighting the importance of protecting children two years and younger from vaccine-preventable disease. On-time vaccination is critical to provide protection against potentially life-threatening diseases.

Keeping up-to-date with vaccines is one of the best ways to protect children from serious diseases. Routine childhood vaccination in the United States has been very successful in preventing illnesses & death. Serious diseases such as diphtheria, mumps, & rubella, once common at young ages, are now practically unheard of.

All childhood immunizations have NO out-of-pocket expense at your local Lake Region District Health Unit. To check your child's immunization status, just call your local LRDHU office.

Benson County—473-5444

Eddy County—947-5311

Pierce County—776-6783

Ramsey County—662-7040



## FOOTCARE CLINICS COMING TO RAMSEY COUNTY

**S**tarting in February, LRDHU—Ramsey County will be starting Footcare clinics to help fill a gap in healthcare services in the area.

Foot care is crucial for public health because healthy feet are essential for mobility and overall well-being, allowing people to participate in daily activities without pain or discomfort. Neglecting foot health can lead to infections, falls, and complications from underlying conditions like diabetes, significantly impacting quality of life and potentially causing serious health issues if left untreated.

To schedule an appointment, call 662-7040. A \$25 donation is requested.



## SOBER CURIOUS

Have you ever heard of the term "sober curious?" It's a movement that's been gaining in popularity. Being sober curious can mean giving up alcohol entirely, taking a break or drinking in moderation.

The sober curious movement gained traction over the past few years, particularly becoming a more common lifestyle choice among young people. A recent study found that the percentage of young adults who don't drink or use other substances has skyrocketed compared to the early 2000s. 61% of young adults say they plan to cut back on their alcohol use. Reasons include increase awareness of alcohol's negative health effects; for better mental health; or even simply cutting down on costs associated with drinking.

How to practice "sober curious":

- Non-alcoholic beverages
- Sober time periods, such as "Dry January" or "Sober October"
- Sober socializing
- Moderate Drinking
- Being more mindful

