



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

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## NEWS RELEASE

For Immediate Release:  
April 1, 2011

For More Information, Contact:  
Mary Dasovick  
Division of Injury Prevention and Control  
North Dakota Department of Health  
Phone: 701.328.4536  
E-mail: [mdasovic@nd.gov](mailto:mdasovic@nd.gov)

### **Governor Dalrymple Proclaims Public Health Week in North Dakota** *North Dakotans Encouraged To Take Steps To Avoid Injuries*

BISMARCK, N.D. – Governor Jack Dalrymple has proclaimed April 4 through 10, 2011, as Public Health Week in North Dakota.

National Public Health Week is celebrated each April. To highlight this year's theme of "Safety is No Accident: Live Injury-Free," public health leaders across the country are calling on Americans to take actions aimed at reducing injuries. Injuries result in a significant number of deaths, hospitalizations and emergency room visits each year. Injuries are the most common cause of premature death for people younger than 65. In 2005 through 2009, 1,571 North Dakotans died from unintentional injuries and 509 died from intentional injuries, including suicides and homicides.

"Many injuries are preventable and predictable" said Mary Dasovick, director of the Division Injury Prevention and Control with the North Dakota Department of Health. "Taking simple steps each day can help prevent injuries and help people live a safer life. Always buckle your seat belt and stay alert when driving, assess your home for potential hazards and make sure your helmet is fastened correctly when bicycling. These are just a few examples of things we should all remember."

Dasovick also encourages people to be involved with changes in their community to increase safety. Community initiatives that can make a big difference include ensuring safe pedestrian walkways, fire prevention education, initiatives in schools to address bullying, promoting bystander response to violence and learning the risk factors associated with suicide.

For more information about Public Health Week and steps you can take to prevent injuries, contact Mary Dasovick, Division of Injury Prevention and Control, at 701.328.4536.

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*Please note: Proclamation follows.*

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600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200  
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: [health@nd.gov](mailto:health@nd.gov)

Visit the health department home page at [www.ndhealth.gov](http://www.ndhealth.gov).

PROCLAMATION  
**PUBLIC HEALTH WEEK**  
APRIL 4-10, 2011

**WHEREAS**, North Dakota's local public health units and the North Dakota Department of Health, along with numerous other organizations, are working to protect North Dakotans from environmental and workplace hazards, intentional and unintentional injuries, and violence; and

**WHEREAS**, 440 injury-related deaths occurred in North Dakota in 2009; and

**WHEREAS**, unintentional injuries, such as motor vehicle crashes, poisonings and falls, rank among the leading causes of death for North Dakotans ages 1 to 44, while suicide is the second leading cause of death for North Dakotans ages 15 to 34; and

**WHEREAS**, many injuries and associated costs can be prevented by taking actions such as wearing a seatbelt, properly installing smoke alarms, correctly installing and using child safety seats, checking homes for hazards, wearing a helmet, storing cleaning supplies in locked cabinets and educating the community about violence towards vulnerable populations; and

**WHEREAS**, Public Health Week, with the theme "Safety is No Accident: Live Injury-Free," is observed to educate all North Dakotans about public health programs and services which benefit everyone, regardless of race, ethnicity or socioeconomic status, and are essential to a strong health system.

**NOW, THEREFORE**, as Governor of the State of North Dakota, I do hereby proclaim April 4-10, 2011, **PUBLIC HEALTH WEEK** in the state of North Dakota.

Jack Dalrymple  
Governor

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