

Pembina County Public Health

Prevent. Promote. Protect.



Safety Education Opportunity in Pembina County

The Pembina County Health Department is introducing a personal safety and education program to 5th grade girls and 6th grade boys in all Pembina County schools.

Pembina County Health will present each student with a copy of "Personal Safety For Kids", a 136 page handbook that features information about safety in the home, at school, in traffic, on the street, at play, and among strangers. Produced by Gateway Community Safety Net, the program contains lessons and fun exercises that reinforce the rules of self-protection. Also included, is an educational DVD that features animated characters, interactive games, and quizzes. It connects readers to the Community Safety Net website, where kids can enter online contests and win great prizes.

"These materials have been provided thanks to the generous sup-

port of local businesses and organizations," states Jeanne Chaput, administrator for Pembina County Public Health. "These handbooks are an excellent resource for parents, the programs contain important telephone numbers as well as websites for more help."

Every day 43,000 North American children are injured seriously enough to need emergency room attention. According to the World Health Organization, "almost all accidents are preventable and education is the most effective way to prevent them from happening."

Public Health nurses, Jeanna Kujava and Kallie Lunde are instructing the class in all county schools. "We are excited to educate and provide information on topics we haven't been able to address in the past," states Kujava who is the Director of Nursing for Pembina County Public Health.

UPCOMING EVENTS

November 6—Election Day

November 7—National Eating Healthy Day

November 11—Veteran's Day

November 10—Tri-County Women's Expo
Mountain Community Center 11am-5pm

November—Diabetes Awareness Month

November 13—Great Plains Mobile Food Pantry
Cavalier 2:15-3pm

November 12—Blood Drive
Cavalier American Legion

Farm Safety

This fall season brings a bountiful harvest of a wide variety of crops to Pembina County. Along with this time also comes the risks and danger of agricultural-related injuries. Whether it is a slippery road due to wet and muddy conditions or an injury related to some sort of heavy equipment, it is important to be vigilant of the potential dangers. Take time to slow down for slow moving vehicles, be alert for slippery roads, wear your seatbelt, and avoid distractions. According to the Upper Great Plains Transportation Institute, a research and education center at NDSU, "from 2005-2009, 93% of crash fatalities occurred on rural roads." Also, be sure to drive well-rested. The ND Department of Transportation states, "when you close your eyes for just one second at 60 mph, you travel 88 feet." During harvest, it is not uncommon for farm equipment operators to be working long hours which poses many risks for driving without adequate rest. Be on the look-out this fall not only for yourself, but also for your neighbors.



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Tobacco Corner

Rural communities such as Pembina County, ND, have numerous benefits, but at times, we can become an easy target for aggressive tobacco companies with their own interests in mind.

Youth often complain of a lack of activities to do in rural communities and therefore turn to behaviors such as alcohol and tobacco use to occupy their free time. In fact, a study done by Lutfiyya MN et al. revealed that youth who live in rural areas were three times as likely as both urban and suburban youth to smoke. Among children living in rural areas, those who smoked a full cigarette

before the age of 12 were twice as likely to become regular smokers as those who started experimenting at a later age. This fact is proof that our rural population is at risk, and we must take action to protect the next generation of youth in our communities.

The efforts of local policy makers and community leaders remains a critical piece to keeping the community and youth healthy.

Adults and parents may not always have an opportunity to create a policy change but they can lead the way by setting an example. "Tobacco use is often

accepted as a social norm in rural areas, making it more likely that rural youth will view it as acceptable and more likely that they will become tobacco users themselves," said Ross P. Lanzafame, Chair of the Board of the American Lung Association. Adults and parents can avoid smoking or using alcohol when children and youth are present. Avoid exposing others to secondhand smoke when possible. Pembina County should not be an easy target for Big Tobacco.

BreatheND
Saving lives, saving money. The voice of the people.



It's a fact that smokers start young. According to BreatheND, "more than 80% of adult smokers start before 18 years of age and 99% of smokers start before age 26. Kids who remain smoke-free through high school and college are likely to remain smoke-free for life."

An initiated measure approved by North Dakota voters provides funding to Pembina County Public Health to diminish the toll of tobacco in our state by addressing the number one preventable cause of death and disease: tobacco use.

School Health Connection

Pembina County Public Health will be traveling to all of the schools within Pembina County throughout the months of September and October.

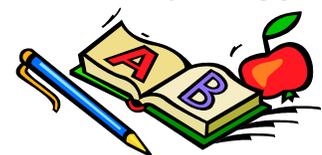
During these visits vision screenings will be completed for all children present in grades K, 1, 3, 5, and 7.

Throughout the months of October and November, Pembina

County schools will be visited again by public health to screen 5th grade girls for scoliosis, administer immunizations (Tdap and/or Menactra) to 12th graders, provide seasonal influenza vaccine to all interested children ages 18 and younger, and discuss puberty and safety with 5th grade girls and 6th grade boys. More information and consent forms will be sent home prior to

these school health visits.

Pembina County Public Health will also be offering preschool programs for local preschools and day care centers. Topics to be covered during these visits include, but are not limited to, poison prevention, exercise, and prevention of spreading germs.



Start Recycling in Pembina County Today!

Have you ever wondered how to get started recycling items in your own home? Maybe you have tried a few times, and just haven't been successful—don't be discouraged! Communities throughout our county are working to make it easier for you to protect the planet.

If you live in Drayton, four labeled recycling bins can be found west of the H.G. Johnson Hall. Also, grocery bags can be recycled in a box at Kelly's Country Market and batteries can be recycled by calling Agrivalley at 454-6531.

The city of Cavalier has bins for paper located at the post office, school, nursing home, sheriff's office, and the transfer station. The transfer station is located south of

the county shop and will purchase aluminum cans from citizens. Other items that can be recycled at the transfer station include metal, enert, appliances, wood, furniture, and cardboard.

The community of Walhalla has a green bin located at the city landfill for old appliances to be recycled and reused.

The cities of Pembina and St. Thomas have contracted with Friendship, Inc. for a curbside pickup service. Friendship, Inc. is located in Grafton and also has a drop off garage door for donations. Friendship, Inc. visits Pembina to pick up rinsed and sorted items on the first and third Mondays of the month. St. Thomas is visited on the second and fourth Monday's of each month. Contact Friendship, Inc. at 352-0060 for more information on this local service.

Because recycling is not cost-free, some helpful tips to keep cost down for your community are to collapse cardboard boxes to take up less space, do not overfill recycling bins, and make an effort to put the right items in each bin. Also, some communities pay for recycling via their water bill, making recycling services available to community residents only. Contact your city office if you live in the rural area of your community and are interested in recycling in town.

Recycling not only reduces our carbon foot print, but also keeps our garbage bills low. Many communities pay for garbage by weight, so the more we can recycle, the less we need to pay for garbage and the less we see going into our landfills. Even in Pembina County, North Dakota, we can make an impact on the future of our world!



'Tis the Season for Fall Recipes

Pumpkin Pancakes

Ingredients:

- 1.5 cups all-purpose flour
- 1/2 cup whole wheat flour
- 2 tablespoons brown sugar
- 2 tablespoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1.5 cups fat-free milk
- 1/2 cup canned pumpkin
- 1 egg white, lightly beaten
- 2 tablespoons canola oil



Instructions:

1. In a large bowl, combine the first eight ingredients.
2. In a small bowl, combine the milk, pumpkin, egg white and oil, stir into dry ingredients just until moistened.
3. Pour batter by 1/4 cupfuls onto a hot griddle coated with cooking spray; turn when bubbles form on top. Cook until second side is golden brown.

Serves 6

Total time: 20 minutes

source: stockpilingmoms.com



Public Health Participates in 6th Annual Table Top Dujor

In lieu of the month of October being National Breast Cancer awareness month, Pembina County Public Health teamed up to raise awareness for a cure. Amongst 23 additional tables, a table themed, "Pretty in Pink" was decorated by Public Health for the 6th annual Faith in Action fundraiser. The event took place September 8th at

the Cavalier Evangelical Lutheran Church. Entertainment was provided by the music group, Vessel of Praise, and all attendees were provided a lunch. Faith in Action provides volunteer services, such as transportation and home visits, to promote the independence of people living within Pembina County. According to the National

Cancer Institute, every woman has a 1 in 8 chance of developing breast cancer in her life time. Through raising awareness at this event, the goal is to inspire and encourage all women to be aware and take charge of their health.



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Public Health
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We're on the Web!

[pembinacountynd.gov/
publichealth](http://pembinacountynd.gov/publichealth)

If you would like to receive this newsletter or join the tobacco coalition, please contact us by phone or email.

Pembina County Resources Spotlight

United Blood Service Incentives

Did you know that by donating blood, you are saving the lives of 4 million people each year? Aside from that wonderful contribution, donors are also eligible for incentives! United Blood Services coordinates an online Donor Rewards Program for all donors. From there, donors are categorized into Gold, Silver, or Bronze recognition levels based upon number of points earned. Donors are able to log on to their personal account to collect points from each donation for items such as movie tickets, cloth-

ing, snacks, and/or DVDs, CDs, and video games. Following a successful donation, donors can log on to their account and obtain their most recent cholesterol level for free. Visit www.unitedbloodservices.org for more information about blood donation and upcoming events. Locally, a blood drive will be held at the Cavalier American Legion on November 12 from 12:30pm-5 pm.

