

Pembina County Public Health

Prevent. Promote. Protect.



Back to School Night a Success!!

Back to School Night sponsored by the Retail Committee of Cavalier was held on August 18th. Approximately 150 kids attended the event participating in a scavenger hunt for school supplies, games, and a movie at the Cavalier Cinema.

In addition to the events of Back to School Night, Pembina County Public Health sponsored a free Car Seat Check-Up. Connie Rongen and Kimberly Lemieux, Child Passenger Safety Instructor and Technician from ND Department of Health, conducted the check-up. A total of 7 cars with

child safety seats were inspected.

Parents were given an informational packet and educated on choosing and using the correct car seat for your child.



Parents were also informed of the new recommendation from the American Academy of Pediatrics to keep children rear-facing until the age of 2 or until the weight

UPCOMING EVENTS

School Health
September, October, November

Red Ribbon Week
October 24-28

Breast Cancer Awareness Month
in October

Great American Smokeout
November 17

limit set by the manufacturer for rear-facing was met.

Properly used child safety seats decrease the risk of death by 71 percent for infants and 54 percent for toddlers. Injury risks for children using belt-positioning booster seats are reduced by 59 percent.

October is National Breast Cancer Awareness Month

October is a time to promote regular mammograms and increase early detection of breast cancer. About 1 in 8 women in the United States will get breast cancer. Mammograms can help find breast cancer early when there is the best chance for treatment.

- If you are a woman between ages 50 and 74, you need a mammogram every 2 years.
- If you are younger than 50 or older than 74, talk with your doctor about whether you need a mammogram.

These are general guidelines. Talk to a doctor about your risk for breast cancer, especially if breast or ovarian cancer runs in your family. Your doctor can help you decide when and how often to get a mammogram.

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Tobacco Corner

Smoke free means benefits for those who smoke and those who don't

Smoke-free ordinances, like those recently passed in Devils Lake and Bismarck, have highly touted health benefits to non-smokers who are no longer exposed to toxic secondhand smoke. However, individuals who smoke also benefit from smoke-free ordinances.

The article, *Reduction in Acute Myocardial Infarction Hospitalization after Implementation of a Smoking Ordinance*, was the first to provide patient-level data to a smoking ordi-

nance study. The smoking ordinance in Greeley was associated with a decrease in hospitalizations for heart attacks. Researchers found that reductions were greatest among smokers, despite previous studies suggesting that non-smokers gained more benefits from smoke-free ordinances.

The study concluded that smoke-free policies may have a more beneficial effect among smokers than previously realized, thanks to the elimination of the direct and sidestream smoke they are disproportionately exposed to when smoking is allowed.

The city of Pembina passed its Smoke-free ordinance on February 1, 2011. Residents and visitors, smokers and non-smokers are experiencing the benefits of a smoke-free community.

Thank you to the Pembina City Council and community partners who initiated this effort.



STEPtember 2011

The STEPtember campaign promotes "a month of action for a healthy you" sponsored by America on the Move®! The campaign is to encourage everyone to make small, specific changes in nutrition and physical activity that become an integrated part of a new

healthier lifestyle.

The Center for Disease Control (CDC) recommends 150 minutes of moderate-intensity aerobic activity such as brisk walking each week and muscle-strengthening activities 2 times a week.



There isn't a person anywhere who isn't capable of doing more than he thinks he can.

- Henry Ford

School Health Connection

It is time for school health again!

Vision screenings will be held in September and October for grades K, 1, 3, 5, and 7. See the following dates for your school.

- Sept. 19-20 Walhalla
- Oct. 3 St. Thomas/Drayton
- Oct. 10 Neche/Pembina
- October 17-18 Cavalier
- October 24 Hoople/Crystal

In November, three separate opportunities will be available with each school health visit.

Puberty Education will be provided to the 5th grade girls and 6th grade boys. The 5th grade girls will also be screened for Scoliosis at this time. And Immunizations will be offered to high school seniors.

More information and consent forms will be sent home prior to your school health date listed below.

- Nov. 7 Cavalier/Crystal
- Nov. 14 Walhalla/Neche
- Nov. 21 Drayton/St. Thomas





People who eat more generous amounts of fruits and veggies as part of a healthy diet are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

Eat fruits and veggies of different

colors—red, dark green, yellow, blue, purple, white and orange—to get the broadest range of nutrients.

Many fruits and veggies are good sources of fiber, which along with their water content, adds bulk to your diet, but not calories. Lowering calorie intake (and

increasing physical activity) is key in weight control.

Tips to Help Achieve a Healthy Balance

Plan ahead.

Don't skip meals.

Set small, reasonable goals.

Include regular exercise.



Got your Shots? News Updates



Universal Immunizations

As of October 1st, 2011, Pembina County Public Health will be able to extend our services for vaccination to children with insurance, uninsured, Medicaid-eligible, and American Indian.

This is the result of legislation passed in the 2011 legislative session.

This allows increased flexibility for local public health to reach out to communities that have limited access to medical services.

Influenza Season

Influenza is a virus that can lead to respiratory illnesses and result in many missed days of school or work. There are some simple ways people can prevent from becoming ill from influenza.

- Receive a flu shot every year
- Wash hands often
- Cough and sneeze into our sleeve and not in your hands
- Stay home when sick

According to the CDC, the

timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. in January or February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

It is important to be vaccinated prior to this time to allow your body to build the necessary immunity to respond to the influenza virus.

Individuals age 19 and over will continue to receive all their immunization requirements at their local clinic.

All vaccine is purchased and provided by the state to the Pembina County Health Department.

Vaccinations will continue to be provided at scheduled school-based clinics and are provided for \$3/shot however no one will be turned away due to inability to pay.

Infants less than 6 months old, elderly, individuals with asthma, emphysema and lung conditions are at greatest risk of complications from respiratory illnesses.

By choosing to be vaccinated, you are not only protecting yourself from illnesses but also those most vulnerable. Be vaccinated. If not for yourself, than for those you love or provide care for.

Measles

As world wide travel increases so do measles cases. Measles is highly contagious. Measles virus spreads by airborne droplets. Therefore the best protection from measles is to be vaccinated.

Some of the benefits to being vaccinated include; protecting young children from disease, preventing hospitalization, and preventing those too young for vaccination from acquiring the disease. According to CDC's Dr. Jane Seward, there were 140 cases of vaccine preventable disease in 2008. "That is more than any year since 1996" The risk of MMR vaccine causing a serious side effect is rare. Getting MMR vaccine is much safer than getting measles.

Selected references: Diseases and vaccines that prevent them March 2011

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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 our smoke-free efforts, please contact us by phone or email.

Pembina County Resources Spotlight

Emergency Food Pantry

The Pembina County Food Pantry has grown to become a vital part of our county. The food pantry provides food, on an emergency basis, for those out of work, have unexpected health issues, in an economic crisis due to natural disasters, or who could use a little extra help stretching their food dollar.

The food pantry also offers cleaning supplies and toiletries.

If you or someone you know could use some groceries or even just a few items, please call 701-265-8441 to make an inquiry or a request.

