



Pembina County Public Health

Prevent. Promote. Protect.

Pembina County Public Health Wants to Help *Raise it for Health!*



Raise it for Health is a campaign geared toward raising awareness to support a tobacco tax increase in North Dakota.

THE BASICS:

- ◇ North Dakota has one of the lowest tobacco taxes in the United States. The current cigarette excise tax is \$0.44 per pack of cigarettes, ranking us 46th lowest in the nation. The tax has not been raised since 1993.
- ◇ Raising North Dakota's cigarette tax by \$1.56 brings public health benefits and the potential to save the state \$312.90 million in long-term healthcare costs.
- ◇ Compare North Dakota's cigarette tax to our neighbors: Montana is \$1.70/pack, South Dakota is \$1.53/pack, and Minnesota is \$2.83/pack.

THE HEALTH BENEFITS:

- ◇ The proposed tax increase would keep 7,900 youth under age 18 from becoming adult smokers and decrease youth smoking by 25.2%, bringing our youth rates well below the national average to approximately 14.2%.
- ◇ A majority of smokers WANT to quit, the proposed tax increase would help 8,500 current North Dakota adult smokers to quit.
- ◇ NDQuits already has free counseling and cessation services available to any resident ready to quit.

UPCOMING EVENTS

September 1— Labor Day Office Closed

September 3—Walhalla
Immunization Clinic

September 13 —Faith in
Action Table Top duJour

October — Get your Seasonal
Influenza Vaccine!

November 11—
Veterans Day Office Closed

November 27—Thanksgiving Office
Closed



Pembina County Public Health's

Newest Staff Member

Pembina County Public Health welcomes their newest staff member, Rachel Ramsay, RN/Tobacco Coordinator. She is a life-long resident of Pembina County, where she grew up on her family farm west of Cavalier. She now lives in Drayton, ND with her husband and 9 month old daughter, Nora. Rachel is looking forward to serving the citizens of Pembina County and learning new things along the way. Please feel free to contact Rachel with any questions or concerns regarding public health or tobacco. Welcome, Rachel!

Preemption: What does this mean?

Preemption is a legislative or judicial scheme in which a higher level of government strips lower levels of government of their authority over a specific subject matter.

What does it do?

- ⇒ Prevents local control of ordinances and laws
- ⇒ Removes Communities' rights to enact local smoke-free air laws
- ⇒ Takes away the voice of the community and the state

What is the effect on tobacco control?

- ⇒ Allows for weaker public health standards
- ⇒ Enables the loss of community tobacco education
- ⇒ Can replace local ordinances with weak, poorly enforced state laws, and decreases compliance

Source: tobaccofreekids.org



BreatheND

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

Preemption remains the tobacco industry's chief legislative goal; they know that they are much more effective at the state and national level. At the local level, the tobacco industry is at a significant disadvantage and finds it nearly impossible to defeat local policy campaigns. Passage of preemption prevents the enactment of local ordinances and has a devastating effect on tobacco control.

Why? Preemption results in:

- **Weaker public health standards:** With few exceptions, statewide proposals have proven to be weaker than local measures. When preemption passes in a state, the elimination of local ordinances and/or local governments' inability to pass and enact their own smoke free measures means that more nonsmokers will be exposed to secondhand smoke.
- **Loss of community education:** Each local ordinance campaign involves a unique community education process. From proposal to passage and implementation, the media and public engage in an ongoing dialog about tobacco. The result is a well-publicized, low cost education effort, with the tobacco industry invariably the loser. If preemption passes, this local education process ends completely.
- **Lower compliance:** As a result of local enforcement provisions and the community educations that accompanies their passage, local tobacco control ordinances enjoy a high level of compliance. If local ordinances are replaced with weak, poorly enforced state law, compliance will drop.
- **More difficulty with enforcement:** Local ordinances provide meaningful local enforcement mechanisms. In contrast, most state smoking laws have abysmal enforcement records. If preemption passes, effective local enforcement will be replaced with poor statewide enforcement.

Source: no-smoke.org

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.



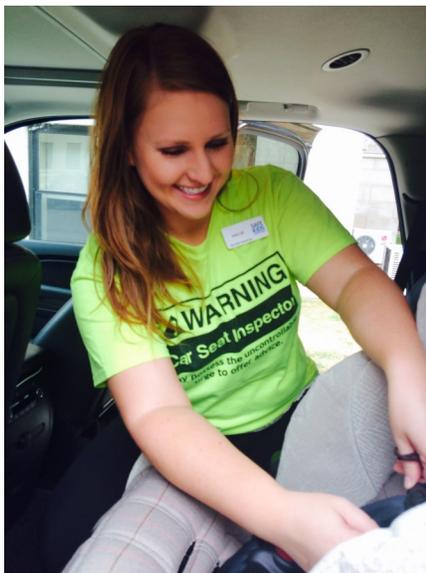
Back to School Night

August 21, 2014



Pembina County Public Health teamed up with Safe Kids Grand Forks to provide a car seat checkup during the Back to School Night in Cavalier. Parents had an opportunity to ask any questions that they had regarding car seats and received teaching regarding any misuse from Safe Kids Grand Forks, the North Dakota Department of Health and technicians Kallie Christenson, RN and Andrew Cashin, ND State Trooper. Pembina County Public Health has car seats of all sizes available for purchase to individuals who qualify. Car seat checkup appointments can also be arranged at that time. If you or someone you know is in need of a new car seat, feel free to call Public Health at 265-4248.

The North Dakota Highway Patrol was also there with a rollover simulator that was demonstrated to parents and their children. The rollover simulator is designed to increase safety belt use by demonstrating the effectiveness and the importance of buckling up.



Safe Kids Corner

September is Baby Safety Month. There are so many things to know to keep your child safe that it is hard to fit into one article. Safe Kids Grand Forks is holding a Tummy to Toddler Expo in October to bring you all the latest safety information, products, services and fashions. This event will be held on **Sunday, October 12th at the Ramada Ballroom in Grand Forks**. \$5 admission gets you into the expo to visit with vendors about their products and a chance to purchase raffle tickets for some great prizes (including car seats, infant carriers, play yards, etc.). There will also be mini breakout sessions on various topics if you want to learn more about a topic. Presale tickets will be available starting Sept 15th – the first 300 tickets sold will receive an event bag filled with samples, coupons, and brochures. Contact the Safe Kids office at 701.780.1660 to purchase your Tummy to Toddler Expo ticket!



Pembina County Public Health



Public Health
Prevent. Promote. Protect.

301 Dakota Street W #2
Cavalier, ND 58220
Phone: (701) 265-4248
Fax: (701) 265-5193

Stay tuned for details
on the upcoming
Tobacco Coalition
meeting in October!

Your Public Health Staff

Jeanne Chaput, Administrator
jchaput@nd.gov
Jeanna Kujava, RN, DON
jkujava@nd.gov
Kallie Christenson, RN
kcchristenson@nd.gov
Rachel Ramsay, RN/Tobacco
Coordinator
rramsay@nd.gov

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

A.C.T

**A Community Team: a Multi-Agency System of Care
For Families Who Are Struggling**

The **purpose** of A.C.T. is to assist families with children who have emotional, and/or behavioral problems. A.C.T. offers families the opportunity to brainstorm with a multi-agency service team to provide a comprehensive, community-based plan of care for each individual child. It also provides information about the educational, mental health, respite and legal options available.

-Who can be referred? Any child or adolescent up to the age of 18 who has emotional and/or behavioral problems that are impacting their ability to function effectively at home, in school, and/or in the community.

-How can I refer or get more information? A referral application can be obtained by contacting the A.C.T. Coordinator **DesaRae Zaharia** at **701-740-5761**.