



Pembina County Public Health

Prevent. Promote. Protect.

Car Seat Checkup Events Hosted in Pembina County

Pembina County Public Health and Safe Kids Grand Forks joined forces to host two car seat checkup events on July 10. The morning was spent in the community of Langdon at the Cavalier County Courthouse. This event was held in conjunction with the WIC outreach day. This is a great partnership aiding to fill the gap of limited car seat technicians in Cavalier County. The afternoon was spent in the community of Cavalier at the Leever's parking lot in conjunction with the Faith in Action summer cookout. Each child whose car seat was checked received a coupon for a free ice cream cone to use at the Dairy Queen if they attended in Langdon, and Main Street Floral if they attended in Cavalier. Each child was also entered into a drawing to win a girl or boy bike and helmets. These incentives were made available through the Thrivent Action Teams seed money financial support. The lucky winners of the bikes were Marion and Asher who are pictured below. A total of 40 car seats were checked that day, with a misuse rate of 75 percent. This is evidence that shows that these types of events are valuable. Please remember, you can call public health to arrange to have your car seat checked at any time by one of our car seat technicians—it doesn't always need to be done at an event! A huge thank you to the community members and businesses who supported these efforts and attended the events!

UPCOMING EVENTS

September 11 — Kevin Hines Documentary-Cavalier Cinema
6:30pm

September 18 — Carseat Checkup Event; Drayton 11am-2pm, Hoople 3pm-6pm

October — Get your seasonal influenza vaccine!

October 15 — Pembina County Board of Health Meeting-Farmer's Room of the Courthouse 8:00am

November 11 — Veteran's Day Office Closed

November 28-29 — Thanksgiving Office Closed



Pictured is Marion and Asher, winners of the bikes and helmets! What an exciting incentive to receive for taking the necessary actions to make sure children are riding safely in the car!



Pod Vapes: Little Device, BIG PROBLEMS!

Pod vapes may be small, but they pack a big punch!

- ⇒ Many first-time users try pod vapes because of the flavors. What many don't realize is that with every puff of flavor comes a high dose of nicotine!
- ⇒ Nicotine is the addictive drug found in regular tobacco products.
- ⇒ Some pod vapes have as much nicotine as an ENTIRE pack of cigarettes!



Ads use a sneaky appeal!

- ⇒ The ads created to sell pod vapes often use words like “discreet” or “stealthy” to describe their product.
- ⇒ Vape pod companies use these words in their ads on purpose— to target young people who may want to hide their vape use.



Pod vapes may be discreet, but addiction is hard to hide!

- ⇒ Nicotine changes certain areas of the brain to make you feel like you need the drug. This is addiction.
- ⇒ Some new users report feeling hooked on nicotine within days of regularly using a pod vape.
- ⇒ Once you get hooked on vaping there is a greater risk of using regular cigarettes or other tobacco products.



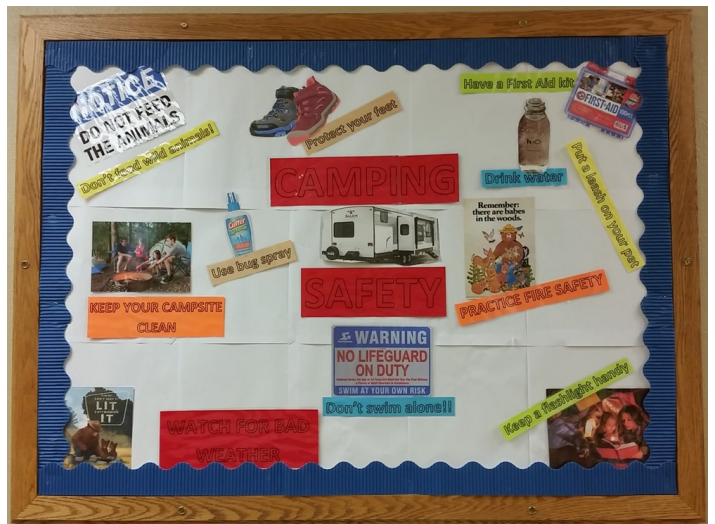
Pod vapes are designed to hook you!

- ⇒ Vape companies know that their flavors, the high-tech look and the small size of the pod vapes will appeal to young people.
- ⇒ The truth is, these features make it easy for you to get addicted—and give vape companies long-term access to your wallet!

Have you stopped by the Pembina County Courthouse lately?

Pembina County Public Health provides changing displays for the public to enjoy. These displays include a wide variety of topics that provide information on safety, resources, and other applicable information. Safe Kids Grand Forks has been instrumental in providing a lot of the materials with the local public health staff working together to add creativity.

During July and August, the topic was safe grilling and camping. The display included healthy food to grill, examples of safe fire starters, life jacket safety, and camping necessities. The display even included toasted marshmallows and a starry night! The theme carried over to the display board for safe camping reminders including practicing fire safety, keeping a clean campsite, reminder to not feed the wild animals, water safety, hydration tips, and stressing the importance of using insect repellent. The public health office hopes everyone had a safe and enjoyable summer!



Pembina County Public Health Receives Grant Award

Pembina County Public Health was recently awarded a grant in the amount of \$400 from the Cavalier Community Foundation. These grant dollars were used to purchase the new version of the *Bright Futures* Tool and Resource Kit. This resource kit is utilized by the public health nurses as they perform Health Tracks assessments for Pembina County children up to the age of 21. The information included in the kit proves to be an invaluable tool, as it provides the most updated criteria and guidelines for the nurses to utilize as the assessments are completed. Thank you to the Cavalier Community Foundation for helping the public health office continue to use the most up-to-date materials to better the children of Pembina County!

Curious about Health Tracks? Take a look at the "Resource Spotlight" located on the lower half of the back page of this newsletter. If you think you or your child may be eligible for a Health Tracks screening, contact the Pembina County Public Health office at 701.265.4248 to learn more and find the next available appointment dates.



Bright Futures™
prevention and health promotion for infants, children, adolescents, and their families™

Pembina County Public Health



Public Health
Prevent. Promote. Protect.

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We're on the Web!

[pembinacountynd.gov/
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If you would like to receive this newsletter, please contact us by phone or email.

Pembina County Resource Spotlight

Health Tracks

Health Tracks, also known as Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) program, is a preventative health care program for newborns, children, and young adults until the age of 21 who are enrolled in Medicaid. The program is made up of comprehensive periodic screenings and well-child checkups that help prevent and identify health problems before they become too complex and costly to treat.

The screenings and check-ups are done using the most up-to-date recommendations from the American Academy of Pediatrics (AAP) and are done according to age and existing risk factors.

During a Health Tracks appointment, the following are some of the things that may be covered and discussed:

- physical exams
- hearing and vision checks
- immunizations, lead and hemoglobin checks
- dental screening and application of fluoride varnish
- health and nutrition education
- behavioral health screenings
- growth and development screenings
- referrals to other agencies as necessary

Please call the Public Health office for more information or to make an appointment!