



Pembina County Public Health

Prevent. Promote. Protect.

March is Poison Prevention Month

The month of March marks the time of year when poison prevention awareness is on the rise. In an effort to promote the safety of Pembina County residents, a Pembina County Public Health Nurse will be traveling to preschools and daycares within the county to teach children ages 3-5 about poison prevention. This is achieved by using an interactive program developed by the American Association of Poison Control Centers and the U.S. Centers for Disease Control and Prevention (CDC), entitled, “*Spikes Poison Prevention Adventure*”, featuring “*Spike*”, the Poison Prevention Porcupine.

The 50th anniversary of Poison Prevention Week is March 18–24, 2013—an ideal time to focus on steps you can take to keep yourself, and those you care about, safe from unintentional poisoning. According to the CDC, “on

average, 87 people die each day as a result of unintentional poisoning; another 2,277 are treated in emergency departments.” A poison is any substance, including medications, that is harmful to your body if too much is eaten, inhaled, injected, or absorbed through the skin. An unintentional poisoning occurs when a person taking or giving too much of a substance did not mean to cause harm.

The Poison Control Center help number is 1-800-222-1222. This number can be called 24 hours a day, 7 days a week and will connect individuals with specially-trained nurses, pharmacists, and doctors. Advice is available in languages other than English, and all services are free and confidential. Contact Pembina County Public Health for additional information and poison prevention resources.

UPCOMING EVENTS

March—Poison Prevention Month

March 20th—Kick Butts Day

March 29th—Good Friday (Offices Closed)

May 27—Memorial Day (Offices Closed)



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2013 Legislative Session

Did you know that North Dakota’s legislators are currently participating in the 63rd Legislative Assembly? Legislators state wide are meeting to discuss and vote on important issues in our state. The legislators responsible for the residents of Pembina County, which is located in District 10, include Representative Chuck Damschen, Representative David Monson, and Senator Joe Miller. By logging onto www.legis.nd.gov, one can obtain up to date information regarding upcoming committee meetings, view legislator biographies, research current legislative bills, view live and archived video of floor sessions, and contact legislators. These and many other resources are available on the website. Building a relationship with your local legislators allows you, and all North Dakotans, to share their thoughts and concerns about laws being made within our state!

Tobacco Corner

Women Catch Up to Men on Lung Cancer Risk

Research published in the New England Journal of Medicine on Thursday, January 24, 2013, found that women who smoke today have a much greater risk of dying from lung cancer than they did decades ago, compared to those who never smoked. That is partly because they are starting younger and smoking more than women have in the past.

Women also have caught up with men in their risk of dying from smoking-related illnesses. Lung cancer risk leveled off in the 1980s for men but continues to rise for women. "It's a massive failure in prevention," said one study leader, Dr. Michael Thun of the American Cancer Society. And it's likely to repeat itself in places like China and Indonesia where smoking is growing, he said.

This research is one of the most comprehensive looks at long-term

trends in the effects of smoking. It includes the first generation of U.S. women who started early in life and continued for decades, long enough for health effects to reveal themselves.

The U.S. has more than 35 million smokers—about 20 percent of men and 18 percent of women. The percentage of people who smoke is far lower than it used to be; however, the harmful effects caused by tobacco continue to sweep across our nation.

According to the Mayo Clinic, lung cancer is a cancer that begins in the lungs. It is the leading cause of cancer deaths in the United States, among both men and women. Lung cancer claims more lives each year than do colon, prostate, ovarian, and breast cancers combined. Smokers have the greatest risk of developing lung cancer, especially as their number of cigarettes smoked increases. One reason lung cancer is so deadly is that often times, there are no

signs and symptoms of the condition until the disease has already progressed. The professionals at Mayo Clinic also report that if one quits smoking, even after smoking for many years, they can significantly reduce their chances of developing lung cancer.

The Pembina County Public Health Department is able to assist those who may be interested in tobacco cessation by making referrals to counseling services and/or reimbursing for tobacco cessation therapy. For more information on this program or any tobacco related issues, contact the Center for Tobacco Prevention and Control Policy at BreatheND.com or 1.877.277.5090, or contact Pembina County Public Health at 701.265.4248.

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.

ND
QUITS

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

School Health Connection

March 18th: Cavalier

March 25th: Walhalla

**April 4th: St. Thomas
& Drayton**

**April 8th: Crystal &
Nече**

Pembina County Public Health will be traveling to all schools within Pembina County during the months of March and April to administer vaccinations to middle school students. The ND Department of Health requires all children, unless otherwise exempt, who are entering seventh grade to receive the Tdap and meningococcal vaccines. The Tdap vaccine

provides coverage against tetanus, diphtheria, and pertussis (also known as whooping cough). Meanwhile, the meningococcal vaccine provides protection against meningococcal disease. Permission forms will be distributed to students for parents to complete prior to their school's immunization day.





Spotlight On Infectious Disease: Tuberculosis

According to the Center for Disease Control and Prevention (CDC), Tuberculosis (TB) is a bacterial infection of the lungs caused by a bacterium called *Mycobacterium tuberculosis*. The bacteria usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain. If not treated properly, TB disease can be fatal.

TB is spread through the air from one person to another. The CDC reports that TB bacteria are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. People nearby may breathe in these bacteria and become infected. However, TB is not spread by doing things like shaking someone's hand, sharing food or drink, touching bed linens or toilet seats, kissing, or

sharing toothbrushes. Symptoms of TB include a bad cough that lasts longer than three weeks, pain in the chest, coughing up blood or sputum, weakness or fatigue, weight loss, no appetite, chills, fever, or night sweats. A person may be at risk for TB if they are infected with HIV, have recently been infected with TB bacteria (in the last 2 years), have other health problems such as diabetes that make it hard for the body to fight bacteria, abuse alcohol or use illegal drugs, and/or were not treated correctly for TB infection in the past.

Locally, the Grand Forks Public Health Department in collaboration with the ND State Department of Health are currently investigating a TB cluster in Grand Forks County.

There are currently 16 confirmed active TB cases in Grand Forks.

Each local county public health unit, including Pembina County Public Health, is able to provide the following TB-related services: TB case management and directly observed therapy, contact investigation and follow-up for infected contacts, TB medication administration for treatment of latent TB infection and regular evaluation for side effects, and TB education. Medication for treatment of TB disease and latent TB infection is available free of charge to individuals with these conditions. Medications can be obtained through a referral from the ordering physician to the local public health unit. Feel free to contact Pembina County Public Health for additional information.

Did you know that since ND's comprehensive tobacco program was put into place, the number of ND school districts that have adopted comprehensive tobacco-free policies has increased from 60 to 116? These policies eliminate not only cigarette use, but also all other types of tobacco use on school grounds and at school events, which protect students, faculty, staff and visitors from exposure to all tobacco use.



Pembina County Maternal Child Health Program



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Pembina County Public Health offers educational appointments with a registered nurse for all children ages zero to five years living in Pembina County. Individualized Child Health appointments are scheduled routinely in Cavalier, Walhalla, & Pembina, and can be scheduled at locations within other communities upon request. The purpose of these visits is to provide families with the tools and resources needed to raise a healthy family.

The visits are guided by the *Bright Futures* curriculum, a researched-based resource published by the American Academy of Pediatrics.

Services offered at these appointments include but are not limited to vision and hearing screenings, immunizations, hemoglobin checks, height and weight assessments, and physical and developmental screenings. Contact Pembina County Public Health at 265-4248 for more information on this service.

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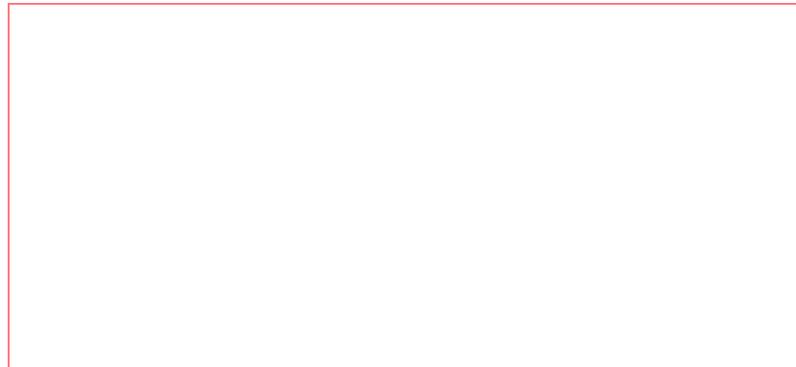
Public Health
Prevent. Promote. Protect.

301 Dakota Street W #2

Cavalier, ND 58220

Phone: (701) 265-4248

Fax: (701) 265-5193



Your Public Health Staff

Jeanne Chaput, Administrator

jchaput@nd.gov

Jeanna Kujava, RN, DON

jkujava@nd.gov

Kallie Christenson, RN

kcchristenson@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

Pierre Freeman—Environmental Specialist

Through state funding, Pembina County is able to utilize the expertise from the Grand Forks Public Health's (GFPH) Environmental Specialist—Pierre Freeman. Pierre has a background in biomedical research, specifically neuroscience and biosafety. On top of working within research labs on such topics as gulf war syndrome and alcoholism, he has also worked in compliance at one of North Dakota's leading research institutions. Prior to joining Grand Forks Public Health, Pierre worked in law enforcement.

Pierre is able to bring GFPH resources to our county in an effort to assist and support our residents. The areas in which that Pierre can help are: air quality, water quality, housing,

septic evaluations, hazardous materials, noise, odor and nuisances, according to local or state rules. During the summer months, Pierre will travel to each public pool in our county and provide evaluations and educational services to ensure the safety of our swimmers.

Pierre can be contacted to provide seminars and educational classes on all these topics including food safety, environmental safety and emergency preparedness in conjunction with the Pembina County departments. Pierre can be contacted directly by calling 701-787-8112, emailing pfreeman@grandforksgov.com or contacting the Pembina County Public Health Department. Pierre Looks forward to interacting with our county and assisting wherever he can!