



Pembina County Public Health

Prevent. Promote. Protect.

The Nurtured Heart Approach Parenting Class Comes to Pembina County

Following a giant turnout at the January event, the Pembina County Parenting Class Committee will be providing another opportunity for local parents to learn. This time, the speaker will be Molly Soeby, NDSU Extension Service certified trainer. Attendees will be able to earn Growing Futures credits for professional development.

Molly will present the *Nurtured Heart Approach* which has been proven to create GREATNESS, in even the most intense children, very quickly and in inspiring and lasting ways. Children learn to believe in themselves and have confidence in successes that flow from investing intensity, intelligence and life force into positive action. Attendees will leave with a powerful set of skills to use immediately to help children live life in positive ways and flourish!

The class will take place Saturday, March 29, 2014 from 8:30am-12:30pm at the Pembina County Law Enforcement Center basement (EOC), 308 Court-house Drive Cavalier, ND. The cost is \$25 per pair of attendees. Because of a generous donation, funds are available for families in all situations to buy one registration and get one free! Childcare is available when you pre-register. A light snack will be provided for children and adults. Pre-registration is required by calling Pembina County NDSU Extension office at 265-8411.

UPCOMING EVENTS

March 29—Parenting Education Workshop
Cavalier, ND

April 18—Good Friday
Office Closed

April 23—Pembina County Tobacco Coalition Meeting
Cavalier, ND

May 26—Memorial Day
Office Closed



March is National Colorectal Cancer Awareness Month

Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed, and more than 50,000 people die from it.

Healthy men and women should begin to get screened for colorectal cancer at age 50, occasionally sooner depending on health history. Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why

having a screening test is so important.

You can reduce your risk of developing colorectal cancer by increasing physical activity, avoiding weight gain around the midsection, not drinking too much alcohol, and not smoking. The 2014 Surgeon General's report concluded that smoking causes colorectal cancer. If you smoke, quit smoking completely. For help quitting, call 1.800.QUIT.NOW.

Encourage your loved ones to be vigilant of this disease and visit their provider for a screening at age 50.

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What does it mean to be a Coalition Member?

By: Erin Hill-Oban, Executive Director, Tobacco Free North Dakota

“Advocate” – It’s a word we hear often. While we don’t spend much time considering what advocacy and being an advocate actually means, sometimes it’s important to put its definition in writing.

An advocate is a person who argues for or supports a cause or policy. Whether you identify yourself as one, participate in an advocacy organization, or pay membership fees to support something important to you, you already are an advocate. And it’s the people behind any cause that bring it to life, that create progress, and that identify solutions.

For us at Tobacco Free North Dakota, our cause, and the policies we support, is focused on tobacco prevention. When we invite you to become an advocate within our organization, we’re asking for a variety of things – your ideas, your time, your talents, your resources, and most

importantly, your voice. Examples include: writing letters to the editor or submitting articles in newsletters (which all help to educate the public), communicating with policymakers (via phone, mail, email, or personal visits), volunteering for or organizing events (anything from collecting signatures to staffing an information booth), and just keeping up to speed on the news and work surrounding the cause. Because of our advocates, we’ve been able to find success in our efforts in passing proven-effective policies that benefit the greater good.

Being an advocate is easy when you find an issue or policy you care enough about that you naturally lend your voice to support it. We know there are hundreds of advocacy organizations and causes out there waiting for you, and we hope you see a place right here with us and with your

local Pembina County Tobacco coalition, as well. The collective voices of many are more powerful when they’re heard together, and we need your voice.

For more information about joining the Pembina County Tobacco Coalition, please contact Jeanne Chaput, Jeanna Kujava, or Kallie Christenson, Tobacco Prevention Team at Pembina County Public Health, 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.

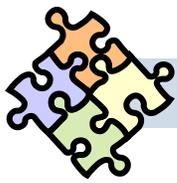
BreatheND

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

ND QUITS



Hats off to the North Border Public School District for implementing a comprehensive tobacco free policy! This makes ALL Pembina County schools comprehensive tobacco free!



Poison Prevention Week is March 16-22

Safe Kids Grand Forks reminds parents to make sure they store hazardous materials – such as cleaning products or medication – out of their children’s reach.

Unintentional poisoning is the cause of death for approximately 100 children each year and poison control centers in the US receive 1.2 million calls as a result of accidental poisoning of children. Nearly 90 percent of these toxic exposures occur in the home, and over 50% involve non-pharmaceutical products such as cosmetics, cleansers, personal care products, plants, pesticides, art supplies, alcohol and toys.

Safe Kids Grand Forks reminds parents to learn the toll-free poison control center number: **1-800-222-1222**. Keep it near every phone in your home and program it into your cell phone. This number connects you to a poison control center from anywhere in the United States.



If a child is choking, having trouble breathing or having a seizure, call 911 instead. Follow the 911 operator’s instructions. Do not induce vomiting or give the child any fluid or medication unless directed.

Safe Kids Grand Forks offers these additional tips:

1. Lock up potential poisons out of sight and reach of kids. This includes makeup, medicine, plants, cleaning products, pesticides, art supplies, and beer, wine and liquor.
2. Don’t refer to medicine or vitamins as candy and don’t involve children as helpers with your medication.
3. Keep products in their original containers. Read labels to learn if a product is poisonous and for first aid information.
4. Know which plants in and around your home can be poisonous.
5. Discuss these precautions with grandparents and caregivers. They may have medications that can be very dangerous to children and their homes might not be as well childproofed as yours.



For more information about poison prevention or other safety topics, contact Safe Kids Grand Forks at safekids@altru.org. Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.

Source: Carma Hanson, Safe Kids Grand Forks Coordinator

Spring School Health

The Pembina County Public Health nurses will be traveling to each county school this spring. They will be vaccinating 6th grade children against meningitis and tetanus, diphtheria, and pertussis (TDaP). These vaccines are a requirement by the North Dakota Department of Health for entry into 7th grade.

The nurses will also be educating 5th grade girls and 6th grade boys on hygiene and puberty. Information and forms will be sent home with these children prior to each visit. Additional forms are also located on the county website on the public health page: www.pembinacountynd.gov.



School dates and locations:

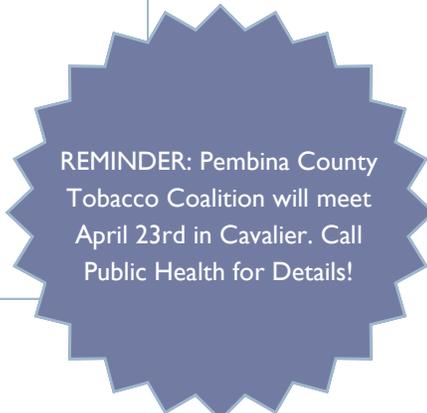
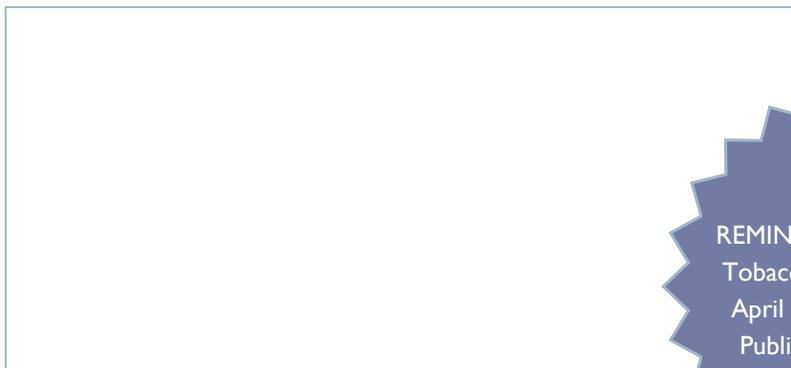
- March 10—Cavalier
- March 17 am—St. Thomas
- March 17 pm—Drayton
- March 24—Walhalla
- March 31—Crystal
- April 7—Neché

Pembina County Public Health



Public Health
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REMINDER: Pembina County Tobacco Coalition will meet April 23rd in Cavalier. Call Public Health for Details!

Your Public Health Staff

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We're on the Web!

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

Radon Testing Kits

High levels of radon in the home is an environmental health issue. Radon is an odorless, colorless, radioactive gas that forms naturally from the breakdown of uranium in soil. Exposure to high levels can cause health problems. According to the Centers for Disease Control and Prevention (CDC), high levels of radon exposure is also the second leading cause of lung cancer in the United States. The U.S. Environmental Protection Agency (EPA) and the Surgeon General's office estimate radon is responsible for more than 20,000 lung cancer deaths each year.

may take years before health problems appear. So, whether in the workplace, in homes, or in schools, understanding radon is important. This includes learning how radon gets into buildings, its health effects, and ways to reduce its levels.

Having your home tested is the only effective way to determine whether you or your family is at risk of radon exposure. Be sure you are breathing clean air this spring by testing your home for radon. Free testing kits are available to Pembina County residents through the Public Health office.

Since it is difficult to identify any immediate symptoms related to radon exposure, it



Please call Public Health at 265-4248 to obtain a kit and have your questions answered.