



Pembina County Public Health

Prevent. Promote. Protect.

National Public Health Week Creating the Healthiest Nation

April 6-12, 2015

During the first full week of April every year, the American Public Health Association brings together communities across the United States to observe National Public Health Week. This is a time to recognize the contributions of public health and highlight issues that are important to improving our nation. Because we all have a role in supporting a strong public health system, we need to put prevention to work in our lives. Here are a few ways to do this:

-Be healthy from the start-Public health starts at home. From family nutrition and maternal health to safety precautions and disaster preparedness, the first step the community takes toward public health is in the comfort of their home.

-Don't panic-Public health helps communities withstand the impact of natural or man-made disasters by planning ahead, acting as a source of information during the crisis, and helping mitigate the long and short-term effects.

-Get out ahead-Prevention is now a nationwide priority, and as our public health system evolves, there are more options than ever when it comes to preventative health measures. Clinical and public health professionals must work collaboratively to help individuals identify and pursue the best preventative health options.

-Eat well-The system that keeps our nation's food safe and healthy is complex. There is a lot of information to review in order to understand food's labels and to learn best practices for food safety. Public health can help guide people through these choices.

-Be "The Healthiest Nation in One Generation"-For the first time in decades, the current generation **isn't** as healthy as the one that came before. Communities need to band together to take a stance against this trend and make sure those children and young adults have bright, healthy futures.

UPCOMING EVENTS

March 4—Walhalla Immunization Clinic

March 10—Cavalier Immunization Clinic

April 1—Walhalla Immunization Clinic

April 1—Pembina Co. Tobacco Coalition Meeting

April 3 — Good Friday Office Closed

April 16 — Pembina Immunization Clinic

April 9 — Drayton Immunization Clinic

May 5 — Cavalier Immunization Clinic

May 25—Memorial Day Office Closed

May 27 — Walhalla Immunization Clinic

Pembina County Public Health's Newest Staff Member

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Pembina County Public Health welcomes our newest staff member, Kristi Ricard, who started her duties on December 1st, 2014. After the retirement of Jeanne Chaput, our office had to do some reorganizing and hired Kristi as the office assistant. Kristi lives outside of Cavalier with her husband, Francis. They have three children, Amanda, Zach, and Eric. Amanda has blessed them with two grandchildren, Aiven and Paige, with whom they absolutely love to spend time with. Kristi is busy learning the ropes and is a great asset to our office. She is looking forward to serving the citizens of Pembina County in any way that she can. Please feel free to call or stop into Public Health to wish her well. Welcome, Kristi!

The Importance of Tobacco-Free Parks and Recreational Facilities



It's hard to believe, but the spring and summer months will be here before we know it. Now is a great time to look at making the parks and other recreational facilities tobacco-free in our Pembina County communities. Pembina County's tobacco prevention team will be working with the community's park boards to adopt these kind of policies. Why is this something that you and I should be concerned about?

Everyone, including our youth, has the right to breathe clean air, especially in public spaces set aside for children and adults to enjoy physical activity and the environment. Secondhand smoke contains thousands of chemicals; studies suggest that sitting three feet away from a smoker outdoors can expose you to the same level of secondhand smoke as if you were sitting indoors with a smoker. Our youth should be able to do things they enjoy outside without being exposed to these toxic chemicals and

the toxic litter discarded from cigarette butts. Cigarette butts are not biodegradable; studies show that a cigarette butt that has been littered can take up to **seven years** to disintegrate. Parks and trails take pride in clean air, natural beauty, and engaging in healthy activities and a healthy lifestyle; what role does tobacco play in a space dedicated to healthy living? Smoking or using tobacco in these kinds of areas also creates a social norm for our youth, do we really want that? Pembina County Public Health and the North Dakota Center for Tobacco Prevention and Control Policy are dedicated to making the communities of Pembina County healthier places to live and work. The Board of Health of Pembina County supports communities to adopt a tobacco-free policy with the resolution they signed at their October meeting. Pembina County

Public Health would love to help with the implementation process and provide tobacco-free signage for any park in our county. These signs can be any size or design to best suit the park or facility. The policy would be self-enforcing, empowering YOU, as a Pembina County citizen, to speak up.

For more information or just to let us know that you support the adoption of a tobacco-free park policy in your community, 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.

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ND
QUITS

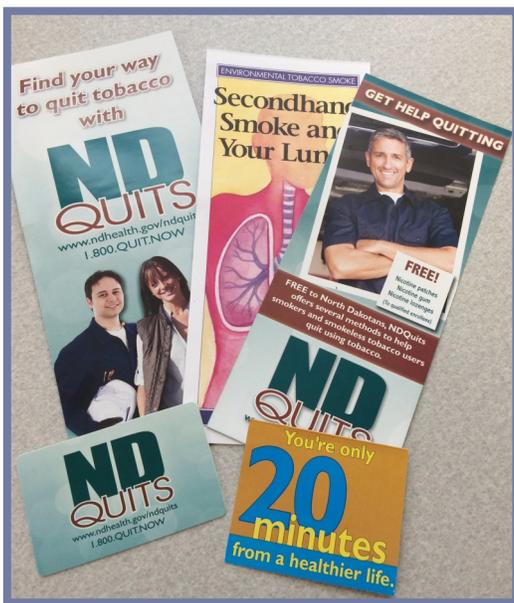
KICK BUTTS DAY IS MARCH 18, 2015

Kick Butts Day is a national day of activism that empowers youth to speak up and seize control against Big Tobacco at more than 1,000 events from coast to coast. Here, in Pembina County, Rachel Ramsay, RN/Tobacco Prevention Coordinator will be working with Cavalier Public School's 7th graders to develop a public service announcement that will be recorded at the radio station in Langdon. The work will begin this spring, and the purpose will be to inform citizens about the tobacco companies targeting youth with e-cigarettes. This will be a fun event for everyone involved. It will be nice to hear the voices of our youth in the county speaking up and helping the nation to KICK BUTTS! For more information about e-cigarettes and the tobacco companies' tactics, visit breathend.com



Quit Kits Help Agricultural Industry to Stop Using Tobacco

Pembina County Public Health networked with NDSU Extension Service of Pembina County to offer Quit Kits to all men and women attending the pesticide applicator trainings that NDSU are conducting. During the three hour training, Samantha Lahman, NDSU Extension Agent, talks about ways to stay healthy; quitting smoking or using other tobacco products is one thing she speaks about. Quit Kits are provided to any individual that expresses the interest to quit using tobacco products. The kit has information from North Dakota's cessation program NDQUITS, as well as encouragement and support. Any individual who is trying to quit using tobacco products and needs help is encouraged to call 1-800-Quit-Now to enroll in the program. All NDQUITS services includes free counseling, advice and support and free nicotine replacement products for those who qualify. Pembina County Public Health offers a nicotine replacement therapy reimbursement program to help with any costs the quitter may accrue from prescriptions or over-the-counter quitting aids. For more details or a quit kit for yourself, friend or family member, call us at 701-265-4248. We would love to help you on the journey to becoming tobacco-free.



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 9—Drayton
- March 16—Crystal
- March 30—Neché
- April 13—St. Thomas
- April 27—Walhalla
- April 29—Cavalier



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REMINDER: Pembina County Tobacco Coalition will meet April 1st in Cavalier. Call Public Health for details!

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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

Health Tracks

“Healthy Children Right From the Start”

* What is it?

Health Tracks is a FREE program for children 0-21 years on North Dakota Medical Assistance. It is a preventive health check-up to discuss health concerns and available community resources. All families enrolled in ND Medical Assistance are **strongly encouraged** to participate in a Health Tracks screening at least annually.

- ♥ Hearing and Vision Evaluations
- ♥ Dental Evaluations
- ♥ Physical Assessment
- ♥ Lab Tests
- ♥ Developmental Screening
- ♥ Mental and Behavior Health Screenings
- ♥ Education
- ♥ Parental Guidance
- ♥ Connection to community resources and referrals

* What is does it entail?

The screening is completed by a Registered Nurse and a Licensed Social Worker. It consists of a variety of components including resource and referral information.

* For more information contact Pembina County Social Services at 701-265-8441