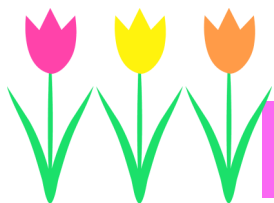


Spring 2019



# Pembina County Public Health

## Prevent. Promote. Protect.

### **Pembina County Adds Another Success with Cavalier City Park Going Tobacco-Free!**

From now on, adults and children alike will be breathing cleaner air as they enjoy the beautiful park in the City of Cavalier. Pembina County Public Health (PCPH) is celebrating alongside the Cavalier Park Board as they recently made the decision to adopt a tobacco-free parks policy, effective February 11, 2019. PCPH is looking forward to helping the board members, who consist of Cindy Cluchie, Andrew Hay, Colette Nordstrom, Sally Busse, Kelsey Monson, and Brad Westman on implementing the policy and helping to provide signage to effectively inform the public. The Cavalier City Park now joins Hager Park in St. Thomas as being the only two parks in Pembina County who are tobacco-free! PCPH hopes to keep the momentum going by working with other park boards to make other community parks tobacco-free. Please contact Rachel Ramsay, RN, Tobacco Prevention Coordinator at 701-265-4248 for more information or to voice your support of your community park going tobacco-free. Congratulations to the Cavalier Park Board!

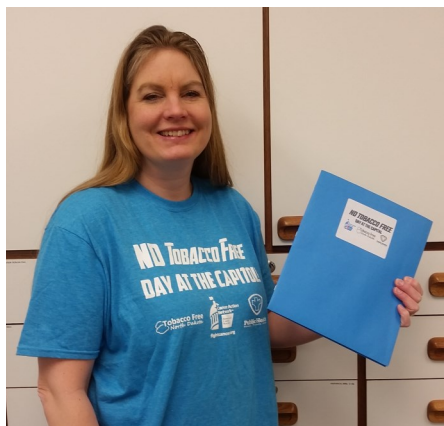


The Cavalier City Park offers a wonderful place for families to come and relax and enjoy the great outdoors. There are various different well-kept play areas, a tennis court, basketball court, 9-hole disc golf course, sand volleyball court, outdoor pool, picnic shelters, and a new bathroom facility.

## Pembina County Public Health Attends 'ND Tobacco Free Day at the Capitol' in January

Jeanna Kujava, Pembina County Public Health Director, attended the ND Tobacco Free Day at the Capitol on January 24, 2019. This was a day spent with partners such as the North Dakota Department of Health, Tobacco-Free North Dakota, and American Cancer Society: Cancer Action Network, other local public health units, and students advocating for tobacco-free policies to North Dakota Legislators.

The 2019 *Day at the Capitol* provided opportunities, especially for students, to learn about the work of tobacco-free advocates across the state of North Dakota, learn about the legislative process and witness how it works first hand, hear from elected officials, and meet with local district legislators. This was a great way to have partners make an impact on the legislative process and help reduce the burden of tobacco-related disease and death in North Dakota.



## Car Seat Checkup Event Held During Child Passenger Safety Month

Pembina County Public Health along with SafeKids Grand Forks was pleased to host a car seat checkup event at Birchwood Chevrolet and Buick in Cavalier on February 19th. February is Child Passenger Safety Month and Pembina County feels it is so important to educate parents and caregivers on the proper car seat for the age of the child and how to properly use the car in the vehicle. Did you know that 4 out of 5 car seats are not being used properly? Through these events, we hope to have more Pembina County children riding safer in the car! During the month of February, education was also provided to all Pembina County schools for students in kindergarten through sixth grade.

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 have to be at an event! Thank you to Birchwood Chevrolet and Buick in Cavalier for being willing to host the event. We look forward to partnering with them again!



To the left: Rachel Ramsay and Kallie Christenson, who are both Certified Car Seat Technicians for Pembina County Public Health, are pictured going over one of the seats at the checkup event in February.

# Pembina County Communities Test for Radon

Pembina County residents were invited to attend community radon education and kit distribution events scheduled in December and January. Attendees had an opportunity to learn about radon gas as the second leading cause of lung cancer in the United States. Free radon test kits were funded by the North Dakota Comprehensive Cancer Control Program at the North Dakota Department of Health. A radon mitigation system model was displayed at events and at the Pembina County Courthouse. The display provided a visual understanding of what an installed system may look like.

Community education was widely disseminated with support from local newspapers, banks, utility companies, cable television, city offices, schools, hosting businesses, social media, and word of mouth. Pembina County Public Health would like to extend appreciation for helping to reach as many county residents as possible.

Once the testing was complete, results were returned to the home/business owner. The EPA recommends taking action to reduce the indoor radon levels if the test result is 4pCi/L or higher. A list of North Dakota mitigation contractors was provided as part of the test packet should assistance be needed. Additional information is also available at: <https://deq.nd.gov/aq/radon> and posted on the Pembina County website, [pembinacountynd.gov](http://pembinacountynd.gov), under Public Health Radon Links.

Initial radon test results were gathered from Alpha Energy Inc DrHomeAir Test Results 2012-2018. Pembina County data indicates 83 percent of homes have an elevated level of radon above the U.S. Environmental Protection Agency's (EPA) 'Action Level' of 4.0 picocuries per liter (pCi/L). To date, the average level is 14.81 pCi/L.

If you have not tested your home yet, we encourage you to contact Public Health to obtain a test kit. Test kits are available until the supply is exhausted.

Don't delay testing your home. A simple and low-cost radon test can help save a life in your family!





## Pembina County Public Health



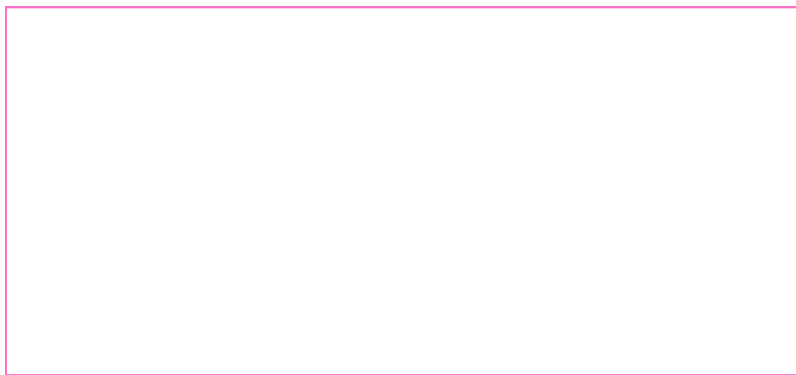
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### We're on the Web!

[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 Resource Spotlight

### Choice to Change

Choice to Change is an educational, support group-based program aiming to help males understand and take responsibility for their violent behavior. Choice to Change provides participants the opportunity to change abusive and controlling behaviors and to prevent domestic violence in intimate partner and/or family relationships.

By attending this comprehensive program, you can learn to change abusive patterns and habits. You can change your life!

The twenty-four week program is held at the Mountain Community Center on Wednesday nights in Mountain, ND. The program is ongoing and open-ended to a participant may join the program at any time.

For more information or to schedule an intake visit with Staci Jensen with Domestic Violence and Abuse Center please call 701-352-8266 or email [choicetochange@dvacnd.org](mailto:choicetochange@dvacnd.org).



Domestic Violence and Abuse Center

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