



# Pembina County Public Health

## Prevent. Promote. Protect.

### **2<sup>nd</sup> Annual Teen Maze Event a Success!**

The Pembina County Behavioral Health Coalition was proud to host the 2<sup>nd</sup> Annual Teen Maze for all Pembina County 7<sup>th</sup> and 9<sup>th</sup> graders at the Cavalier School on April 14, 2019. Approximately 150 students participated in the event which featured the Teen Behavioral Health Maze, the Clothesline Project, texting and driving and impaired driving simulators, and fatal goggles.

The Teen Behavioral Health Maze was designed to educate and reduce the stigma of mental and behavioral health issues that youth or their peers may be experiencing. Youth received predetermined scenarios that covered topics such as domestic violence, substance abuse/use, social media, bullying, anxiety, and other diagnosable behaviors that pertain to behavioral health. The students were asked to put themselves in the shoes of the person in the scenario and visit different agencies to learn about how the decisions being made could have lasting effects on their lives and the people around them. With over 14 different agencies and organizations involved, the youth visited with teachers, principals, school counselors, law enforcement officers, the Pembina County State's Attorney, juvenile court, paramedics, emergency room nurses, social service workers, pastors, dieticians, domestic violence staff, and the Pembina County Special Education staff. Each stop showed the student what resources are available and increased their knowledge about certain diagnoses with the goal of opening their eyes to those dealing with a behavioral issue, and how they can support them.

This event was not only a success for our Pembina County students but also for all the agency and volunteer members involved. The Pembina County Behavioral Health Coalition hopes to continue to bring events like this to the county to aid in the overall goal of increased awareness and reduced stigma regarding behavioral health issues.

If you or someone you know would like to learn more about the Behavioral Health Coalition or to join, please give Pembina County Public Health a call at 701-265-4248. We would love to hear from you!



Pictured above: Members of the Pembina County Behavioral Health Coalition and participating agencies who were part of the Teen Maze Event. This great group of people made the event a success!

## Tobacco-free Grounds: What's in it for you?

The health hazards of tobacco use have been well established; using tobacco products is the leading cause of preventable death and disability in North Dakota. For this reason and many more, employers all over the state are adopting tobacco-free grounds policies to promote a healthier work environment for their employees and their visitors. Many employers are working towards simply creating an environment that empowers employees to reach their own tobacco free goals and have the support of the workplace while doing so. It has been found that about 70 percent of smokers want to quit, but ultimately quitting tobacco is hard work. One of the best tools to support the efforts of employees trying to quit is to make the business tobacco free through a tobacco-free grounds policy.

A tobacco-free grounds policy:

- Is a written policy that prohibits the use of any tobacco product on employer property
- Is one of the **most supportive** things an employer can do to help it's employees quit tobacco by removing temptation and social pressures to use tobacco while at work
- Nearly **doubles** the chance that the employees will achieve their goals to quit tobacco
- Protects both the employees and visitors from exposure to secondhand smoke
- Protects the employer's bottom line from health care costs and productivity losses

If you are a business owner and are thinking of making your grounds tobacco-free, Pembina County Public Health (PCPH) would love to have a conversation with you about how to start the process and help you through the implementation phases. PCPH would also be able to provide your business with tobacco-free grounds signage to help communicate your policy, help with enforcement, and help your employees start their quit journey! Give us a call today!

**BreatheND**  
Local Public Health Working For You.

## Preventing Underage Drinking—It Starts Now!

- ◆ Spend time outside— Ride bikes. Play catch. Fly a kite. Catch bugs. These are healthy ways for your child to grow and explore. Playing outside together also provides supervision and gives your child the quality attention and relationship that they need.
- ◆ Communicate values— Social, family, and religious values give children reasons to refuse alcohol, tobacco, and other drugs and help them to stick to these decisions.
- ◆ Set rules— Research shows children are more likely to follow rules that they have helped create. Hold a family meeting to allow your kids to share their opinions about certain rules. Focus on clarity and consistency.
- ◆ Monitor TV— Teach your child to be consumer conscious by talking about how advertisers persuade children to buy products that may not be good for them. Limit TV to one to two hours per day, and watch programs with your kids so you can address any comments or concerns that come up.
- ◆ Teach problem solving— Help your kids find long-term solutions to homework or friend trouble. Listen and give your child an active role as you guide them in finding a solution. Be sure to point out that quick fixes are not always lasting solutions.

**PARENTS LEAD**

# Is It the Right Time to Turn Your Child Forward-Facing?

In November 2018, the American Academy of Pediatrics (AAP) revised their statement on rear facing car seat use. **The AAP now recommends children remain in a rear-facing car safety seat as long as possible, until they reach the highest weight or height allowed by their seat.** Previously, the AAP specified children should remain rear-facing at least to age 2; the new recommendation removes the specific age milestone. When a child rides rear-facing, the head, neck, and spine are all supported by the hard shell of the car seat, allowing the car seat to absorb most of the crash forces, and protecting the most vulnerable parts of the body. When children ride forward-facing, their bodies are restrained by the harness straps, but their heads – which for toddlers are disproportionately large and heavy – are thrown forward, possibly resulting in spine and head injuries.


Parents often look forward to transitioning from one stage or milestone to the next. In car seats, this is one area where transitions are not “positive,” and where delaying transitions is best, according to the AAP. Each transition reduces the protection to the child.

Parents should check the instruction manual and the labels on a car safety seat to find the manufacturer’s weight and height limits. When a child is approaching one of those limits, it is time to think about transitioning to the next stage. Contact Pembina County Public Health if you would like to have a car seat technician take a look at your child’s seat to be sure your child is riding in the safest way possible!

source: [www.aap.org](http://www.aap.org); 8/30/2018

## KEEPING NORTH DAKOTA KIDS SAFE IN VEHICLES

For car seats to be effective during a crash, they need to be used correctly.




**Car seat misuse 73%**

Tip: Read your car seat instructions!

Most misuse errors are due to car seat installation.

**58%** were not installed correctly


**36%** did not use the tether



TETHER SEATBELT

The second highest misuse with car seats relates to securing the child in the harness.

**53%** of harnesses are misused



Most misuse found:

- Harness loose 35%
- Wrong slots 22%

Tip: The harness should be snug on the child with no slack and you should not be able to pinch excess webbing.

Car seats reduce the risk of fatal injury by:

**71%** for infants

**54%** for toddlers

Need help with your car seat?

Talk to a Certified Technician in your community

For a technician near you, go to [NHTSA.gov](http://NHTSA.gov) or call the North Dakota Department of Health at 800.472.2286, press 1

For information about car seat checkups in North Dakota, visit: <http://www.ndhealth.gov/injuryprevention/childpassenger/>

\*Key Findings from 2017 North Dakota Car Seat Checkups

NORTH DAKOTA DEPARTMENT OF HEALTH VISION ZERO

## Did you know?

- Only 1 in 3 children are physically active every day.
- Less than 50% of the time spent in sports practice, games, and physical education class involves moving enough to be considered physical activity.
- Children and teens spend more than 7 hours per day on average using TVs, computers, phones, and other electronic devices for entertainment.
- About 1 out of 3 children is either overweight or obese in the United States.
- Overweight teens have a 70% chance of becoming overweight or obese adults. Go to [www.healthychildren.org](http://www.healthychildren.org) for more information.



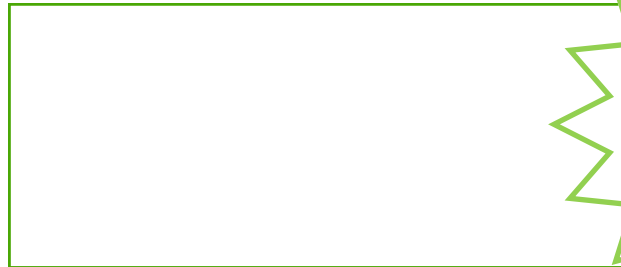


## Pembina County Public Health



**Public Health**  
Prevent. Promote. Protect.

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**Do you have eyeglasses or hearing aids that you are looking to get rid of? Bring them to the PCPH office; we are collecting for the Lions Club!**

### Your Public Health Staff

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### We're on the Web!

[pembinacountynd.gov/  
publichealth](http://pembinacountynd.gov/publichealth)

If you would like to know more about any of our programs, please contact us by phone or email.

## Pembina County Resource Spotlight

### Cribs for Kids

Pembina County Public Health (PCPH) has partnered with the national safe sleep organization, Cribs for Kids®. This agency has been providing safe-sleep education to families with the intervention of a safe, portable crib to those who cannot otherwise afford a safe place for their babies to sleep. The goal is to help provide safe sleep education and environments to families in need. Our hope is that together we can change the culture surrounding safe sleep. Over 3,500 babies in the US die each year from sleep related deaths. This public health issue can be addressed by providing access to a safe place for babies to sleep for families in need.

If you or someone you know is in need of a safe place for their child to sleep, contact PCPH at 701-265-4248 to make an appointment. Each safe sleep kit comes with a Graco Pack and Play with bassinet insert, Halo Sleep Sack, fitted crib sheet, pacifier, book, magnet, and excellent safe sleep resources. Some program restrictions apply.

