



Pembina County Public Health

Prevent. Promote. Protect.

Pembina County Public Health Administrator Receives Award

The North Dakota Parks and Recreation Department (NDPRD) selected Jeanne Chaput, Pembina County Public Health Administrator, to receive its Special Merit Award for her efforts that have gone “above and beyond” on behalf of the NDPRD. Jeanne was nominated by Icelandic State Park (ISP) Manager, Justin Robinson, for her dedication and efforts on behalf of ISP, particularly for her assistance in getting the park cigarette receptacles, developing a smoke-free plan and purchase of signage for the park facilities. “She is an excellent leader in her field, going up and beyond on her own time to promote public health as well as assist Icelandic State Park,” stated Mr. Robinson in his nomination.

Jeanne will be attending the award presentation in January to accept her award and to say a few words. Jeanne has indicated that she will be recommending other state park managers to contact their local public health unit for assistance with tobacco free policies. Congratulations to Jeanne for her hard work and receiving this award! For more information and assistance with making your local park tobacco free, please contact Pembina County Public Health at 265-4248.



UPCOMING EVENTS

National Flu Vaccination Week — December 7-14

December 25th — Christmas (office closed December 24th at noon until December 26th)

January 14 — Parent Education Workshop Cavalier, ND

January 21 — Martin Luther King Jr. Day (office closed)

February 14 — Valentine’s Day

February 18 — Presidents’ Day (office closed)

February — National Heart Health Month

Pembina County Public Health Teams up with Altru Health System for Influenza Season

In an effort to provide influenza vaccine to citizens of all ages throughout the county, Pembina County Public Health and Altru Health System joined forces and conducted outreach clinics. The clinics were offered at the schools in Walhalla, Neche, Pembina, Cavalier, St. Thomas, Crystal, Hoople, and Drayton. Altru Health System was able to provide

vaccine for adults, while Public Health provided for children. Pembina County Public Health still has flu vaccine, in the shot and mist forms, available for anyone ages 18 or younger for a requested donation of \$3. Remember, its still not too late to get your flu vaccine—you are better off having protection for some of the season than none at all!

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Pembina County Public Health Hosts Addiction Incorporated Film Showing

On Wednesday, October 30, Pembina County Public Health, along with their many hard-working partners, hosted a film showing of the award-winning documentary *Addiction Incorporated*. The Cavalier Cinema graciously housed the event.

The film, directed by Charles Evans, Jr., showcases the true story of the scientist, Victor DeNoble, and his heroic efforts to tell the world about his experiences working for a major tobacco company. Through his work, he discovered a substitute for nicotine that would not cause heart attacks. When he presented the idea of creating cigarettes that would be less harmful and addictive, the tobacco companies chose to discontinue his research. DeNoble took his findings to the public, despite a strict privacy agreement with the tobacco companies. His efforts led to the first ever federal regulation on the tobacco industry's products and the creation of public health policy. This documentary tells the story of one man's courageous efforts to risk everything and shake up a powerful industry to make a difference and save countless lives along the way.

A crowd of about 50 attendees were present to view the film. Youth from local youth groups and SADD chapters, health professionals, teachers, and adults

from local communities all shared in the excitement.

Following the film, a panel of experts conducted a wrap-up and were available for questions. The panel members included: Erin Hill-Oban, Executive Director of Tobacco Free North Dakota; Lee Erickson, State SADD Coordinator; and Angela Longtin, local educator and parent. Also in attendance was Dr. Eric Johnson from Altru Health System Grand Forks. Dr. Johnson works diligently with tobacco prevention and education. His research has been instrumental in the tobacco prevention world.

Each individual was able to provide input regarding their area of

expertise. Some of the hot topics throughout the discussion included electronic cigarettes and next steps for tobacco prevention in Pembina County. This gathering also encouraged 15 additional commitments from people in Pembina County to join the Tobacco Coalition.

For more information contact Jeanne Chaput, Jeanna Kujava, or Kallie Christenson, Tobacco Prevention Team at Pembina County Public Health, 701-265-4248.



Pictured above from L to R: Kallie Christenson, RN Pembina County Public Health; Erin Hill-Oban, Executive Director Tobacco Free North Dakota; Dr. Eric Johnson; Kirby Brandhagen, Cavalier Cinema owner; Jeanne Chaput, Pembina County Public Health Administrator; and Jeanna Kujava, RN Pembina County Public Health.

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.

Winter can be a fun time for children with holidays and playing outdoors. Please remember there are many dangers to watch for as well this time of year.

Safe Kids Grand Forks cautions that sledding, skiing, snowboarding, and skating result in thousands of injuries to children each year. Parents can help keep their children injury free by providing the proper clothing, safety gear and sun screen, and by ensuring their child stays hydrated. Parents need to have their children come inside periodically and warm up to prevent hypothermia or frostbite. Children should always wear a helmet when sledding, skiing, snowboarding, or playing ice hockey. Dress your child in layers of warm close-fitting clothes; a hat; boots; gloves or mittens that are preferably waterproof, and a scarf, or facemask. Make sure your child's scarf is tucked in so that it doesn't get entangled in lifts, ski poles, or other equipment. Also cover your child's exposed skin with sunscreen to protect their skin from the sunlight, which reflects off the snow.

While candles, Christmas trees, and other decorations are part of the holiday spirit, they can pose fire and poisoning hazards. Never, never leave lit candles unattended. Do not put candles on a tree a natural wreath, or near curtains or drapes.

Keep matches and lighters locked and out of children's reach. When using lights and other decorations, multiple cords plugged into an outlet should be avoided, as well as extension cords. If extension cords are used, be sure they are not under rugs (in people's pathways) or in areas where snow removal equipment may be used. Make sure outdoor lights are labeled for outdoor use. Keep alcohol out of reach and do not leave alcoholic drinks unattended. Mistletoe berries, Holly Berry and Jerusalem Cherry can be poisonous. If they are used in decorating, make sure children and pets cannot reach it. Keep natural Christmas trees watered at all times. Do not put the tree within three feet of a fireplace, space heater, radiator or heat vent. Never leave a lit Christmas tree or other decorative lights unattended. Inspect lights for exposed or frayed wires, loose connections and broken sockets.

For older children that may be getting sporting gear for presents such as bikes, scooters, skates or sleds, be sure to consider the safety gear that should accompany those items (helmets, elbow/knee pads, etc.).

Source: Carma Hanson, Safe Kids Grand Forks Coordinator

**SAFE
KIDS**
GRAND FORKS



Health Insurance Marketplace

Having trouble finding health insurance that fits your needs and your budget?

Look no further than the Health Insurance Marketplace. All plans in the Marketplace cover essential health benefits, pre-existing conditions, and more.

To find the latest, most accurate, information about the Marketplace visit HealthCare.gov. At this website, you can learn how the Marketplace works, who can apply for insurance, how to get insurance, how to lower your costs, and more. When you are ready to apply and enroll in a health plan, HealthCare.gov is the place for that, too! No matter where you live, you may buy insurance from

private health plans that cover a comprehensive set of benefits, including doctor visits, hospital stays, preventive care, and prescriptions. And plans in the Marketplace must treat you fairly; they can't deny you coverage because of a pre-existing condition. With a single application, you also will find out if you qualify for Medicaid or the Children's Health Insurance Program, or savings you can use right away to lower your health insurance premiums. **The first Marketplace open enrollment period ends March 31, 2014. Enroll by December 23, 2013, for coverage effective January 1, 2014. Starting in 2014, open enrollment is from October 15 – December 7.**

Want help or need more information?

If you have questions about what the Health Insurance Marketplace offers or how to apply, help is available. You can visit HealthCare.gov and click on the Help link in the upper right of the screen or use the online web chat on the website; or call the Marketplace Call Center toll-free at 1-800-318-2596, to speak with a trained customer service representative. TTY users should call 1-855-889-4325. Tell the customer service representative if you need help in a language other than English.

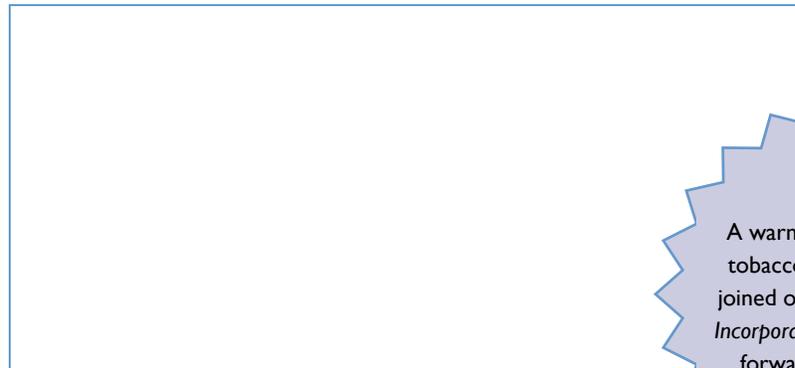
 Health Insurance Marketplace

Pembina County Public Health



Public Health
Prevent. Promote. Protect.

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A warm welcome to the 15 new tobacco coalition members who joined our team after the *Addiction Incorporated* film showing! We look forward to working with you!

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 receive this newsletter or join the tobacco coalition, please contact us by phone or email.

Pembina County Resources Spotlight

Parenting Education Opportunity

Bring a friend and learn to parent with *Love and Logic* on Tuesday, January 14, 2014 in Cavalier at the Pembina County Courthouse Farmer's Room. This parent education workshop will take place from 5:30pm -7:30pm. A supper meal and babysitting will be provided.

This class welcomes anyone who has children of their own, works with children, cares for children, and loves children.



For the cost of \$5, attendees will learn simple techniques to give consequences with empathy, reduce nagging and complaining, promote thinking and decision making, and help to design steps toward responsibility.

Pre-registration is preferred by January 7, 2014, but no one will be turned away at the door. Please contact Beth at 701-520-9693 to register.

This great learning opportunity is brought to Pembina County by NDSU Extension Service, Pembina County Public Health, Pembina County Social Services, and the Cavalier Ministerium.

