

Pembina County Public Health

Prevent. Promote. Protect.
Spring 2023

New this quarter!

Due to increasing costs, public health has made the decision to send out our quarterly newsletter electronically from now on. If you or someone you know would like to be added to our email list please let us know by calling our office at 265-4248 or emailing sacarter@nd.gov. Also, you are welcome to forward this newsletter onto anyone you feel would benefit from this information.



We are excited to announce that we have added two new vaccine clinic sites to our monthly calendar! We will be coming to Pembina one day a month on the odd months and Drayton one day a month on the even months. Please call our office to schedule a visit. We would love to see you or your child!



2023 Pembina County Schedule

**June 7 @ Walhalla
St. Boniface 11a-2p**

**June 28 @ Drayton
School 10a-1p**

**July 12 @ Cavalier
Leevers 4-7p**

**July 26th @ Pembina
Larry Wilwant Center
10a-1p**

May is Mental Health Awareness Month

Pembina County Memorial Hospital is partnering with the Behavioral Health Coalition to bring you a Health and Wellness Fair. This will be happening May 11th, 2023. The fair will be from 4-6pm followed by a panel of speakers from 6-7pm. Stay tuned for more information.



Tobacco is the leading preventable cause of death in the United States and takes a tremendous toll on lives in North Dakota. When we prevent tobacco use and exposure to secondhand smoke, we prevent disease, suffering and death, and save money on healthcare expenditures and productivity losses.

ELECTRONIC VAPOR PRODUCTS

17.4% of ND **middle school** students report using electronic vapor products at one point in their life.¹

21.2% of ND **high school** students report current use of electronic vapor products.¹

↓ decrease from 33.1% in 2019.

39.4% of ND high school students report it would be very easy to get tobacco products if they wanted some.²⁴

11.6% of ND high school students usually obtain their own **cigarettes** by buying them in a store or gas station.²⁴

6.5% of ND high school students usually obtain their own **electronic vapor products** by buying them in a store.²⁴



Tobacco costs us all, even those who do not use tobacco. North Dakota smoking-caused monetary costs include:²³

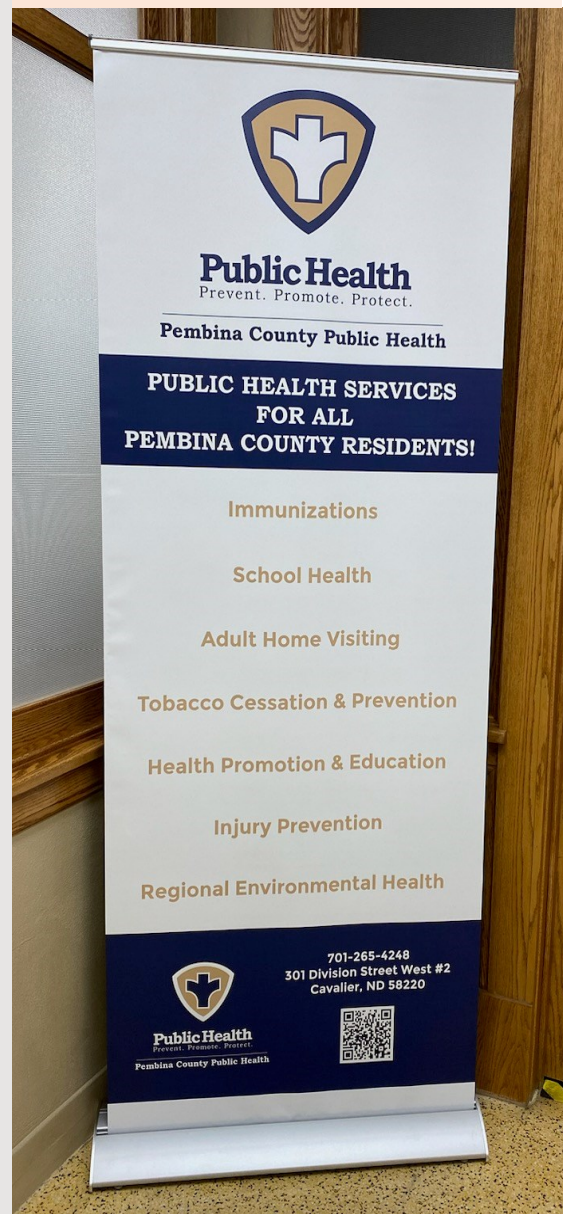
Annual health care costs directly caused by smoking: **\$326 million**

Medicaid costs caused by smoking: **\$56.9 million**

Residents' state and federal tax burden from smoking-caused government expenditures: **\$724 per household**

Smoking-caused productivity losses: **\$232.6 million**

Check out our new banner!



NORTH DAKOTA MENTAL HEALTH PROGRAM DIRECTORY

A new tool is here to help

Find mental health services for you or your loved ones through the North Dakota Mental Health Program Directory.

The directory provides a single place for North Dakota citizens to search for mental health services that meet their needs.
hhs.nd.gov/behavioral-health/directory

Behavioral Health Resource Highlights

Prevention creates an environment that promotes the **health** and **wellbeing** of individuals and communities, which prevents problems before they occur. **Effective prevention** is data-driven and science-based, following a public health approach.



Naloxone is a medication that rapidly reverses an opioid overdose. Having access to naloxone can save a life.

To request a **free** 2-dose Narcan kit, please visit hhs.nd.gov/opioids or call a behavioral health team member at 701-328-8920.



The North Dakota Mental Health Program Directory provides a single place for North Dakota citizens to search for mental health services that meet their needs. This registry allows users to:

- Search by location and other details
- View program information, including program name, address, and phone number

Find a mental health program near you: hhs.nd.gov/behavioral-health/directory.



If you or someone you know needs support, **call or text 988** or **chat 988** [lifeline.org](https://988lifeline.org). 988 connects you with a trained crisis counselor who can help.



MENTAL AND PHYSICAL HEALTH IS FUNDAMENTALLY LINKED.

The average life span for people with serious mental illness is 25-30 years less than the general public.

People with depression have a 40% higher risk of developing heart diseases than the general population.

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Playground Safety

- The playground should have safety-tested mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches (6 inches for shredded rubber). The protective surface should be installed at least 6 feet (more for swings and slides) in all directions from the equipment.
- Swing seats should be made of soft materials such as rubber, plastic or canvas.
- Make sure children cannot reach any moving parts that might pinch or trap any body part.
- Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these. If you see something tied to the playground, remove it or call the playground operator to remove it.
- Make sure your children remove helmets and anything looped around their necks.
- Metal, rubber and plastic products can get very hot in the summer, especially under direct sun.
- Make sure slides are cool to prevent children's legs from getting burned.
- Do not allow children to play barefoot on the playground.
- Parents should supervise children on play equipment.



Pembina County Public Health

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Public Health
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February is national cancer screening month!

Make an appointment with your primary care provider to see if any of these screenings are right for you.



Age 25–39 Screening recommendations

- **Cervical cancer screening** recommended for people with a cervix beginning at age 25.

Age 40–49 Screening recommendations

- **Breast cancer screening** recommended beginning at age 45, with the option to begin at age 40.
- **Cervical cancer screening** recommended for people with a cervix.
- **Colorectal cancer screening** recommended for everyone beginning at age 45.
- At age 45, African Americans should discuss **prostate cancer screening** with a doctor.

Age 50+ Screening recommendations

- **Breast cancer screening** recommended.
- **Cervical cancer screening** recommended.
- **Colorectal cancer screening** recommended.
- People who currently smoke or formerly smoked should discuss **lung cancer screening** with a doctor.
- Discussing **prostate cancer screening** with a doctor recommended.