

FALL 2021

**Pembina County Public Health
Prevent. Promote. Protect.**

Pembina County Public Health provided a self-service display at the Pembina County Fair held July 7-9, 2021 in Hamilton. Free products available included:

- ◇ Deterra bags for disposing of unused medications at home with normal garbage disposal.
- ◇ Drug Safety booklets including tobacco/vaping information, alcohol, drug use and support information.
- ◇ Rural Safety booklets discussing farm and recreational activities, first aid, and keeping kids safe.
- ◇ Health Safety booklets covering healthy lifestyles, environments and information for parents.
- ◇ Radon test kits free to those who want to test their home for radon levels.
- ◇ Grilling safety tips when using charcoal and propane grills.
- ◇ Gas and fire safety including a fire starter stick as an alternative method to enjoy a crackling fire.
- ◇ Driveway safety tips to limit play and watch for children around parked and moving cars.

Nurses were available on July 7th allowing fair attendees an opportunity to receive COVID vaccines.



The Pembina County Public Health nurses are on the move again bringing flu and Covid vaccines to our local communities! School vision testing and immunizations have been scheduled with school administration. Immunizations can also be scheduled at the outreach locations or by an office appointment.

If you missed it, our community calendar is being published in the Cavalier Chronicle twice a month to let you know where events will be held. Covid vaccines are also being given in our office on Mondays from 11am-1pm, Thursdays from 9-11am, and Friday from 2-4pm. Covid testing is Monday-Friday by appointment. Call the office at 701.265.4248 for more information. Registration is required for appointments with times based on staff availability.

Pembina County Memorial Hospital purchased a banner depicting Behavioral Health member logos. It will be used during community events. We are excited to have a banner that unifies our group and citizens can recognize! A picture is located next to the address label.

The **Tobacco Prevention and Control State Plan (TCP)** update was completed by Professional Data Analysis showcasing partner efforts. The report documents successes, challenges, and opportunities of the North Dakota comprehensive Tobacco Prevention and Control Program during the 2019 –2021 biennium.

The final report can be found on <https://www.health.nd.gov/sites/www/files/documents/Files/HSC/CHS/Tobacco/NDDoH TCP State Plan Update.pdf>.

Additional information can be found on <https://www.health.nd.gov/prevention/tobacco-prevention-control>

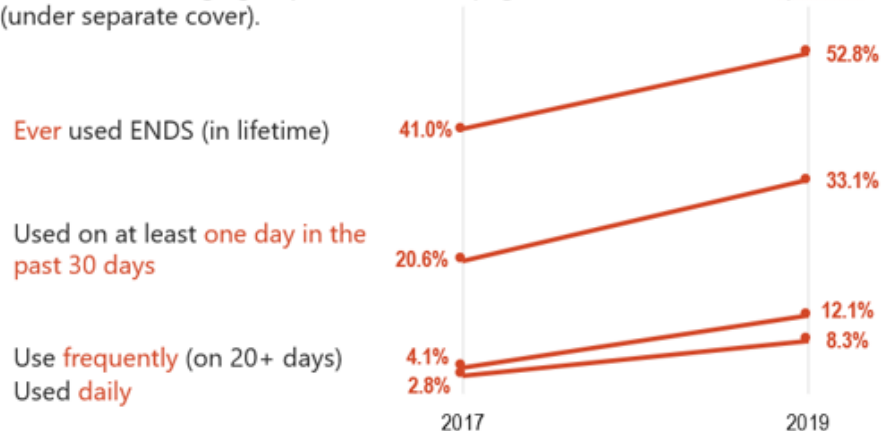
“If young people don’t start using tobacco by age 26, they almost certainly will never start.”

--Surgeon General Report, Preventing Tobacco Use Among Youth and Young Adults, Consumer Booklet, 2012

More than half of North Dakota high schoolers have used an electronic nicotine product and **1 in 12 report every day use**. It’s a concerning statistic, but one we can fix with sound policy and promoting resources.

Data from the North Dakota Department of Public Instruction, Youth Risk Behavior Survey in 2017, 2019

Over half of North Dakota high schoolers have tried a vaping product and one in twelve use an ENDS product daily. North Dakota’s response to address cessation in this age group is detailed on [page 32](#) and in the annual [quitline](#) report (under separate cover).



Tobacco annually costs each North Dakota household \$724 in taxes due to smoking-related expenses. Campaign for Tobacco-Free Kids, Smoking-Caused Monetary Results in ND, October 20, 2020, https://www.tobaccofreekids.org/problem/toll-us/north_dakota

Tobacco costs the state \$326 million in smoking-related costs, likely more since ENDS-related costs are not captured. Only a fraction is recuperated through taxes.

With absence of regulations of ENDS products, there is no way to capture the true cost of nicotine addiction to North Dakotans.

The Pembina County Behavioral Health Coalition and the Pembina County Memorial Hospital Foundation presented a special screening of **Suicide The Ripple Effect** at the Walla Theater in Walhalla on September 15, 2021. The showing drew in about 100 attendees from junior high students to elders. Local newspapers published the articles and advertising to inform the public of the event on a subject that has rocked our communities lately.

Local resources were available to enlighten attendees on what and where help is available in our communities. They explained how they can help during a crisis, when overcome by feelings of loneliness or despair. The biggest message was to ask someone if they are planning on committing suicide and/or if they have a plan to carry it out. A strong message was to take time to ask a distraught person “How are you today?” or just say, “Hello”. It might just save their life by allowing the person time to rethink their situation.



Walla Theater showing. Kallie Christenson, Bill Zeller, and Denise Dame. Bill prepared 50 free popcorn bags and sodas for the first 50 attendees!



DesaRae Zaharia handed out face masks and the popcorn/soda coupons



Heather Duerre and Kallie Christenson meeting before the event.

We had many PCMH and clinic volunteers.

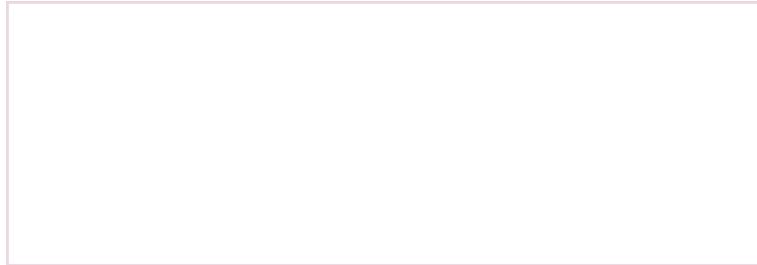


Pembina County Public Health



Public Health
Prevent. Promote. Protect.

301 Dakota Street W #2
Cavalier, ND 58220
Phone: (701) 265-4248
Fax: (701) 265-5193



**Rapid COVID testing by appointment only.
Call Public Health office.**



Your Public Health Staff

Julie Hardy, RN,
Public Health Director
juhardy@nd.gov
Kallie Christenson, RN
kcchristenson@nd.gov

Rachel Ramsay, RN
rramsay@nd.gov

Deb Stark, RN
dstark@nd.gov

Denise Dame, Admin. Assistant
ddame@nd.gov

Like our page on
Facebook!

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

Watch for Updates

Child Immunization Appointments

Child immunizations are being scheduled during regular office hours or at outreach locations in Walhalla or Drayton. Please call the office for availability.

COVID Vaccines Available

Pembina County Public Health has Covid vaccines available .

Call 265-4248 if you have any questions, or go online @ ndvax.org to register for an appointment.

Pfizer - 2 dose series 21 days apart for anyone 12 years and older.

Moderna - 2 dose series 28 days apart for anyone 18 years and older

Additional **3rd doses** are available for immunocompromised people.

We will be giving Covid boosters as they are available and approved. Call the office for information.

If you or someone you know would like to share a tobacco/nicotine success story please contact us!