

# Nelson-Griggs District Health Unit Newsletter

Volume 14

September 2013



**October:**  
National Breast Cancer  
Awareness Month  
23rd—31st Red Ribbon  
Week

**November:**  
Lung Cancer Awareness  
Month  
21st—Great American  
Smokeout

**December:**  
1—7th National Hand  
Washing Awareness  
Week

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## E-Cigarette Use More then Doubles Among US High School Students

According to data published by the CDC, the percentage of US middle and high school students who use e-cigarettes has more than doubled in 2011-2012.

The National Youth Tobacco Survey shows that the percent of high school students who reported ever using an e-cigarette rose from 4.7% in 2011 to 10.0 % in 2012. The use also doubled in middle school students. Altogether, more than 1.78 million students nationwide had tried e-cigarettes in 2012.

Electronic cigarettes, or e-cigarettes, are battery powered devices that provide nicotine to the body. These devices are not currently regulated by the FDA. FDA testing has shown that e-cigarettes contain carcinogenic and toxic chemicals.

California, Minnesota, New Hampshire, New Jersey, New York, Kansas, Vermont and Utah have prohibited the sale of e-cigarettes to minors. Unfortunately, North Dakota has no age restriction so youth are able to legally buy them.

Nicotine is a highly addictive drug. Many teens who start with e-cigarettes may become addicted and become smokers into their adulthood. About 90% of all smokers begin smoking as teenagers. Keeping teens from experimenting with tobacco may prevent them from becoming smokers while they are adults thus, saving lives.

Source: Department of Health and Human Services, CDC

## Smokeless & Spit Tobacco Summit

The 7th Annual National Smokeless & Spit Tobacco Summit was held in Missoula, Montana from August 6-8th. Julie Ferry MS, RN attended along with other advocates from across ND and heard many excellent national and regional speakers. There were several key take-away messages with just a few described below:

- The tobacco industry spends \$24,000,000 / day to market their products. One company targets those younger than 24 years of age as they have more spending power by having a lower cost product. Flavoring and product packaging are targeting youth.
- The FDA needs to regulate e-cigarettes and the nicotine levels in all tobacco products.
- People are using products for dual usage, not cessation, as sometimes marketed. Very few switch entirely from cigarettes to smokeless tobacco.

## Influenza Clinic Schedule

Call for an appointment in the office if these dates and times don't work.



### September 30th

#### Petersburg

Community Center 9:00 - 10:00 am

#### Michigan

Wagon Wheel Café 11:00 - 12:00 am

#### Tolna

Lutheran Church 2:00 - 3:00 pm

### October 1st

#### Lakota

State Bank of Lakota 9:00 - 11:00 am

### October 2nd

#### McVile

Health Unit Office 10:00 - 12:00 am

### October 3rd

#### Cooperstown

City Hall 8:30 - 10:30 am

South Side Apartments 11:00 - 12:00 pm

#### Aneta

Community Center 1:30 - 2:30 pm

### October 4th

#### Hannaford

Bank Forward 8:30 - 10:00 am

#### Sutton

Senior Center 11:00 - 12:00 pm

#### Binford

Senior Center 1:30 - 2:30 pm

School  
Influenza  
Clinics will  
also be  
scheduled  
later in  
October or  
November.

## NGDHU Board of Health Meeting Highlights

The quarterly Board of Health meeting was held 09.19.13.

Current members of the Board of Health are:

Don Fougner, Aneta

Ed Poehls, Tolna

Dr. Tam Czarnik, McVile (also serves as Health Officer)

Denise Uriell, Lakota

Lyle Pfeifer, Cooperstown

### **Programs / Services:**

West Nile Virus: 88 human cases in ND.

Tobacco Program: Signage for businesses & possible tobacco tax increase resolution.

Home Visits: 25 clients rec'd 375 visits.

Immunizations in 2012: 544 doses to those with and without insurance, with additional 1326 influenza vaccinations.

### County Health Rankings:

**Health Outcomes** (how healthy a county is): Griggs Co. ranked #7 in 2013 (down from #1 while Nelson Co. at #4 in 2013 (up from #17).

**Health Factors** (what influences the health): Griggs Co. ranked #3 in 2013 (down from #2); Nelson Co. at #26 both years.

## Smoke-Free Signage Available

In accordance with HB1253, the N.D. Center for Tobacco Prevention and Control Policy is providing smoke-free signage for businesses and public places that are subject to North Dakota's smoke-free law. Signs identifying smoke-free buildings and areas are required under the law.

Business owners are encouraged to contact Nelson-Griggs District Health at 701.322.5624 to receive their free signs. Signage can also be ordered from us at no cost if you make your business & grounds tobacco free by adopting new business protocols or policies. Contact us for assistance!

**SmokeFree!**

## Progressive Ag Safety Day

38 kids attended the Progressive Ag Safety Day held at Stump Lake Park in July. Topics included Lawn Mower Safety, Water Safety, First Aid, Camping Safety, Bullying, Roadway Safety, Healthy Eating, Tractor Safety, Firework Safety and the Lakota Firehouse was there.

Nelson County Health System provided lunch for the kids. Cooperstown Medical Center provided afternoon snacks. Kids received a goodie bag & a T-shirt.

The event is sponsored by Progressive Ag Foundation with major national sponsors: Bunge North America, Crop Production Services, Agrium, Inc., Farm Credit, CHS & CHS Foundation, John Deere, Monsanto Company, The Mosaic Company Foundation, DuPont Pioneer, and Toyota.



When children see adults smoking in parks, they see the behavior as acceptable and are more likely to mimic the behavior.

## Tobacco Free Parks in ND

Many North Dakota communities are deciding to make their city parks and playgrounds tobacco-free. Tobacco-free parks are cleaner, greener and safer places for families.

13 ND cities have tobacco-free parks:

- Cooperstown Park
- Stump Lake Village
- Rolette City Park
- Milnor Park
- Mayville Parks
- Langdon City Park
- Gwinner Park
- Forman Park
- Cogswell Park
- Cando City Park
- Beulah City Outdoor Rec. Facilities
- Wahpeton Public Outdoor Rec. Facilities
- Jamestown Pepper's Dog Park
- Harvey Centennial Park & Tom's Home Furnishings Park



If you would like to make your park tobacco-free contact us! We'll be happy to provide you with more information and/or meet with you.



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Check us out on the web!

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[www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits)  
1.800.QUIT.NOW



**BreatheND**  
Saving lives, saving money. The voice of the people.

BreatheND is the official website and logo of the Center for Tobacco Prevention and Control Policy, a division of the Tobacco Prevention and Control Executive Committee. North Dakota voters passed a statewide initiated measure that created the Tobacco Prevention and Control Executive Committee and requires a portion of the money North Dakota receives from tobacco settlement dollars to be used for tobacco prevention and control programs. The Center, along with the North Dakota Department of Health, local public health units and other partners, is charged with implementing North Dakota's comprehensive state tobacco prevention plan: Saving Lives - Saving Money.