



Public Health
Prevent. Promote. Protect.

Nelson-Griggs District Health Unit Newsletter

Upcoming Observances:

June:

Men's Health Month
National Safety Month

July:

Fireworks Safety Month

August:

National Immunization Awareness Month
National Breastfeeding Month

From the National Health Observances Calendar

Tobacco-Free Fairgrounds in Cooperstown

On April 21, 2015, the Griggs County Fair Board met and decided to adopt a comprehensive tobacco-free grounds policy. The Griggs County Fair is located in Cooperstown, ND. In July, they host the annual Griggs County Fair 4H Achievement Days. This event is a weekend long event starting on Friday with musical entertainment at the museum. On Saturday, there is a demolition derby, open class exhibits show and livestock show, pancake breakfast and parade. The buildings can also be rented out throughout the year for rummage sales, wedding receptions, birthday parties, family reunions and other events.

The Griggs County Fair Board adopted a comprehensive policy because they believe that tobacco is a health hazard and they wanted to protect the health, safety and welfare of the public. They wanted to create and sustain an environment that supports tobacco-free norms and that parents, leaders and officials involved in the fairgrounds are role models for youth and can have a positive effect on the lifestyle choice they make. The policy includes any tobacco product, "whether smoked, heated, inhaled, chewed, absorbed, dissolved or ingested by any other means".

There are many benefits to tobacco free grounds. SHS is harmful, even in outdoor settings. SHS exposure increases the risk of coronary heart disease and lung cancer in adults. In children, SHS exposure can trigger a serious asthma attack and cause respiratory infections such as bronchitis and pneumonia. Cigarette liter is often discarded on the ground which poses a risk to children due to ingestion. Not only is there health risks but cigarette liter is also unattractive. Tobacco-free grounds promote healthy lifestyles and provide positive role modeling to children.

Two other outdoor recreation areas in our service area have adopted tobacco-free policies. On December 17, 2012, the Nelson County Historical Society adopted the model policy making Stump Lake Park Pioneer Village tobacco-free. On January 9, 2013, the Cooperstown Park Board adopted the model policy that made the city park and ball diamonds and swimming pool area tobacco-free.



Picture to the right: tobacco signage at Cooperstown City Park.

SHS exposure increases the risk of coronary heart disease & lung cancer in adults. In children, it can trigger asthma attacks & cause respiratory infections.

Strategic Prevention Framework State Incentive Grant (SPF-SIG)

Nelson-Griggs District Health Unit received grant funding to work on alcohol prevention in our communities, targeting underage drinking and adult binge drinking. The community needs assessment looked at data from both Nelson Co. and Griggs Co., including regional and state statistics. Community members were interviewed for their perceptions and insight. After all the information was reviewed, evidence-based strategies were developed for implementation. The strategies were developed looking at community norms, social availability, retail availability enforcement and individual factors. The strategies include:

- 1) Mass Media,
- 2) Media Advocacy,
- 3) School Policies and Violations,
- 4) Texting Tipline,
- 5) Responsible Beverage Server (RBS) Training,
- 6) Increased Patrolling, and
- 7) Alcohol Screening and Education in Healthcare Settings.

We will be working with local law enforcement to develop a texting tipline for community members to use. This has been very effective in other communities.

To achieve other strategies, mini-grants will be available to groups interested in working to improve the health of our communities. This might be school or community groups. Watch for more information as this develops. Contact our office to assist us in this process.

Parents LEAD

Parents LEAD (Listen, Educate, Ask, Discuss) is an evidence-based underage drinking prevention program targeting parents statewide. The program is designed to help parents:

- Initiate and continue conversations with their children about underage drinking and other difficult subjects
- Role model positive and healthy behaviors
- Monitor their children's whereabouts-
- Provide support and engagement



For more information on how to talk to your child about underage drinking go to www.parentslead.org.

Parents LEAD is a collaboration between the ND Department of Human Services, ND Department of Transportation and the ND University System.

Smoke Free. Vape Free. It's the Law

A recent letter was mailed to all businesses in ND from the ND Center of Tobacco Prevention and Control Policy with a reminder of the conditions businesses must follow to be in compliance with North Dakota's smoke-free law: NDCC 23-12-09-23-12-11. The following information is included:

Place of employment and public places:

- No smoking, vaping or e-cigarette use in indoor areas where smoking is prohibited and within 20 feet of entrances, exits, operable windows, air intakes and ventilation systems of enclosed areas where smoking is prohibited.
- Post "No Smoking" signs clearly and conspicuously at all entrances.
- Post "No Smoking" signs in the place where smoking is prohibited
- Remove ashtrays from any area where smoking is prohibited, including 20 feet from entrances, exits, operable windows, air intakes and ventilation systems.
- Communicate to all employees where smoking is prohibited.
- No smoking, vaping or e-cigarette use in work vehicles.
- Optional: Smoke-free signage in vehicles is encouraged, but not required.

Additional signage is available from our office. To request signage or if you have questions about the law, call our office at 701.322.5624.



Vaccinations are required for entry into kindergarten, 7th grade and for college freshmen. Call our office this summer to make sure your child's vaccinations are ready for school in the fall.

701.322.5624



PROGRESSIVE AGRICULTURE SAFETY DAYS®
STUMP LAKE PARK - JULY 1, 2015 from 9:30 a.m. to 2:30 p.m.
AGES 7 - 13YEARS OLD
FOR MORE INFORMATION : CALL 701.322.5624

Topics include: PTO Safety, Hearing, Semi Safety, Grain Safety, Roadway Safety, First Aid, Sun Safety, Lakota Firehouse, Chemical Safety & Home Alone Safety

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Please email us if you would prefer an electronic copy of this newsletter or would like additional copies for your business or agency. Our website is:

www.nelsongriggshealth.com

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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.