



Public Health
Prevent. Promote. Protect.

Nelson-Griggs District Health Unit Newsletter

Upcoming Observances:

October:

*National Breast Cancer
Awareness Month*

*Domestic Violence Awareness
Month*

23rd -31st Red Ribbon Week

November:

Lung Cancer Awareness Month

*National Alzheimer's Disease
Awareness Month*

19th Great American Smokeout

December:

*7-13th National Influenza
Vaccination Week*

*From the National Health Observances
Calendar*

ND's E-cigarette Youth Protection Law

North Dakota's new electronic cigarette law, [House Bill 1186](#), went into effect on Saturday, Aug. 1. It prohibits minors from using, possessing or purchasing electronic smoking devices, alternative nicotine products and it requires child-resistant packaging for liquid nicotine containers. The new law also requires that all tobacco products, electronic smoking devices and alternative nicotine products be sold with the assistance of a clerk, meaning that these products can no longer be displayed or sold through the use of self-service displays.

HB1186 was passed in response to North Dakotans' concerns over possible health consequences of electronic smoking devices and their potential to attract young users. Electronic cigarette use, including vaping devices, tripled among middle and high school students from 2013 to 2014, according to national data published by the Centers for Disease Control and Prevention and the U.S. Food and Drug Administration's Center for Tobacco Products.

The 2014 National Youth Tobacco Survey also shows that e-cigarette use increased from 4.5 percent and 1.1 percent in 2013 to 13.4 percent and 3.9 percent among high school and middle school students, respectively. That amounts to approximately 1.67 million more youth using e-cigarettes. North Dakota's high school youth use of electronic cigarettes is also trending upward, from 1.6 percent in 2011 to 6 percent in 2013, according to the North Dakota Youth Tobacco Use Survey.

"The data is clear that the use of electronic smoking devices among minors is on the rise," said Jeanne Prom, executive director of the North Dakota Center for Tobacco Prevention and Control Policy. "Thanks to HB1186, electronic smoking devices and alternative nicotine products are no longer legally available to minors."

Another reason for HB1186 is the increase in calls to poison control centers for nicotine poisoning from liquid nicotine juices. CDC data shows that calls related to poisoning from liquid nicotine used in electronic devices jumped from one per month in 2010 to 215 in February of this year alone. More than half of those calls involved children five years old and younger.

"HB1186's new requirements that nicotine liquid containers meet the United States Consumer Product Safety Commission standards for child-resistant packaging help parents protect their young children from nicotine poisoning," said Prom.

For more information about electronic smoking devices and to read the full text of HB1186, go to www.breathend.com.

Source: www.breathend.com/news/NDEcigaretteLawTakesEffectAugust1/

Key Points for HB 1186

- No sales, use or possession to anyone under 18
- No self-service displays
- Liquid nicotine products must have child resistant packaging



October is **Breast Cancer Awareness** Month!



Influenza Season Ahead

Nelson-Griggs District Health Unit recommends everyone 6 months of age and older get a flu shot this season to prevent influenza. Influenza is characterized by fever, cough, sore throat, runny nose, muscle aches, headache and fatigue. People at the highest risk of serious influenza related complications include those: 65 years of age and older, people at any age with a chronic medical conditions (asthma, diabetes, heart disease), pregnant woman and children. It is important to get vaccinated not only for yourself, but for those around you. We are able to bill Medicare, most insurances, Medicaid and also have vaccine available for children without insurance or whose insurance doesn't cover vaccines.

This season we will have quadrivalent (4 strains) flu vaccine and FluMist (nasal spray mist for those ages 2-49 without contraindications). Also available this season is the Fluzone High-Dose for those 65 years and older. The Fluzone High Dose is made up of the 3 strains of flu that are most likely to cause the flu this season. However, it contains 4 times as much flu virus antigen as the regular flu shots.

Flu Shot Schedule:

October 6th

Lakota

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

October 7th

Hannaford

Bank Forward 8:30 - 10:00 am

Sutton

Senior Center 11:00 - 12:00 noon

Binford

Senior Center 1:30 - 2:30 pm

October 8th

Tolna

Lutheran Church 9:30 - 10:30 am

October 8th, cont.

Petersburg

Community Center 1:00 - 2:00 pm

Michigan

Wagon Wheel Café 2:30 - 3:30 pm

October 9th

Cooperstown

City Hall 9:00 - 10:30 am

South Side Apts 11:00 - 12:00 noon

Aneta

Community Center 1:30 - 2:30 pm


October 13th

McVile

Health Unit Office 10:00 - 12:00 noon

We will be scheduling school influenza clinics as soon as more vaccine arrives.

The next Mobile Food Pantry Date is on **Tuesday, December 29th** at:

Cooperstown Kelly's Hardware	401 4th St. SW	9:30-10:00 am	 <p>For more information, call 701.232.6219.</p>
Binford Trinity Church	117 1st St. South	11:00-11:30 am	
McVile	Alley off of Main & McDougall	1:00-1:30 pm	
Lakota	Community Center Parking Lot	2:30-3:00 pm	

Free Radon Kits to Test Your Home

Nelson-Griggs District Health Unit is offering free radon test kits to those interested in testing their homes for radon, a colorless, odorless and tasteless gas. Radon is formed when uranium in the soil breaks down. The radioactive decay products can get into a person's lungs, causing lung cancer. It typically takes 5 - 25 years to develop radon-induced lung cancer after exposure.

The EPA recommends taking corrective action if you have levels of 4 pCi/L or higher. In 5 large EPA surveys done from 1988 - 1993, 63% of all North Dakota homes test over the action level. Radon levels may be reduced by sealing foundation cracks, holes and sump pump covers or installing radon reduction systems. Call for instructions on how to use your free radon test kit.

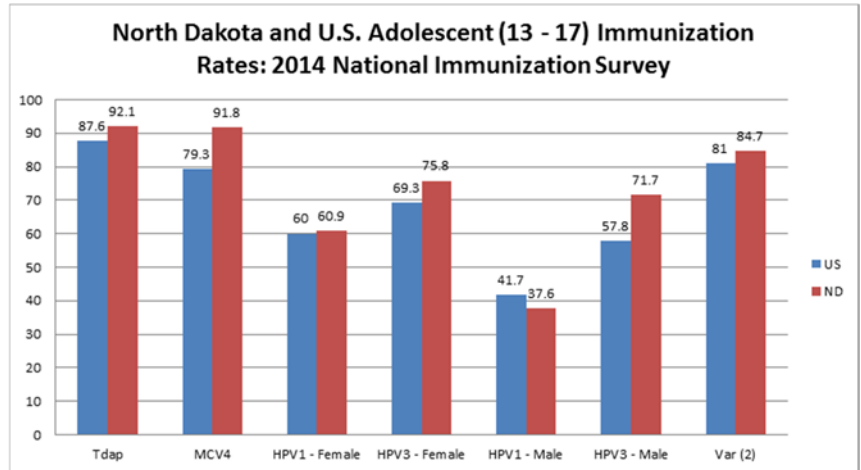
ND Adolescent Immunization Rates

In August, the Centers for Disease Control and Prevention (CDC) released the 2014 National Immunization Survey (NIS) results for adolescent (ages 13 - 17) vaccination.

North Dakota's rates were at or above the national average, with the exception of boys starting the human papillomavirus (HPV) vaccine series. Rates for Tdap (Tetanus, Diphtheria, acellular Pertussis) and MCV4 (Meningococcal) are higher than the national average. HPV vaccination rates for both boys and girls remain much lower. In North Dakota, four out of ten girls and six out of ten boys have not received any doses of HPV vaccine.

If you are wondering if your adolescent is up to date or if you would like to start him/her on the HPV vaccine, please call our office at 701.322.5624.

Source: <http://www.cdc.gov/vaccines/who/teens/vaccination-coverage.html>



Public Health Will Offer Newest Pneumonia Vaccine

Many health care providers are recommending all adults age 65 and older receive a different pneumonia vaccine called Prevnar® (PCV13) in addition to the usual pneumonia vaccine, called Pneumovax® (PPSV23). The schedule for getting the vaccines can be confusing, so in a nutshell: **If you've never gotten a pneumonia shot, get PCV13 first, then wait a year to get PPSV23. If you've had the pneumonia shot (PPSV23), wait at least a year to get PCV13. This is NOT a booster dose for Pneumovax®. Booster pneumonia doses are usually not needed. The rules change if you got Pneumovax® before age 65 so if unsure of the date you received the vaccine, call your health care provider.**

Effective on or after September 19, 2014, Medicare Part B will cover an initial pneumococcal vaccine to all Medicare beneficiaries who have never received the vaccine under Medicare Part B; and a different, second pneumococcal vaccine one year after the first vaccine was administered (11 full months have passed following the month in which the last pneumococcal vaccine was administered).

Adults 65 and older who have not had a dose of PPSV23 (Pneumovax®) or whose history is unknown should receive a dose of PCV13 followed at least 12 months later by a dose of PPSV23. Adults 65 and older who have not had a dose of PCV13, but have already received a dose of PPSV23 since turning 65 should receive a dose of PCV13 at least one year after the dose of PPSV23. Adults 65 and older who received a dose of PPSV23 before turning 65 should have a dose of PCV13 at least one year after the most recent dose of PPSV23, followed by a dose of PPSV23 at least 6 to 12 months later, provided that the minimum interval between the two doses of PPSV23 is at least five years.

Nelson-Griggs District Health Unit enters the vaccines they give into the secure immunization registry as do most health care providers. Contact your provider to find out the date you received the pneumonia vaccine and we'll help you decide what you need to be protected. Our office has ordered the new pneumonia vaccine and will bill Medicare once it's administered.

If you are interested in getting the Prevnar® vaccine or if you have any questions, please call Nelson-Griggs District Health Unit at 701.322.5624.

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www.nelsongriggshealth.com

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October is **Breast Cancer Awareness Month**



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.