

Nelson-Griggs District Health Unit Newsletter

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Public Health
Prevent. Promote. Protect.

Dakota Prairie School District Approves A Comprehensive Tobacco-Free Policy

On October 11, 2011, the Dakota Prairie School Board approved the second reading of the comprehensive tobacco-free policy. Since most adults begin using tobacco in their teens, it is important to prevent youth from starting. More than 80% of adult users start before the age of 18 (*Comprehensive Tobacco-Free School Policy Tool Kit*). Comprehensive tobacco-free policies encourage and reinforce tobacco free lifestyles for our students.

Thanks to Dakota Prairie Superintendent Janet Edlund and school board members Rod Gilderhus, Todd Jorde, Carolyn Kueber, Brian Dinger and Sarah Anderson for approving the policy.

Special points of interest:

- ◆ The 2 school districts in Nelson County, Dakota Prairie and Lakota, both have comprehensive tobacco school policies.
- ◆ North Dakota high school student smoking rates have decreased from 22.4 percent in 2009 to 19.4 percent in 2011.

UND Study Shows Smoke-free Laws Reduce Heart Attacks

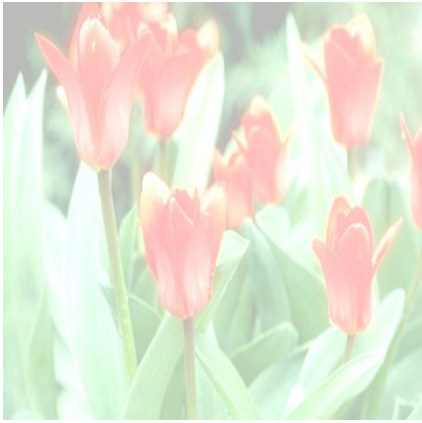
A recent study by the Department of Family and Community Medicine at the University of North Dakota School of Medicine and Health Sciences reveals that the incidence of heart attacks in Grand Forks dropped by 24.1 percent within four months of the city's comprehensive smoke-free law taking effect in August 2010.

The study, funded by the Center for Tobacco Prevention and Control Policy (the Center), looked at an eight month window to evaluate the impact of how smoke-free ordinances make a difference in heart attack rates. The study measured four months before the smoke-free law went into effect and four months following the smoke-free law and reports a 69.4 percent reduction in heart attack admissions as a percentage of total hospital admissions in Grand Forks. This is particularly significant because overall hospital admissions increased during the same time frame.

"The UND study proves that comprehensive smoke-free laws save lives," said Jeanne Prom, executive director of the Center for Tobacco Prevention and Control Policy. "It demonstrates why we need to continue funding tobacco prevention programs."

Source: www.breathend.com

An initiated measure approved by North Dakota voters provides funding to Nelson-Griggs District Health Unit to diminish the toll of tobacco in our state by addressing the number one preventable cause of death and disease: tobacco use.



NGDHU Using Electronic Health Records

Nelson-Griggs District Health Unit is in the process of creating electronic health records (EHR). EHRs are computerized health records for clients.

Staff are being training in the CHAMP software

to help chart and manage client needs. The CHAMP software called Nightingale Notes will first be integrated into the Home Visiting program and then used with other client-based programs. EHRs will provide statistical data and reports to

better meet the needs of people in our communities.



SAVE THE DATE: The 2012 Progressive Agriculture Safety Day will be held on Thursday, June 28th at Stump Lake Park in Nelson County. The free event is for youth ages 7 - 12 and provides fun-filled and interactive activities while learning about safety. Topics are yet to be determined. For more information or to register your child, contact Nelson-Griggs District Health Unit at 701.322.5624.

Nelson-Griggs District Health Unit Board of Health Signs Smoke-Free Workplace Resolution

NGDHU believes that all people have the right to breathe clean air.

On February 1, the Health Unit Board of Health members approved a Smoke-free Workplaces resolution.

The resolution states the Board of Health:

- Believes all people have the right to breathe clean air regardless of their

occupation.

- Supports smoke-free policies in all workplaces.
- Supports clean air laws that protects people from secondhand smoke.
- Recommends that all communities within Nelson & Griggs Counties

enact comprehensive smoke-free workplace laws.

We thank the following board members for their support and unanimous approval on February 1, 2012: Don Fougner, Denise Uriell, Lyle Pfeifer and Ed Poehls.

Smoking and Diabetes



Tobacco smoke is made up of over 6,000 chemicals. Some of these chemicals can affect your blood sugar.

Smoking can increase your chance of having Type 2 diabetes. It has been shown that people

who smoke need more insulin than those who do not smoke. They are also more likely to have serious health problems.

Smokers with diabetes are more likely to have:

- Heart and kidney disease.
- Retinopathy

- Amputation
- Peripheral neuropathy (nerve damage)

Diabetics who quit smoking can see benefits immediately and have better control over their blood sugar.

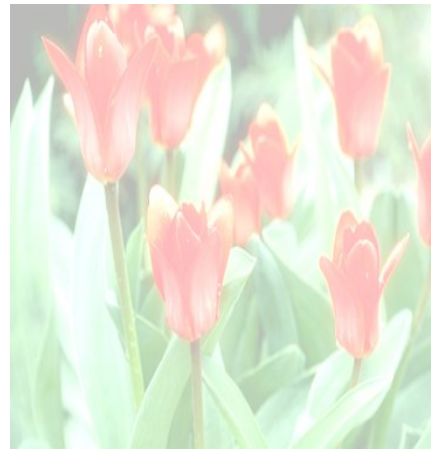
Source: "Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General", 2012.

ND Report Card

The American Lung Association, in its *2012 State of Tobacco Control Report Card*, gave North Dakota the following grades:

Tobacco Prevention and Control Spending	A
ND spends the CDC recommended level in its state tobacco control program.	
Smoke free Air	C
Not all workplaces are smoke-free such as bars and casinos.	
Cessation Coverage	C
Cigarette Tax	F
ND's cigarette tax is only 44 cents per pack.	

Source: American Lung Association 2012 State of Tobacco Control



ND Youth Smoking Rates Down

According to the 2011 Youth Risk Behavior Survey (YRBS) released Nov. 30, smoking rates among North Dakota high school students have decreased from 22.4 percent in 2009 to 19.4 percent in 2011.

The drop in youth smoking rates marks a success for North Dakota's comprehensive tobacco use prevention efforts, led by the North Dakota Center for Tobacco Prevention and Control Policy (Center).

"What we're doing is working," said Jeanne Prom, executive director of the North Dakota Center for Tobacco Prevention and Control Policy.

The Center takes a comprehensive approach that includes public health education campaigns and promoting local smoke-free and tobacco-free policies to

protect the lives of North Dakotans by reducing tobacco use across the state.

According to the Center, 600 North Dakota kids become new daily smokers each year, and the Centers for Disease Control and Prevention (CDC) estimates that if the state's current smoking rate continues, 1,100 kids now under 18 years old in North Dakota will die prematurely from smoking.

To reduce smoking rates among kids in North Dakota, the Center's local public health partners have been working with school boards to adopt and enforce comprehensive tobacco-free campus policies. To date, 101 North Dakota school districts have adopted policies. Many of the policies went into effect as part of the implementation of North Dakota's fully funded tobacco prevention

program that began in 2009.

Prom said tobacco-free school policies are vital to saving North Dakota kids from the dangers of tobacco use, and tobacco prevention funding allows the much needed time for local public health units to educate school boards, staff and communities on the health benefits of implementing tobacco-free policies.

"When youth aren't exposed to smoking, they are less likely to start," Prom said. "Tobacco-free school campuses create environments where fewer young people experiment with any kind of tobacco use."

Along with the decline in high school smoking rates, a decrease was also reported in high school usage of other tobacco products, such as chewing tobacco,

"Tobacco-free school campuses create environments where fewer young people experiment with any kind of tobacco use."

Jeanne Prom, Executive Director of the ND Center for Tobacco Prevention and Control Policy

snuff and dip where rates dropped from 15.3 percent in 2009 to 13.6 percent in 2011. The decreases in youth tobacco use coincide with a recent CDC survey showing North Dakota adult smoking rates dropped from 18.6 percent in 2009 to 17.4 percent in 2010.

"We are pleased to see our approach is paying off," Prom said.

The complete Youth Risk Behavior Survey can be found at <http://www.dpi.state.nd.us/health/YRBS/index.shtm>

Source: www.breathend.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.