



Public Health
Prevent. Promote. Protect.

Nelson-Griggs District Health Unit Newsletter

January:

Cervical Health Awareness Month

National Radon Action Month

February:

American Heart Month

National Wear Red Day on the 7th

March:

National Colorectal Cancer Awareness Month

National Nutrition Month

National Health Observances Calendar

More U.S. Teens Using E-Cigarettes

In November, the CDC's 2013 National Youth Tobacco Survey found that e-cigarette use among high school students tripled between 2011 & 2013. A new survey just released in December, Monitoring the Future, shows teen use of e-cigarettes surpassing use of regular cigarettes.

The new report finds:

- Among 8th graders, 8.7% reported using e-cigarettes in the past 30 days, while only 4% reported using a traditional cigarette.
- Among 10th graders, 16.2% reported using an e-cigarette and 7.2% reported using a traditional cigarette.
- Among 12th graders, 17.1% reported e-cigarette use and 13.6% reported use of a traditional cigarette.

E-cigarette companies are marketing these products to youth by using celebrities to endorse their products, magazine ads, and sponsoring concerts. E-cigarettes also come in a variety of sweet, colorful flavors that are appealing to youth. Currently, ND is 1 of 9 states that has no age restrictions on e-cigarettes.

The following nine states do not prohibit the sale of e-cigarettes to minors:

- Maine
- Massachusetts
- Michigan – passed legislature, not yet law
- Montana
- New Mexico
- North Dakota**
- Oregon
- Pennsylvania
- Texas

North Dakota is 1 of 9 states that currently has no age restriction on e-cigarettes.



Source: www.tobaccofreekids.org, "New National Survey: More US Teens Use E-Cigarettes than Traditional Cigarettes in 2014".

Benefits of a Cigarette Tax Increase

North Dakota's current cigarette tax is only \$0.44 per pack making it one of the lowest tax in the nation. North Dakota has not raised the tax since 1993. Increasing the cigarette tax to \$2.00 a pack would reduce tobacco use. Current users are more likely to quit and nonusers are less likely to start. The evidence shows youth are less likely to start when prices increase.

Projected Public Health Benefits for ND from a Cigarette Tax Increase

Percent decrease in youth smoking:	25.2%
Youth under age 18 kept from becoming addicted adult smokers:	7,900
Current adult smokers in the state who would quit:	8,500
Premature smoking-caused deaths prevented:	4,700
5-Year number of smoking-affected births avoided:	1,600
5-year health cost savings from fewer smoking-caused lung cancer cases:	\$1.35 million
5-year health cost savings from fewer smoking-affected pregnancies:	\$3.62 million
5-year health cost savings from fewer smoking-caused heart attacks & strokes:	\$2.65 million
5-year Medicaid program savings for the state:	\$920,000
Long-term health care cost savings form adult & youth smoking declines:	312.90 million
Long-term health care cost savings in the state from adult & youth smoking declines:	\$350.66 million

Source: Campaign for Tobacco-Free Kids

Influenza Season

The flu is a contagious respiratory illness caused by the influenza virus. It may be a mild to severe illness that at times can lead to death. Symptoms of the flu can include: fever, chills, sore throat, runny nose, muscle or body aches, headache and fatigue. The flu is spread by droplets spread when a person with the flu coughs, sneezes or talks. The flu season can fall anywhere between October and May, but usually peaks between January and March.

The single best way to avoid the flu is to get the flu shot each season. Anyone 6 months of age and older is recommended to get a flu shot. In addition to getting a flu shot remember to wash your hands frequently, and stay home if you are sick.

Local healthcare providers are seeing cases of influenza at the clinics. Flu vaccine is still available through our public health office. Call 701.322.5624 if you have questions or would like to make an appointment.

Source: North Dakota Department of Health: Influenza



E-cigarette Poisoning

Poison control centers are reporting an increase in calls coming in about exposure to e-cigarette devices and liquid nicotine. Many of these occurring in children under the age of 6.

Recently, a toddler was killed in New York after ingesting a bottle of liquid nicotine.

There are currently no FDA regulations on e-cigarette devices or the liquid nicotine that may be used with them. E-cigarette liquids are dangerous to children because they are not required to be child-proof and they come in candy and fruit flavors that are appealing to children. According to the American Association of Poison Control Centers (AAPCC), a dose of only 1 teaspoon of liquid nicotine could be lethal to a child and smaller amounts can cause severe illness. Preliminary data from the AAPCC indicate over 3,600 reports of e-cigarette & liquid nicotine exposure have been reported to them.



The American Association of Poison Control Center recommends the following steps be taken if you use e-cigarettes in your home:

- Protect your skin when handling these products.
- Keep these products locked up and away from the hands of children.
- If you think a child has been exposed to an e-cigarette or liquid nicotine, call your local poison control center immediately at 1.800.222.1222.

Source: www.aapcc.org; "E-cigarette Devices & Liquid Nicotine"

Insurance Coverage for Tobacco Cessation

Almost [70 percent](#) of adult smokers in the U.S. want to quit. While some smokers may succeed in quitting on a first attempt, for many it takes multiple attempts to become and stay tobacco-free in the long term.

If you or someone you know is struggling to quit, help is available. Many health insurance policies and programs such as Medicare and Medicaid cover cessation services ranging from counseling to nicotine replacement therapies. If you don't have health insurance or if your plan doesn't cover cessation services, call the North Dakota Tobacco Quitline at 1.800.QUIT.NOW or go online to www.ndhealth.gov/ndquits for free counseling and nicotine replacement therapy.

If you quit today, you start [getting healthier](#) today. Find out what cessation assistance is covered by your health plan, and if you're enrolling in a new plan, ask about its tobacco cessation coverage. Get the help you need to become and stay tobacco-free for life.

Source: www.breathend.com

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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.