



Public Health
Prevent. Promote. Protect.

Nelson-Griggs District Health Unit Newsletter

Upcoming Observances:

From the National Health Observances Calendar:

January:

Cervical Health Awareness Month

National Radon Action Month

February:

American Heart Month

Car Seat Awareness

March:

National Colorectal Cancer Awareness Month

National Poison Prevention Week 18-24th

Area Providers Participate in Nelson County Health Fair

On Thursday, November 16th, Nelson-Griggs District Health Unit participated in the Nelson County Health Fair at the Lakota Community Center. We had a display on substance use in North Dakota.

More than 6 out of 10 drug overdoses in the US involve opioids (28,000 deaths) and nearly half of those deaths were from prescription opioids. Opioid use is also becoming a problem in ND. In ND there has been nearly a 60% increase in the number of controlled substances dispensed between 2008 and 2016. The number of overdose deaths in ND has increased from 20 in 2013 to 61 in 2015.

Adult binge drinking and underage drinking continues to be a problem in ND. 88.8% of ND adults believe adult alcohol use is a problem in their community and 91.9% believe that underage drinking is a problem. Our display showed how many actual “drinks” were in many popular alcohol beverages and how many ounces one drink actually is.

Although we have seen a decrease in the number of adults and youth using tobacco, we are at a plateau. Tobacco companies are still targeting youth and coming out with new nicotine delivery systems. Electronic cigarettes or e-cigs have been very popular among middle and high schoolers. 15.5% of ND middle school students reported using electronic vapor products at one point in their lives and 22.3% of high schoolers report current use. Our display showed a few of these devices including e-cigarettes and flavored e-juice to make it more tempting to current nonusers.



New Shingles Vaccine

A new shingles vaccine has recently been approved by the ACIP. Shingrix is for adults 50 and older. Unlike the “older” shingles vaccine Zostavax that was a live virus vaccine, Shingrix is inactivated. It is a 2 dose series, with doses given at least 2 months apart. Studies have shown no serious adverse effects. Approximately 17% of people reported a reaction that interfered with normal activity for about 1 day. Common side effects included mild pain at injection site, fatigue, shivering or headache. Shingrix provides greater than 90% protection in all age groups and 85% protection is maintained after 4 years. The ACIP did recommend that adults who had previously received Zostavax also get vaccinated with the new Shingrix. The vaccine should be available in our office in the beginning of 2018.



If you have any questions, please call us at 701.322.5624.

Sources:

Lal H et al. Efficacy of an Adjuvanted Herpes Zoster Subunit Vaccine in Older Adults. *N Engl J Med.* 2015;372:2087-96.

Cunningham et al. Efficacy of the herpes zoster subunit vaccine in adults 70 years of age or older. *N Engl J Med.* 2016;375:1019-32.

Take Back Program

The *Take Back Program* provides a safe, convenient & responsible means of disposing of unwanted medications. Medications left in homes can lead to unintentional poisoning, theft, abuse and overdose. Take the time to clean out your medicine cabinets and drop off any unused or unwanted medications at one of the sites listed.

What is accepted:

Unused or expired prescriptions and over-the-counter medications, including:

- Pills, tablets, caplets (please remove product from the packaging)
- Inhalers, nebulizer solutions, liquids and creams (leave IN the original container)
- Controlled substances
- Pain relief such as Vicodin, Hydrocodone, Demerol, OxyContin, fentanyl, etc.
- Anti-depressants, like Valium, Zoloft, Prozac, etc.
- Sleep aids, such as Ambien, Lunesta, Sonata, etc.

Not accepted:

Sharps (syringes, lancets), thermometers, glass, home based care (HBC) or durable medical equipment (DME) supplies, and pharmacy inventory. Ask your pharmacist where to safely dispose of these items.

LOCK - Keep medications out of sight & in a safe & secure place
MONITOR - Keep track of medications & take them only as directed
TAKE BACK - Drop off unused medications at Take Back Sites

Local Take Back Locations:

Lakota Drug

Nelson County Sheriff's Office

Cooperstown Drug

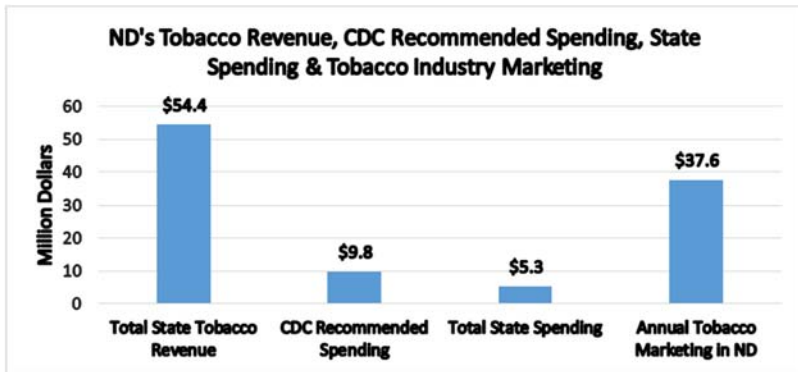
Griggs County Sheriff's Office

Tobacco's Toll in ND

North Dakota dropped from #1 in 2017 to #3 in 2018 for state spending on tobacco prevention and control spending. Only 2 states, California and Alaska provide 90% of CDC recommended funding. ND provides about 50%.

CDC recommends that ND spend \$9.8 million on a comprehensive tobacco prevention programs. Current state spending is only \$5.3 million. Tobacco companies spend \$37.6 million in ND on marketing their deadly products. Nationally, the tobacco companies spend \$12 on marketing for every \$1 states spend on prevention work. In ND, that ratio is about \$7 to \$1.

The following charts are statistics from the Campaign for Tobacco Free Kids.



Adults who smoke	19.8%
High School students that smoke	11.7%
Death caused by smoking each yr	1,000
Annual health care costs directly caused by smoking	\$326 million
Proportion of cancer deaths attributed to smoking	27.00%
State & federal tax burden from smoking-caused gov. expenditures	\$768 per household
Estimated annual tobacco industry marketing in ND	\$37.6 million
Ratio of industry marketing to ND tobacco prevention spending	7.1 to 1

Source: Campaign for Tobacco Free Kids, *A State-by-State Look at the 1998 Tobacco Settlement 19 Years Late*, December, 2017.

Summary of 2017 Influenza Clinics

North Dakota is beginning to see more influenza activity. Nelson-Griggs District Health Unit recommends everyone 6 month of age and older get a flu shot this season to prevent influenza. As of the end of December, we have given over 1200 flu shots. Below is a breakdown of sites:

Worksites - 121 in 8 different businesses

Lakota School - 100

Dakota Prairie - 144

Griggs County Central - 105

Midkota Elementary - 44

Influenza vaccines were also given at community sites, Senior Centers, Lakota's Halloween Carnival and Health Fair, regular monthly clinics, in the office and on home visits.

It's not too late to be vaccinated! Call our office if you still need your flu shot.

The ND Department of Health collects data on laboratory confirmed cases of influenza. So far this season, there have been 709 confirmed cases as of 12.16.17.

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www.nelsongriggshealth.com

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NDQuits
1.800.QUIT.NOW
www.ndhealth.gov/ndquits



The Mobile Food Pantry will be at the following locations on

Friday, January 12th:

Cooperstown True Value 11:15 - 11:45 am

McVillage Alley behind Public Health 1:30 - 2:00 pm

Lakota Community Center Parking Lot 3:00 - 3:45 pm