

# Nelson-Griggs District Health Unit Newsletter

## Nelson County Housing Smoke Free

### Upcoming Observances:

#### July:

UV Safety Awareness Month

#### August:

Immunization Awareness Month

Opioid Misuse Prevention Day

Breastfeeding Month

#### September:

Baby Safety Month

9-15th Youth Suicide Prevention Week

The Nelson County Housing Authority has had a Smoke Free policy since 01.17.2017. Prohibited tobacco products include cigarettes, e-cigarettes, cigars, pipes and other vaping devices. Areas included in the smoke free policy are individual units, common areas, balconies, parking areas and decks or within 20 feet of any building associated with the property. Nelson County Housing manages 8 buildings in Lakota, Michigan, Petersburg, Aneta, McVile and Tolna. While the US Department of Housing and Urban Development (HUD) is requiring all public housing agencies to go smoke free by 07.30.18, the Nelson County Housing Authority took action and implemented their policy early. They also included e-cigarettes into their policy which is not required by HUD.

Going smoke free promotes residents' health by protecting them from second hand smoke. Many other apartments have gone smoke free in our counties. If you would like assistance in making your apartment building smoke-free or tobacco free, please contact our office and we can assist you.

Pictured is Julie Ferry with Angie Twete, Nelson County Housing Authority.



## Clearing the Air Institute

DeAnn Miller, RN, attended the Clearing the Air Institute at Big Cedar Lodge in Branson, Missouri on May 1-3, 2018. This year's conference focused on secondhand smoke disparities. In the US, 1 in 4 people live in multi-unit housing. Most of these people are children, disabled, elderly or lower income tenants. Secondhand smoke can filter in through vents, doorways, electrical lines and cracks to other units. Apartments that don't have smoke free policies or leases put other people in the building at risk. Secondhand smoke is associated with heart disease and respiratory problems.

The effect of new and emerging tobacco products on the lung were presented. "Vaping" or smoking e-cigarettes is associated with Popcorn Lung. The chemical diacetyl in the e-juices causes scarring of the tiny air sacs in the lungs resulting in thickening and narrowing of the airway. It causes coughing, wheezing and shortness of breath, similar to COPD.

Latest policy developments were shared. In 2017, 58% of the population in the US is covered by comprehensive smoke free laws. North Dakota already has a comprehensive smoke free policy that covers all public places. Many states do not. We heard from workers in the entertainment and hospitality industries who have to breathe in second hand smoke at work and the consequences of that.

Pictured is DeAnn Miller and other Tobacco Coordinators from ND who attended the Conference.



## **Anhydrous Ammonia Training for Firemen & EMS**

Nelson-Griggs District Health Unit partnered with the National Education Center for Agricultural Safety (NECAS) to hold trainings for farm families and emergency personnel on managing the risks of anhydrous ammonia. Approximately 65 area farmers, public health staff, emergency responders from Lakota, Aneta and McVille, and firemen from Lakota, McVille, Michigan, Pekin, and Devils Lake Fire Departments attended the 2 trainings held on June 19th and 20th. The trainers promoted emergency preparedness and safety for area farmers, EMS, and firemen. The importance of wearing personal protective equipment, always working upwind of the chemical, and flushing copious amounts of water over the affected area for 15 minutes in the event of a burn was emphasized. Check out the Health Unit Facebook page for more photos and like our page. We hope you enjoy the pictures! For more information, contact our office at 701.322.5624.



## **Public Health Student Intern Hired**

Nelson-Griggs District Health Unit recently hired Morgan Uriell as a student intern for the summer months. Morgan graduated with a B.A. in Public Health from the University of California, Berkeley in May. In August, she will be going on to get a Master's in Public Health at Columbia University in New York with a specialization in Epidemiology and Health Policy & Practice. Over the past year, Morgan has worked at a non-profit in Oakland that offers services and support to women living with HIV/AIDS. This summer she will be primarily working on substance abuse prevention efforts. Morgan is excited to experience working in a rural public health office and to explore prevention strategies relating to alcohol and prescription drug abuse.



## Substance Abuse Program Activities

### Prescription Drug Misuse

Local Law Enforcement officers may be the first to respond to drug overdoses in our rural communities. Nelson Co. and Griggs Co. Sheriffs' Offices will be receiving carrying cases to attach Narcan (naloxone HCl) to their uniforms to ensure it is readily accessible once they are trained in how to use it in the event of an emergency. Narcan is used to treat known or suspected opioid overdose in adults and children. It comes in different presentations with Law Enforcement officers carrying the nasal spray. Each dose contains 4 mg naloxone HCl in 0.1 mL nasal spray. It must be stored at room temperature between 59°F to 77°F and should not be frozen or exposed to light. Family members should have Narcan available if someone they love is struggling with drug usage. It is well known how very difficult it is for all involved to deal with substance abuse. Community members can provide much needed support and not judgment as it can happen to anyone.



### Lock. Monitor. Take Back.

Nelson-Griggs District Health Unit will be partnering with local Law Enforcement to set up additional community *Take Back* events for you to bring your unused or unwanted prescription medications to be disposed of. You can always bring them to either Nelson Co. or Griggs Co. Sheriffs' Offices, Lakota Drug or Cooperstown Drug too. Watch for more information on the upcoming dates and locations.

***DID YOU KNOW?*** Over half of people age 12+ who misuse pain relievers obtain them from a friend or relative? (NSDUH, 2016)

### Car Seat Check-Up Event

August 7, 2018 12:30 - 3:30 pm Lakota Courthouse

August 14, 2018 12:30 - 3:30 pm McVile Lutheran Church (112 Vail Ave)

Bring your child, their seat and your vehicle for this free event! No appointments needed.

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**NORTH DAKOTA**  
DEPARTMENT of HEALTH

**BreatheND**  
Local Public Health Working For You.



The Mobile Food Pantry will be at the following locations on

**Tuesday, July 3rd**

Cooperstown True Value 11:15 - 11:45 am

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

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