

Nelson-Griggs District Health Unit Newsletter



Public Health
Prevent. Promote. Protect.

June:

Firework Safety Month

National Safety Month

Men's Health Week

July:

UV Safety Month

August:

National Immunization Awareness Month

World Breastfeeding Week

National Health Observances Calendar

SmokeFree!
N.D.C.C. 23-12-9 to 23-12-11

Smoking, including the use of e-cigarettes, is prohibited by law indoors and within 20 feet of entrances and windows.

Cooperstown Medical Center & Griggs County Care Center Tobacco-Free Grounds

Tobacco use is the leading cause of preventable disease and death in North Dakota and the nation. An average of 800 North Dakotans die each year from tobacco use. Second-hand smoke has been proven to cause many health problems such as heart disease, stroke, SIDS (Sudden Infant Death Syndrome), emphysema and cancer. Not only do tobacco-free policies promote and protect health, they also have an economic benefit by decreasing employee sick days thus increasing productivity and decreasing costs.

The Cooperstown Medical Center (CMC) and Griggs County Care Center (GCCC) took an important step in the health of its employees, patients and visitors recently by adopting a tobacco free grounds policy. Cooperstown Medical Center consist of a rural health clinic, 18 bed critical access hospital, 24 hour ER, Park Place, a 12 unit assisted living complex and Griggs County Care Center the long term care facility.

The policy became effective on 11.01.13. Congratulations on the new policy!

Source: Campaign for Tobacco Free Kids "The Toll of Tobacco in ND, March 19, 2014.



PROGRESSIVE AGRICULTURE SAFETY DAYS®
STUMP LAKE PARK - JULY 2, 2014 from 9:30 a.m. to 2:30 p.m.
AGES 7 - 12 YEARS OLD
FOR MORE INFORMATION : CALL 701.322.5624

Topics include: Rollover Simulator, Ambulance Tour, Loader Tractor Safety, Fire Safety, Weather Safety and more!



North Dakota has one of the lowest tobacco taxes in the nation. At only 44 cents per pack, we are the **46th lowest** in the nation. South Dakota's current cigarette tax is \$1.53, Montana is \$1.70 and Minnesota is \$2.83. New York is much higher at \$4.35 / pack.

In North Dakota, 19.4 percent of youth smoke compared to the national average of 18.1 percent. Youth who use smokeless tobacco is 13.6 percent compared to the national average of 7.7 percent. Increasing the tobacco tax in North Dakota by \$1.56 would prevent 7,900 kids from becoming addicted adults smokers and would decrease the youth smoking rate to 14.5 percent.

Raise It for Health is a broad based coalition of organizations and individuals across the state in support of raising North Dakota's current tobacco tax. The core team is American Cancer Society Cancer Action Network, American Lung Association and Tobacco Free ND. The coalitions support for raising the tobacco tax is strictly about health benefits tied to high tobacco taxes.

Check it out at <https://www.facebook.com/RaiseltForHealthND>.

THE HEALTH BENEFITS:

Youth Prevention:

- Prevent 7,900 youth under the age of 18 from becoming smokers.
- Decrease youth smoking by 25.2%, bringing youth rates below the national average.

Adult Reduction:

- Help 8,500 current ND adult smokers to quit.
- A majority of smokers want to quit. In 2011, 53.1% of ND adult smokers tried to quit.
- 800 adults in ND die prematurely from illnesses caused by smoking.

June is Fireworks Safety Month

Fireworks and the 4th of July go hand in hand. It can be a time of picnics and celebration. In 2012, Consumer Product Safety Commission (CPSC) conducted a study that found that an average of 200 people go to the ER every day with firework-related injuries in the month around the 4th of July and 6 people died due to illegal or homemade fireworks in 2012.



Here are some safety tips to keep your 4th of July safe:

- * Always purchase fireworks from a trusted source.
- * Observe local laws.
- * A responsible adult should supervise fireworks.
- * Parents should not allow young children to use fireworks.
- * Use fireworks outside away from buildings & vehicles.
- * Don't drink alcohol while you are shooting fireworks.
- * Have water available in case of a fire.
- * Never relight a dud firework. Wait 20 minutes & soak it in a bucket of water.
- * Do not experiment with homemade fireworks.

Source: National Council on Fireworks Safety, "Common Sense Tips for Staying Safe During Holiday Celebrations"; US Consumer Product Safety Commission, "Fireworks Injuries 2013 Update", June 26, 2013.

Vaccine Information

Summer is here and it is a great time to get your children up to date on their immunizations.

Children entering Kindergarten this fall will need DTaP (diphtheria, tetanus, pertussis), Polio, MMR (measles, mumps, rubella) and Chickenpox. Our public health office has the combined DTaP/IPV (Kinrix) and MMR/Chickenpox (ProQuad) so they only need 2 shots.

Preteens entering 7th grade need to be vaccinated with Tdap (tetanus, diphtheria, pertussis) and MCV4 (Menactra). If your child did not get the shots in school last spring as a 6th grader, they will need to be vaccinated before school starts in the fall.



Another vaccine parents may want to consider is the HPV (Gardasil) that protects against the human papilloma virus. This is a 3-dose series recommended for teens and can be started as early as 11 years of age.

Please call our office at 701.322.5624 if you have any questions or if you would like to set up an appointment.

Nelson-Griggs District Health Unit

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Please email us if you would prefer an electronic copy of this newsletter or would like additional copies for your business or agency. Our website is:

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.