



Public Health
Prevent. Promote. Protect.

Nelson-Griggs District Health Unit Newsletter

Upcoming Observances:

June:

Alzheimer's & Brain Awareness Month

National Safety Month

July:

Fireworks Safety Month

August:

National Breastfeeding month

National Immunization Awareness Month

Alternative Tobacco Products

Information on alternative tobacco products was provided by Julie Ferry MS, RN to local Senior Citizen Centers in Griggs County in May. The tobacco industry develops products such as orbs, sticks, gum and toothpicks to attract tobacco users and promote their usage especially where there are strong clean indoor air laws.

There are different kinds of electronic cigarettes. They can be disposable one time use e-cigarettes or refillable with flavored cartomizers or liquid e-juice. The e-juice comes in many flavors, from watermelon to vanilla to cherry and can contain different percentages of nicotine. There are also flavored hookah pens and inexpensive flavored cigarillos to attract youth.

Smokeless tobacco can be also tobacco free like the herbal snuff pictured below. You can still find products like bubble gum chew and candy cigarettes on the market. These give youth the perception these products are acceptable to use.

An update on the tobacco legislative bills was provided as well as a brief overview of the tobacco prevention services and other programs of the Health Unit. For more information or if you would like a presentation, contact Nelson-Griggs District Health Unit at 701.322.5624. Information on the alternative products will be provided to adults only.

New Immunization Schedule

2nd Tuesday of the month
Lakota Courthouse
9:30 - 10:30 AM

3rd Tuesday of the month
McVille Health Unit Office
9:30 - 10:30 AM

4th Tuesday of the month
Cooperstown City Hall
9:30 - 10:30 am

Please call if you need to schedule alternate time in the office.



Sun Safety

May was Skin Cancer Awareness Month but we need to be sun safe year round. The sun and heat are a good reminder to us about the damage that can be caused by sun, be sure to take precautions, even when the skies are cloudy and the weather cools.

The sun is strongest (even when cloudy) between 10 and 4 pm. Seek shade when outside during this time or plan some indoor activities when possible.

A simple way to reduce your risk of skin cancer is to wear sunscreen with a SPF 30 or higher and reapply it every 2 hours; more frequently if you are in water.

If you have any concerns about moles or skin changes, contact your doctor to get checked. Also remember to drink plenty of water to stay hydrated. For more information on Sun Safety, visit www.ndcancercoalition.org.

Source: North Dakota Cancer Coalition



Substance Abuse Prevention Community Grant Received

Nelson-Griggs District Health Unit (NGDHU) was a recipient of a ND Substance Abuse Prevention Community Grant through the Behavioral Health Division. There are twelve Local Public Health Units funded through this program. Strategies cannot supplant current substance abuse prevention efforts.

Strategies selected by NGDHU include implementation of the *Speak Volumes* media/dissemination, *Lock.Monitor.TakeBack*. Media/dissemination and *Take Back Locations/Days*. Efforts will be coordinated with local participating pharmacies and with local law enforcement agencies in our service area.

The Health Unit continues to implement alcohol prevention strategies. Currently, the Health Unit is working with area bars to offer Responsible Beverage Server (RBS) training to the owners and employees. There have been many positive comments from the owners and managers.



PROGRESSIVE AGRICULTURE SAFETY DAYS®

STUMP LAKE PARK - JUNE 29th - 9:30 AM to 2:45 PM

AGES 7 - 14 YEARS OLD

Lunch, Free T-shirt and Take-home bag provided

Some of the Topics include: Animal Safety, Internet Safety, Underground Utilities, Lakota Firehouse, Cooperstown Ambulance, First Aid, Power Tools and many more.....

This Safety Day isn't just for farm kids!

To register your child, call 701.322.5624

Safe Sleep for Babies

The American Academy of Pediatrics recommends that babies, age birth to 12 months, sleep on their backs. Babies who are put to sleep on their backs reduce their risk of SIDS (Sudden Infant Death Syndrome).

To reduce the risk of SIDS and other sleep related causes of infant death:

- Always place your baby on his or her back to sleep
- Use a firm mattress in a safety approved crib covered by a fitted sheet
- Do not use pillows, blankets or crib bumpers in the crib
- Keep soft objects such as toys and loose bedding out of the crib
- Do not smoke around the baby
- Make sure nothing covers the babies head
- Dress your baby in sleep clothing such as a one-piece sleeper and do not use a blanket
- Keep the baby's room at a comfortable temperature for an adult
- Put babies sleep area next to where the parents sleep
- Baby should not sleep in an adult bed, on a couch or a chair alone or with anybody else.
- Breastfeeding has also been shown to reduce SIDS



Give your baby “Tummy Time” when he or she is awake and when someone is watching. This will help your baby’s head, neck and shoulder muscles get stronger and helps to prevent flat spots on the head.

Make sure to discuss the importance of safe sleep with anyone caring for your baby including your childcare provider.

Nelson-Griggs District Health Unit has received a grant from the NDDoH for the Safe to Sleep program.

For more information about SIDS or Safe to Sleep go to the website: <http://safetosleep.nichd.nih.gov> or contact our office.

Source: Eunice Kennedy Shriver National Institute of Child Health and Human Development

Safe to Sleep ® is a registered trademark of the US Department of Health and Human Services



The Mobile Food Pantry will be at the following locations on

Thursday, July 13th:

Cooperstown True Value 11:15 - 1:45 AM

McVille Alley behind Public Health 1:30 - 2:00 PM

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

Car Seat Check Clinic

Sponsored by Safe Kids GF & WIC. NGDHU will also be there!

Tuesday, August 1st in Lakota from 12:30 - 3:30 pm

Tuesday, August 8th in McVille from 12:30 - 3:30 pm



Nelson-Griggs District Health Unit

116 Main Street
PO Box 365
McVille, ND 58254
Phone 701.322.5624
Fax 701.322.5111
Email: jferry@nd.gov or dnmiller@nd.gov

Public Health Staff:
Julie Ferry MS, RN
DeAnn Miller, RN
Diane Swenson, RN
Tasha Overby, Administrative Assistant

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

Like us on Facebook!



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



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.