



Public Health
Prevent. Promote. Protect.

**Nelson-Griggs
District Health Unit**

Nelson-Griggs District Health Unit Newsletter

Upcoming Observances:

April:

- Alcohol Awareness Month*
- Oral Cancer Awareness Month*
- 2 - 8th National Public Health Week*
- 28th - National Prescription Drug Take Back day*

May:

- Melanoma/Skin Cancer Prevention Month*
- Mental Health Month*
- National Stroke Awareness Month*
- 5th - Hand Hygiene Day*

June:

- Alzheimer's & Brain Awareness Month*
- National Safety Month*
- 28th - Safety Day at Stump Lake Park*

Alternative Tobacco Industry Products



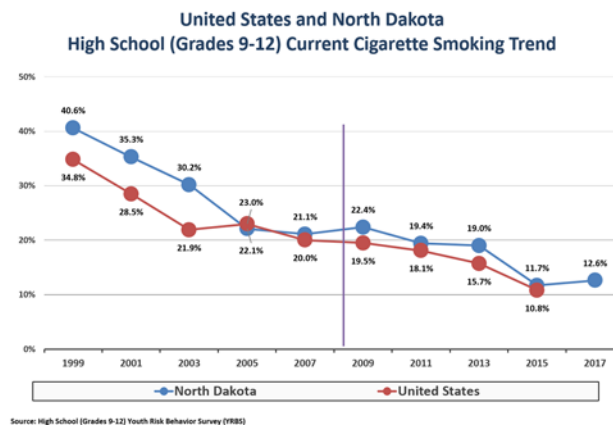
JUUL E-Cigarettes are one of the tobacco industry's newer products that resemble a traditional cigarette in terms of size and weight. They are small enough to fit enclosed in a hand as you can see in the picture and come with flavors like mint, mango and fruit medley.

One JUUL pod contains as much nicotine as one pack of cigarettes, or 200 puffs (juulvapor.com). Nicotine is a highly addictive drug and may lead to a person smoking traditional cigarettes. These products are not proven to be effective for smoking cessation. They fall under the e-cigarette definitions in ND laws.

Unfortunately, these products are becoming increasingly popular at the middle and high school levels. JUULs can be recharged with a laptop and can be modified to smoke marijuana oil or other drugs.

According to tobacco surveillance data for the YRBS (Youth Risk Behavior Survey), our youth smoking rates are going down but of the 12.6% current smokers, nearly 65% are also current vapor users. Slightly more than 19% of our youth in ND report say they've used e-cigarettes in the past 30 days. A more alarming fact is over 39% of high schoolers have tried e-cigarettes.

There is still much to do to deter youth from starting. Good tobacco prevention policy includes a strong smoke-free law, a comprehensive tobacco prevention program and high tobacco taxes.



The American Lung Association – State of Tobacco Control 2018 gave

North Dakota an

F

for having the 4th lowest cigarette tax in the country.

Public Health Week is April 2 - 8, 2018

Current Staff:

Julie Ferry, MS, RN

DeAnn Miller, RN

Jennifer Rusten, LPN

Tasha Overby, Administrative Assistant



Meet Jennifer: My name is Jennifer Rusten. I am a Licensed Practical Nurse. I live in Aneta, with my husband, Tim and our 2 sons, Wyatt and Cord who attend Dakota Prairie Elementary School. My daughter Rachel is attending college at Minot State College. I am currently a full time UND nursing student and will graduate with my Bachelor's degree in December of 2019. With all of the above happening, in my spare time I enjoy helping my husband with the cattle, watching my children grow, painting and spending time with family.



We also want to say goodbye to Diane Swenson, RN and say thank you for her many years of service with public health. We wish you well as you close this chapter and open a new one in life!

Monday, April 2: [Behavioral Health](#)

Advocate for and promote well-being

Focus on and advocate for improved access to mental and behavioral health services. Use education and training to de-stigmatize mental health diagnoses and encourage people experiencing mental illness to seek treatment. Coverage for mental health services must be on par with physical health services in all health insurance coverage.

Tuesday, April 3: [Communicable Diseases](#)

Learn about ways to prevent disease transmission

Wash your hands. Know your HIV status. Call on employers to support and provide sick leave so sick workers can care for themselves and avoid spreading disease to others. Support comprehensive sexual health education in schools, which can reduce rates of sexually transmitted disease (as well as teen pregnancy). Keep yourself and your families immunized against vaccine-preventable diseases — and get your flu shot!

Wednesday, April 4: [Environmental Health](#)

Help to protect and maintain a healthy planet

Reduce our collective carbon emissions footprint. Transition to renewable energies. Protect our natural resources and use evidence-based policy to protect our air, water and food. Support environmental health efforts that monitor our communities for risks and develop health-promoting interventions. Call for transportation planning that promotes walking, biking and public transit — it not only reduces climate-related emissions, but helps us all stay physically active.

Thursday, April 5: [Injury and Violence Prevention](#)

Learn about the effects of injury and violence on health

Increase funding to programs that reduce and prevent community violence. Advocate for occupational health and safety standards that keep workers safe on the job. Support policies that save those struggling with addiction from a fatal drug overdose. Many injuries are preventable with the appropriate education, policy and safety measures.

Friday, April 6: [Ensuring the Right to Health](#)

Advocate for everyone's right to a healthy life

Everyone deserves an opportunity to live a life free from preventable disease and disability. The places where we live, learn, work, worship and play should promote our health, not threaten it. That's why creating the healthiest nation requires a dogged focus on achieving health equity for all.



Check out the website for fact sheets at <http://nphw.org/nphw-2018/fact-sheets> or call our office for more information.


New Shingles Vaccine Now Available at Public Health

Shingrix, a new inactivated shingles vaccine is now available at Nelson-Griggs District Health Unit and is for adults 50 and older. It is a 2 dose series, with doses given at least 2 months apart. About 1 out of 6 people who got the recombinant zoster vaccine experienced side effects that prevented them from doing regular activities.

Adults who had previously received Zostavax should also get vaccinated with the new Shingrix. Most health insurance plans are paying for the vaccine as is Medicare Part D. It is recommended you check with your specific health insurance plan first. Please call our office if you are interested in receiving Shingrix or if you have questions.

Coming Events

Progressive Agriculture Safety Day is June 28th



**SAVE THE DATE FOR THE 22nd ANNUAL
PROGRESSIVE AGRICULTURE SAFETY DAYS®**

STUMP LAKE PARK - THURSDAY, JUNE 28th

AGES 7 - YOUNG TEENS

FOR MORE INFORMATION : CALL 701.322.5624

Free T-shirt and Take Home Bag

Free Anhydrous Ammonia Training for Firemen & EMS



Nelson-Griggs District Health Unit is partnering with the National Education Center for Agricultural Safety (NECAS) and CHS / Lake Region Grain to bring a safety training to area farmers, Firemen & EMS personnel on anhydrous ammonia safety. The event will be held June 19, 2018 at the Lakota Firehall. Final date, times and other details are still being worked out for a possible location in Griggs County.

Instructor Dan Neenan from NECAS, based in Peosta, IA, will teach participants about safety along with emergency response. Dan has a background as a Firemen, Paramedic and Fire Instructor. Participants will receive hands-on training in the use of the anhydrous ammonia nurse tank features and PPE (personal protective equipment). EMS personnel will learn what to expect when the "victim" is exposed to anhydrous ammonia.

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
Jennifer Rusten, LPN
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



NORTH DAKOTA
DEPARTMENT *of* HEALTH

BreatheND
Local Public Health Working For You.



The Mobile Food Pantry will be at the following locations on

Tuesday, April 3rd

Cooperstown True Value 11:15 - 11:45 am

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

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