



Public Health
Prevent. Promote. Protect.

**Nelson-Griggs
District Health Unit**

JANUARY 2025

January:

Maternal Health Awareness Month

Cervical Cancer Awareness Month

February:

Through with Chew week 18-24th

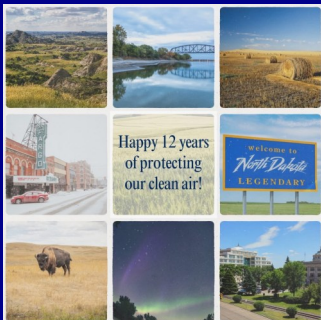
American Heart Month

March:

National Nutrition Month

National Colorectal Cancer Awareness Month

**Happy 12th
Birthday to the
ND Smoke-Free
Law!**



Nelson-Griggs District Health Unit Newsletter

Tobacco Free Parks

Lakota City Park has had a tobacco-free policy in place for 5 years! Nelson-Griggs District Health Unit and the Lakota Elementary would like to thank the park board members for keeping the park's air clear of tobacco smoke and tobacco litter. All the elementary students signed a Thank You poster for the members. Nelson-Griggs District Health Unit purchased new sports equipment for the park for the kids to enjoy. Park Board members include: Nancy Skogen, Josh Ulland, Rachel Karna, Tate Aronson and Beau Snyder.



Cooperstown City Park has maintained it's Tobacco-Free policy for 10 years! We are currently in the process of having new signs for their park made. We will feature them in the next newsletter! Thank you to Cooperstown Park Board members: Lauren Ressler, Bryce Trostad, Meghan Anderson, Les Johnson and Heather Schudar.



The Petersburg Park Board recently adopted a Tobacco-Free policy. We would like to thank Courtney Molstad for her work in making the Petersburg Park a safer and healthier environment! Other park board members include: Josh Dahl, Samantha Emory, Aron Teppo, and Katie Peavy.

**Welcome to our
TOBACCO-FREE
ZONE**

**For the health of our community,
NO TOBACCO is permitted
in this recreation area.
Thank You.**

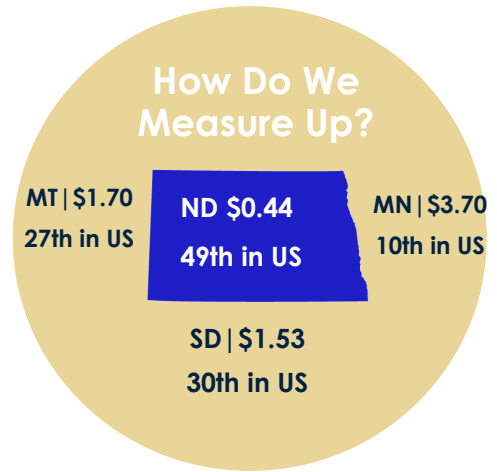


Signs designed by Sheri's Studio and Design

What Works Best to Prevent & Reduce Tobacco Use?

A Comprehensive Tobacco Prevention Program A comprehensive program is an evidence-based, state-wide coordinated effort to establish tobacco-free policies and social norms, to promote and assist tobacco users to quit, and prevent initiation of tobacco use. The goals of our program are: 1) Prevent initiation among youth & young adults. 2) Promote quitting among adults & youth. 3) Eliminate exposure to secondhand smoke. 4) Identify & eliminate tobacco-related disparities. States that have made larger investments in comprehensive tobacco control programs have seen greater declines in tobacco use rates. ND is currently funded at 72% of CDC’s annual recommended funding level.

High Tobacco Tax Increasing the price on tobacco products is one of the most effective tobacco control interventions. ND’s current tax rate (44cents/pack) was last raised in 1993, and is ranked 49th in the US. Electronic nicotine devices are not currently included in the ND excised tax structure. These products are as addictive as other tobacco products & should be treated the same as other tobacco products.



A Strong Smokefree Law There is no risk-free level of exposure to Second Hand Smoke (SHS). There is evidence that 100% smoke-free environments are the only effective way to protect the public from the harmful effects of SHS. ND had a very strong smoke-free law that was passed by ND voters in 2012. In the 2023 legislative session, our local legislature passed an exemption to allow cigar bars.



Did you know that NGDHU offers Cribs for Kids? This is a program that provides a FREE crib to those in need! Are you or someone you know in need of a safe sleep space for your baby? Call us today at 701-322-5624 for more information or to schedule an appointment.



Smoking can increase your risk of heart disease. February is American Heart Month, tobacco users can show their heart some love by quitting. Call our office at 701-322-5624 for free quitting programs, tips and support. Make heart health a priority!

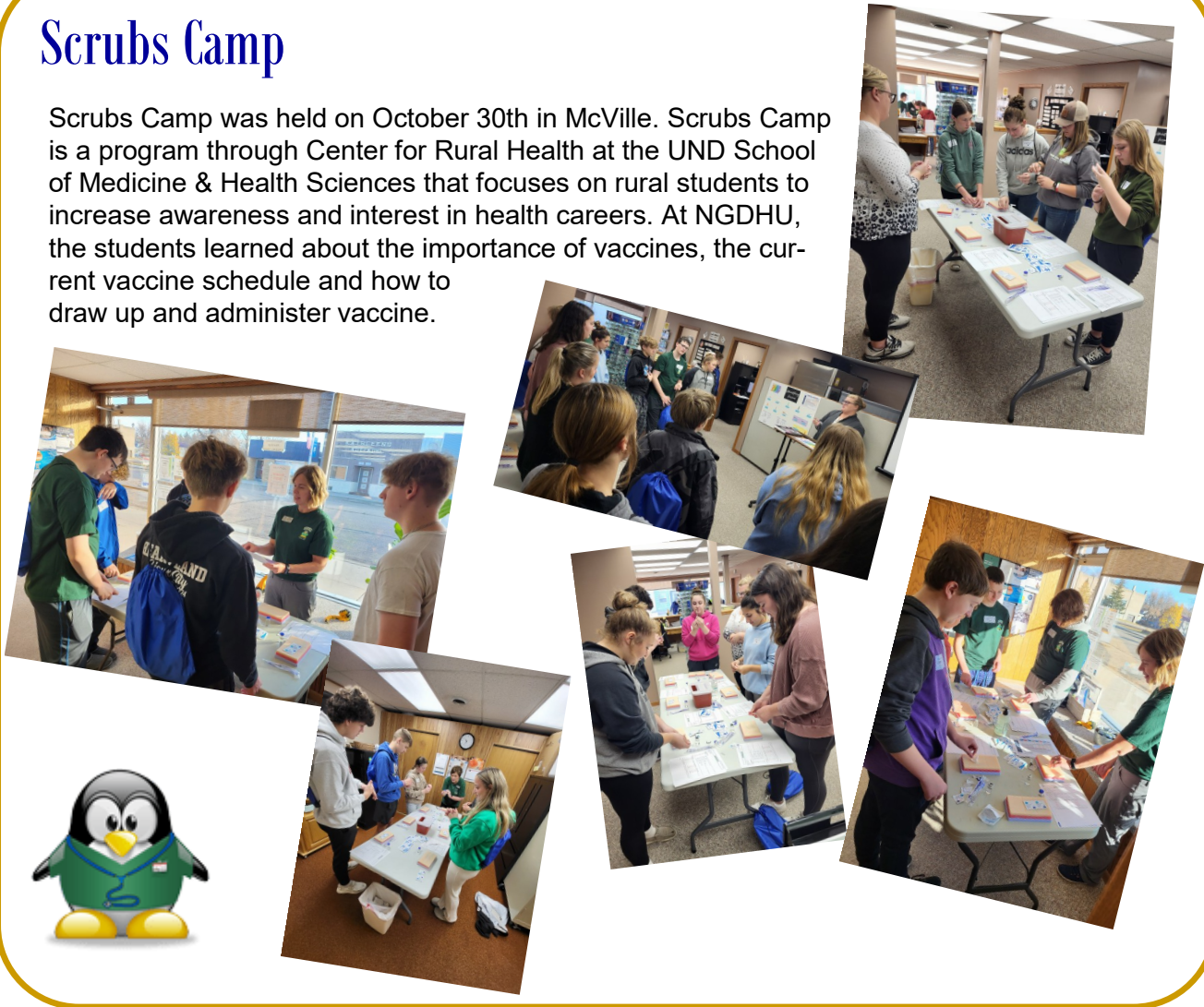
Adult Home Visit Program

Nelson-Griggs District Health Unit is accepting clients that reside in Nelson or Griggs county for home visits to assist with medication setup and management. A nurse will visit your home every 2 to 4 weeks to set up medications in a medication planner, check blood pressure, assist with scheduling follow up appointments, etc. This is a donation based service with a recommended donation of \$18 per 15 minutes. Any donation amount will be accepted, & no one will be denied services due to inability to pay. Anyone can make a referral. Call Nelson-Griggs District Health Unit at 701-322-5624 for more information or to make a referral.



Scrubs Camp

Scrubs Camp was held on October 30th in McVille. Scrubs Camp is a program through Center for Rural Health at the UND School of Medicine & Health Sciences that focuses on rural students to increase awareness and interest in health careers. At NGDHU, the students learned about the importance of vaccines, the current vaccine schedule and how to draw up and administer vaccine.

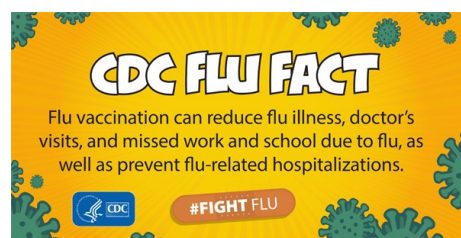


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It's not too late to get a FLU Shot! CDC recommends that everyone 6 months and older get a flu shot this year. It takes 2 weeks after vaccinations for antibodies to protect against flu to develop in the body. The flu season usually runs from October to May, with the highest activity between December and February. Call our office today if you haven't had your flu shot at 701-322-5624.



Things are not always easy, but we can still be kind and compassionate.

Parents, it's okay to feel overwhelmed sometimes. Having tough conversations with your kids or navigating challenging emotions can be hard, but remember: You are not alone in this journey.

Keep the conversation going with your kids and lean on others when you need to. Every step forward, no matter how small, matters.

Parenting can be hard, but remember

You are doing your best.

It's okay to not have all the answers.

Showing up with love and patience makes a difference.

You don't have to do it alone—ask for support when you need it.

PARENTS LEAD

