Nelson-Griggs District Health Unit Newsletter

Public Health
Prevent. Promote. Protect.
Nelson-Griggs District Health Unit

APRIL 2023

April:

Alcohol Awareness Month

National Cancer Control Month

Stress Awareness Month

May:

Mental Health Awareness Month

Skin Cancer Awareness Month

June:

Men's Health Month

4th– National Cancer Survivor's Day

MCH grant & After School Program

Nelson-Griggs District Health Unit partnered with the local after school programs at the 4 local schools to provide wellness classes through our Maternal Child Health grant. The students of the wellness classes learned about healthy eating, exercise and ways to cope with emotions.

Thanks to Sheyenne Dance Co., Marcia Guenther, Allison Aaland, Esther Donohue, Beth Huso and Karen Anderson for partnering with us and teaching these wellness classes to the students!

Spring School Immunization Clinic

Nelson-Griggs District Health Unit will be coming to the schools the end of April to offer immunizations to those children who are not up to date. If your child is not up to date, you will be receiving a letter and consent form in the mail.

Dakota Prairie: Monday, April 24th

Griggs County Central: Tuesday, April 25th

Midkota Elementary: Wednesday, April 26th

Lakota: Thursday, April 27th

If you receive a letter and consent form in the mail for your child please complete the consent form and sign the bottom of the letter. Return to the school by April 14th. If you have any questions, please call our office at 701.322.5624.

National Public Health week is April 3-9th. The theme this year is: "Centering and Celebrating Cultures in Health".

Everyone can make their communities healthier, safer and stronger when we support and engage with one another.

NATIONAL PUBLIC HEALTH WEEK

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Narcan Training

Narcan training was held in Aneta for the local rapid response team and fire department.

Naloxone is a medication that temporarily reverses an opioid overdose. The brand name Narcan® is given to opioid overdose victims by nasal spray.

Anyone who uses prescription opioid or illegal opioids are at risk for an overdose.

Free Narcan training and Narcan nasal spray is available for groups and individuals at Nelson-Griggs District Health Unit through our State Opioid Response grant. Call our office at 701.322.5624 if interested.

https://prevention.nd.gov/stopoverdose/naloxone

Shingles and Tetanus Now Covered by Medicare Part D

Beginning January 1st, the Shingles and Tetanus vaccine will be covered by your Medicare Part D plan or Medicare Advantage plans with Part D coverage, with no out of pocket co-pays. The shingles vaccine, Shingrix, is a 2 dose series for adults 50 years of age and older.

The tetanus vaccine, Tdap, can prevent tetanus, diphtheria and pertussis (whooping cough). Adults who have never received Tdap should get a dose of Tdap, followed by a booster dose of either Tdap or Td every 10 years, or after 5 years in the case of a severe or dirty wound.

If you are unsure if you need either of these vaccines or if you would like to schedule an appointment to receive these vaccines, call our office at 701.322.5624 and we can look up your record.

AAAPROMise Messages

- 70% of high school teens report that it is NOT likely they or their friends will be under the influence of drugs or alcohol anytime during prom or graduation season.
- 82% of teens believe their peers are likely to drive impaired instead of calling a parent or guardian for help because they are afraid of getting in trouble.
- 21% of teens have ridden in a car with an impaired driver. Don't be a part of the statistic.
- 26% of teens HAVE called a parent at least once to pick them up because either they or another driver was impaired.
- 79% of teens would support a program that offers free rides home to avoid the risk of anyone driving impaired, even when it means admitting to their parents or guardians that they have been drinking and/or using drugs.

Have your teen take the AAAPROMise and have them promise to not to drive impaired or distracted, to not let friends drive impaired or distracted, and promise you they will get home safely or call you for help.

Exposed Presentation to 7th Graders

Youth vaping remains high, with 1 in 5 high school students vaping. DeAnn Miller, gave a tobacco presentation to 7th graders at the 3 local high schools, Dakota Prairie, Lakota and Griggs County central to discuss the dangers of these products. The presentation titled "Exposed", exposes the tobacco industry, and the tactics they use to get youth to start using their products and then keeping them addicted. The students learned about e-cigarettes and how the tobacco industry targets them through flavors, packaging, social media, celebrity endorsements, movies and video games. They learned that e-cigarettes and vaping are not safer alternatives and the negative impacts these products can have on their health. The students did a group activity that shows how the tobacco industry uses flavors and packaging to look like candies, sodas and other products that are popular with their age group.

My Life, My Quit Program is for young people up to age 17 who want help quitting forms of tobacco including vaping. Youth can text/call 855-891-9989 or chat online with a coach at www.mylifemyquit.com

Picture of: Lakota 7th graders, National Honor Society students and Mr. Sad.

If you're pregnant or planning to have a baby, you probably know that tobacco, nicotine and secondhand smoke are a health threat to you and your baby. Many women make it a goal to quit during this time in their lives. Contact our office at 701.322.5624 if you are ready to commit to a change!

Mental Health Awareness Month

May is Mental Health Awareness Month. Rural counties are being hit the hardest with suicide rates double the rate in urban counties. If you or someone you know is having thoughts of suicide don't remain silent. 988 Suicide and Crisis Lifeline is a free, confidential 24/7 phone line that connects individuals with a trained counselor. Warning signs that may mean someone is at rick include: talking about wanting to die, talking about being a burden to others, increase use of drugs & alcohol, acting anxious or agitated, sleeping too little or too much, withdrawing or feeling isolated, & displaying mood swings. Suicide can touch anyone, anywhere, anytime. There is hope. Source: www.samhsa.gov/suicide

Nelson-Griggs District Health Unit

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Car Seat Check Up Event

Griggs County Courthouse, Cooperstown
May 1st 12-3pm

KB Kids Childcare, Cooperstown
May 1st 4-6pm

Aneta Turkey BBQ, Aneta
June 16th 4-7pm

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