Nelson-Griggs District Health Unit Newsletter

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

JANUARY 2023

January:

Cervical Cancer Awareness Month

February:

American Heart Month

Through With Chew Week 19-25th

March:

Nutrition Month

National Colorectal Cancer Awareness Month

Vision Zero

VISION ZERO
Zero fatalities. Zero excuses.

Motor vehicle crashes are the leading cause of injury-related death for North Dakota teens. Young driver inexperience, coupled with immaturity, often results in risk-taking behaviors such as speeding, alcohol use, and not wearing a seat belt – all of which contribute to an increased death rate. **In North Dakota, teen drivers age 14-19 account for 5% of all licensed drivers, but are behind the wheel in nearly 20% of all crashes**.

Early in November, Nelson-Griggs District Health Unit and the Nelson County Sheriff's Department, partnered with Vision Zero ND at Dakota Prairie High School, Lakota High School and Griggs County Central High School to present "*Impact Teen Drivers".* This program helps teens think about the deadly impact of distracted driving. The teens had a chance to experience interactive tools like impaired goggles, distracted/drowsy goggles, the computer simulator and 2 vehicles that simulated drunk driving.

Flu cases are on the rise. Its not to late to get your influenza vaccine. Peak flu season is usually between December and February.

Call our office to make an appointment.

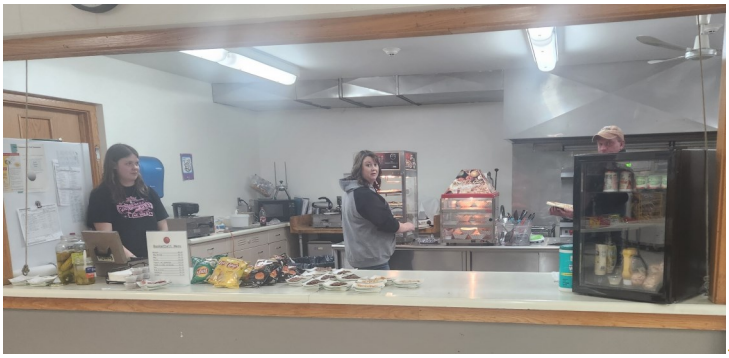
Fast Fuel Program at DP

What is Fast Fuel?

Fast Fuel is a health initiative that has been started at Dakota Prairie School. The initiative aims to make concession foods and beverages fast and easy and healthy by provide the best "fuel" for athletes, families and the fans.

Why is this important?

Rates of obesity continue to be a concern for both adults and children. Many families attend sporting events where the concessions are becoming meals upon which families must rely on.



If you want the Fast Fuel program at your school, talk to your local booster club and get your free fridge today!

Diversion Room

Nelson-Griggs District Health Unit set up a "Diversion Room" at Lakota High School and Dakota Prairie High School for staff and parents to look through. The goal was to find all the diversion items. A diversion item is any item that can be used to conceal tobacco or vaping products, alcohol and other illegal drugs. Diversion items can be made to look like any common item you may find in your child's bedroom, from Mountain Dew cans, to a stuffed Teddy Bear. The purpose of the display is to make teachers and parents aware of where these products could be hiding in plain sight.

March is Colorectal cancer Awareness month. Did you know it is the 2nd deadliest cancer in the US. If you are 45 years of age, talk to your healthcare provider about getting screened.

What Works Best to Prevent & Reduce Tobacco Use?

What works best to prevent and reduce tobacco use

The 3-legged stool for tobacco prevention policy:

✗ **A COMPREHENSIVE TOBACCO PREVENTION PROGRAM** funded at CDC recommended level. ND's current level of funding is below the CDCs recommended level.

✗ **HIGH TOBACCO TAXES** ND's current tobacco tax is only $0.44 making it the 49th lowest state in the US.

* **STRONG SMOKEFREE LAW**

on November 2012, every county in ND voted in support of the strong smoke-free law. We need to protect our current law and not allow for exemptions.

You play a substantial role in shaping your child's emotional health. Modeling healthy communication and keeping the lines of communication open shows them they have a safe and supportive home environment. Things to ask your child today: What is one good thing that happened today? Did any bad things happen? Who did you sit by at lunch today? What did you have for lunch today? What was one thing you did really well today?

"Safer" isn't Safe

Its not just cigarettes and cigars– secondhand aerosol from electronic nicotine delivery systems (ENDS) contain thousands of chemicals which may damage the central nervous system, constrict blood vessels, and cause cancer. Under our current law, you can't vape indoors. Lets keep it that way.

#KeepNDSmokeFree

Early detection and treatment of vision problems is important for a child's ability to learn. Vision Screenings were completed in November for all Kindergarten through grade 6 at Midkota, Lakota, DP and GCC schools with the Plusoptix machine. The Plusoptix can detect the most common vision disorders: Hyperopia (farsightedness) Myopia (nearsightedness), Astigmatism (can caused blurred vision) Anisometropia (unequal refraction of light), Anisocoria (unequal pupil size), and Strabismus (crossed eyes). If the child's reading was a "Refer", parents should have received a letter from our office with the results to take to your optometrist.

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I LOVE SMOKE FREE ND Est.2012

North Dakota just celebrated its 10 year anniversary of the smoke-free air law. Every county voted in favor of the current law, and 75% of the state still support it. For 10 years, we haven't had to worry about dealing with smoke indoors, and we are fighting to keep the law intact, even as the tobacco industry works hard to undermine public health.

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