Nelson-Griggs District Health Unit Newsletter

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

JANUARY 2024

January:

Cervical Cancer Awareness Month

Maternal Health Awareness Month

February:

American Heart Month

Through With Chew Week 18-24th

March:

Nutrition Month

National Colorectal Cancer Awareness Month

NGDHU Participates in Scrubs Camp

Nelson-Griggs District Health Unit participated in the annual Scrubs Camp in October with 9th grade students from Lakota and Dakota Prairie High School. Scrubs Camp is a program that increases student's interest, awareness and understanding of health careers in rural ND. The program is supported by the Center for Rural Health.

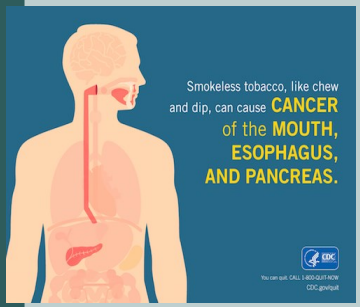
At the Nelson-Griggs District Health Unit office, students learned how to read prescription bottles, fill medication planners, administer Narcan to someone who has overdosed on an opioid and how to correctly dispose of unused prescription medications in Deterra bags.

Other participants involved included Nelson County Health Systems Care Center, Hospital, Lab/X-ray and McVille Ambulance.

Through With Chew Week is February 18-24, 2024

5 Facts About Smokeless Tobacco:

1. **Smokeless tobacco can increase risk of heart disease and stroke.**
2. **Increases the risk of developing oral cancers of mouth and tongue.**
3. **Increases the risk of developing other cancers such as stomach cancer.**
4. **Causes mouth sores, gingivitis, decay, foul breath and tooth discoloration.**
5. **Smokeless tobacco can contain more nicotine and be more addictive.**



The most effective way to quit tobacco is to make a quit plan. NGDHU assists those wanting to quit by providing educational materials and tobacco cessation resources.

RSV Vaccinations for Adults

Respiratory Syncytial virus (RSV) is a severe respiratory illness. Each year in the united States, RSV causes between 6,000—10,000 deaths among adults 65 years of age and older. Adults 60 and older now have a vaccine available to them. People at the highest risks for developing severe RSV disease include adults who are: 65 years and older, have chronic heart or lung disease, immunocompromised, have endocrine disorders such as diabetes, kidney & liver disorders, hematologic and neurologic disorders and residents of long-term care facilities. Side effects of the RSV vaccine include: pain, redness and swelling at the injection site, fatigue, fever, headaches and joint or muscle pain. RSV vaccine will be covered by private insurance companies and Medicare Part D.

Contact our office if you have any questions or if you would like to schedule an appointment to have your RSV vaccine.

Source: RSV Information for Older Adults | Health and Human Services North Dakota

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.

Make a New Years Resolution to Quit Tobacco

Quitting tobacco is one of the best decisions a person who smokes can make to improve their health and to protect the health of others.

Choosing to quit tobacco as a New Year's resolution can be a challenge, but with a solid plan in place, you can make 2024 the year you've quit for good! There is no better time to quit than right now! You don't have to do it alone.

NDQuits offers free and confidential coaching and other services to North Dakota residents. Coaches are available to assist you with a quit plan that is customized to you. Coaching can be done by phone, web program or a combination phone-web program. You may also qualify for free nicotine replacement therapy (NRT) such as the patch, gum or lozenges. Call or go online and get started now!

NDQuits
1-800-QUIT-NOW (1-800-784-8669)
hhs.nd.gov/ndquits

Housing & Aging in Place Health Fair

Nelson-Griggs District Health Unit participated in the Housing and Aging in Place event at the Lakota Community Center on November 21st. The Lakota Community Foundation and NDSU Extension put on this event to share information on housing programs and senior assistive programs to help people stay independent for as long as possible. Nelson-Griggs District Health Unit had a booth with information about our Home Visit (HV) program. With this program, a HV nurse will come into the home every 2-4 weeks to assist with medication set up and monitoring compliance. Other services include B12 injections, blood pressure checks, education and other nursing services. There is no charge for the HV program, but donations are encouraged.

Other information & resources at our booth included : Deterra bags, COVID –19 test kits, and masks. We offered information on RSV, influenza, and COVID. Quit Kits and other cessation resources were offered for those wanting to quit tobacco.

If you would like to watch the presentations, you can go the City of Lakota's Facebook page and watch the recording. Copies of the presentation are available at the Lakota City Hall and Nelson County Extension Office.

Influenza cases are on the rise.

184 pneumonia/influenza deaths have been reported so far this season in North Dakota. It is not to late to get your influenza vaccine. Peak flu season is usually between December and February.

Call our office to make an appointment.

https://www.hhs.nd.gov/health/influenza/data

As winter months come, children often spend more time inside, and that makes them feel a little more down than usual. As a parent, it's important to let your child know they can talk about their feelings when they need to. Check out these simple things you can do once the winter blues start creeping in to keep everyone's spirits high!

Embracing the Cold with Love and Connection

As winter approaches, children may feel a little down. Let them know you're here to listen.

- Create a happiness jar for your home
- Do a family activity outside of the house
- Visit a friend or family member
- Go for a walk outdoors
- Do something kind for a neighbor or friend

PARENTS LEAD.ORG

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Baby Safe is a free program in which a home visit is made to new parents and their infants by a Public Health Nurse. We will check the infants health, growth, feeding and sleeping. We can answer any questions you may have, offer breast feeding support and provide you with community resources. We also participate in the **Cribs for Kids** program. Eligible families can receive a crib kit including: Graco Pack 'n Play, crib sheets and a sleep sack. We also participate in the **Car Seat Distribution Program** through North Dakota Health & Human Services. If you or someone you know is in need of a car seat call our office at 701-322-5624.

The greatest gift you can give yourself is that of a healthy lifestyle, free from commercial tobacco and alternative nicotine products. The greatest gift you can give others is a healthier version of you that's around for many years to come!

Nelson-Griggs District Health Unit can help you get there! Give us a call at 701-322-5624. Have a happy holiday season!