Nelson-Griggs District Health Unit Newsletter

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

JUNE 2024

July:

UV Safety Month

August:

National Immunization Awareness Month

1st– World Lung Cancer Day

September:

Suicide Prevention Awareness Month

National Fruits & Veggies Month

Baby Safety Month

MCH Garden Box Project

The Maternal Child Health (MCH) Garden Box Project is a project funded by Nelson-Griggs District Health Unit. The purpose of this project is to teach the public and local students about the benefits of farm to table, what plants look like, how to properly grow vegetables and herbs, and the benefits of eating fresh produce. We would like to thank the following individuals for their time and assistance with this project:

Traci Lagein, from Nelson County NDSU Extension and Jeff Stachler, from Griggs County NDSU Extension for their assistance with the building plans of the garden boxes and teaching the public about farm to table.

The raised garden boxes were built by our local school's agriculture/shop classes. We would like to thank: Daniel Ryba, Lakota Public School; Kip Hovdenes, Dakota Prairie High School, and William Ogdahl, Griggs County Central.

The garden boxes will be located at 3 local long-term care facilities: Lakota Good Samaritan, Aneta Parkview Health Center, and Griggs County Care Center. This will allow the residents to enjoy the gardens, help tend to the gardens and provide them with a sense of accomplishment.

988 SUICIDE & CRISIS LIFELINE

September is Suicide Prevention Awareness Month.

Talking with someone about your thoughts and feelings can save your life. There are steps you can take to keep yourself safe through a crisis.

Call or text 988 any time or chat online with the 988 Suicide & Crisis Lifeline to get support.

Tobacco Free Parks

Tobacco-free parks are cleaner, greener, and safer places for families to enjoy healthy recreation. Tobacco-free parks set an example that will keep the next generation free from all forms of tobacco. Currently, 59 cities in North Dakota have a tobacco-free park policy. Tobacco-free parks in our counties include: **Lakota City Park, Cooperstown City Park, Cooperstown Fairgrounds and Nelson County Historical Society at Stump Lake Park.**

Lisa and Cassondra attended the Griggs County Library Summer Reading Kick-off event in June. They educated the public on sun safety and West Nile disease.

5 S's of Sun Safety:

1. **Slip on sun protective clothing**
2. **Slop on SPF30 (or higher) broad spectrum, water-resistant sunscreen**
3. **Slap on a broad-brimmed hat.**
4. **Seek shade**
5. **Slide on sunglasses**

www.cancer.org.au/save-your-skin/five-sunsmart-steps

NGDHU nurses attended the North Dakota Immunization Conference in Bismarck in June.

TTS at Dakota Prairie

Tyler Larson, a Social Studies teacher at Dakota Prairie High School, recently completed the Tobacco Treatment Specialist (TTS) training through the Mayo Clinic. TTS are professionals who are specially trained to provide counseling and treatment for individuals seeking to stop using tobacco. Tyler will be using his TTS training at Dakota Prairie to help educate students on the dangers of tobacco and provide the school a cessation resource to help students quit.

According to the Youth Risk Behavior Survey (YRBS) for North Dakota, 31.6% of high school students and 14.5% middle school students reported ever using e-cigarettes. E-cigarettes contain nicotine, a highly addictive chemical. Many students want to quit vaping but are having a hard time due to their addiction. Nicotine can make anxiety and depression worse. It can affect a student's concentration, attention, and memory.

Tyler's TTS training was funded by Nelson-Griggs District Health Unit's Tobacco Prevention & Control grant.

School Immunizations

Summer is a great time to get students up to date with immunizations before school starts this fall. North Dakota law requires that all student be up to date with school required immunizations or have an exemption on file by October 1st of each school year.

Vaccinating your child can protect them and others from serious illnesses and even death. Highly contagious diseases, such as measles, have been reported in the United States, so it is important to protect your child through vaccinations.

To schedule your child's vaccines or if you are wondering if your child is up to date, please call our office at 701.322.5624. We will be checking student's records this fall and going into the schools to get students up to date.

Is your student ready for school?

Immunization Requirements

Use this chart as a guide to determine which vaccines are required to enroll your student in school (public, private, or homeschool). Check marks show the number of required doses.

This schedule shows the ages when doses are due.

Kindergarten - 6th Grade	7th - 10th Grade	11th - 12th Grade
Hepatitis B ✓✓✓	Hepatitis B ✓✓✓	Hepatitis B ✓✓✓
DTaP ✓✓✓✓✓	DTaP ✓✓✓✓✓	DTaP ✓✓✓✓✓
Polio ✓✓✓✓	Polio ✓✓✓✓	Polio ✓✓✓✓
MMR ✓✓	MMR ✓✓	MMR ✓✓
Chickenpox ✓✓	Chickenpox ✓✓	Chickenpox ✓✓
	Meningococcal ✓	Meningococcal ✓✓
	TDaP ✓	TDaP ✓

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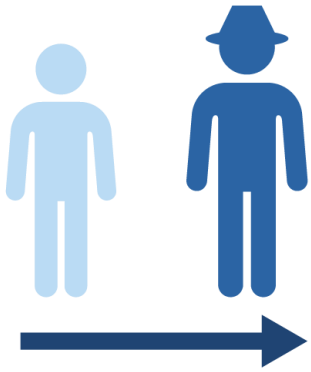
Newest Trend Among Teens: Zyn

Nicotine pouches are becoming increasingly popular among teenagers. Schools have reported an increase in students using nicotine pouches in schools. Zyn is the top selling brand of nicotine pouches. These pouches contain nicotine along with other ingredients. It is placed between the user's lip and gum and slowly releases the nicotine into the bloodstream. They come in a variety of flavors such as cinnamon, citrus, coffee and cool mint. These products do not have a smell nor do they produce a vapor or smoke so it is easy to hide from parents and teachers. Zyn has a large following on social media, especially on TikTok. Influencers show the product as being cool, attractive and "no big deal". This is appealing to teenagers which is why the product is gaining popularity.

Nicotine use in adolescents can alter brain development, increase stress and amplify feelings of depression and anxiety. Teens who are addicted to nicotine are encouraged to text "Start My Quit" to 36072 or call 855-891-9989.

Source: www.vfhy.org



Quitting tobacco benefits people of any age - even people who have smoked for years or have smoked heavily.

MY LIFE MY QUIT™

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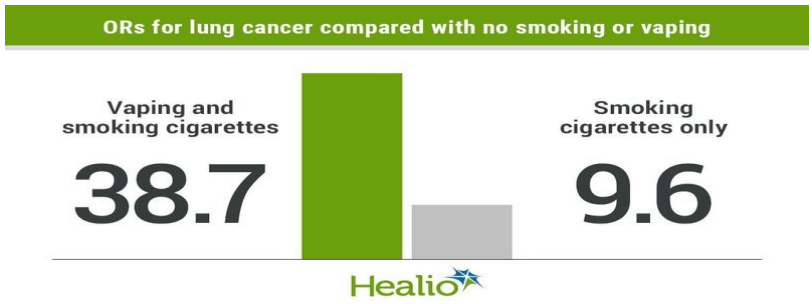
A new study from the American Association for Cancer Research found that people who vaped and smoked cigarettes are 4x more likely to develop lung cancer compared to those who only smoke cigarettes.

AACR 2024: Ohio State experts share new findings at annual meeting (press release). Available at: https://cancer.osu.edu/news/aacr-2024-ohio-state-experts-share-new-findings. Posted April 5,2024. Accessed May 3, 2024.