Nelson-Griggs District Health Unit Newsletter

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

MARCH 2024

April:

Alcohol Awareness Month

Stress Awareness Month

May:

Mental Health Awareness Month

Skin Cancer Awareness Month

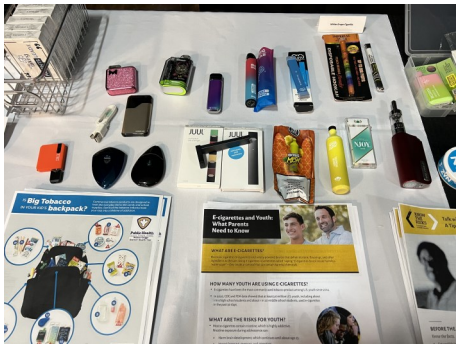
June:

Men's Health Month

Fresh Fruits & Vegetables Month

Diversion Room at Parent Teacher Conferences

Nelson-Griggs District Health Unit set up our diversion room at Parent Teacher conferences in Lakota, McVille and Cooperstown during Parent Teacher conferences this spring. The diversion room is set up to look like a teenager's bedroom. Parents look through the room and try to find the places or items that a teen could hide tobacco, alcohol or other drugs.



A vape display was set up to educate parents about electronic cigarettes and alternative nicotine products that teenagers commonly use. The purpose of the display is to educate parents on what to look for. Some commercial tobacco products are designed to look like everyday items like candy and school supplies.

Parents who went through the room were able to sign up for a gift card.

Spring School Immunization Clinics:

Nelson-Griggs District Health Unit will be coming to the schools at the beginning of April to offer immunizations to those children who are not up-to-date. If your child is not up to date, you should have received a letter and consent form in the mail. We will be at the schools on the following dates:

Lakota: Tuesday, April 2nd

Griggs County Central: Thursday, April 4th

Midkota: Monday, April 8th

Dakota Prairie: Wednesday, April 10th

If you received a letter & consent form in the mail for your child, please complete the consent form and return to the school ASAP!

If you have any questions, please call our office at 701.322.5624.

May is Mental Health Awareness Month.

If you or a loved one is struggling or thinking about suicide, call or text 988 or chat 988lifeline.org.

988 SUICIDE & CRISIS LIFELINE

There is hope.

988 SUICIDE & CRISIS LIFELINE

Tdap Vaccinations for Adults

Tdap vaccine can prevent tetanus, diphtheria, and pertussis. Diphtheria and pertussis can spread from person to person. Tetanus enters the body through cuts or wounds. Tetanus causes painful stiffening of the muscles and can lead to serious health problems, including being unable to open the mouth, trouble swallowing, and breathing. Diphtheria can lead to difficulty breathing , heart failure, paralysis, or death. Pertussis, whooping cough, can cause uncontrollable, violent coughing.

CDC recommends that adults who have never received Tdap get a dose. Also, adults should receive a booster dose of Tdap or Td every 10 years or after 5 years in the case of a severe or dirty wound or burn.

Tdap vaccine is usually covered in full by your private health insurance for 19-64 year olds. Individuals 65 years and older who have a prescription drug benefit plan (Medicare Part D) can now receive the Tdap vaccine with no out of pocket expense. If you don't have a Medicare Part D plan or have no insurance, there is a state program that will cover the cost of the vaccine, we just ask a $20.99 donation for administration.

If you are a VA patient and have received vaccines from them, please check with the VA to see if you have received a Tdap vaccine from them within the last 10 years.

Source: Tdap Vaccine Information Statement

Parenthood can be a whirlwind, and its okay to feel a bit overwhelmed at times. Embrace the power of pause. When things get hectic, take a moment to pause, breathe deeply and center yourself.

Fake ID Scanner Pilot Project

Approximately 32% of youth under the age of 21 possess a fake ID according to a national study*. Fake IDs are so similar to real IDs that it's hard for clerks who check IDs to tell the difference. Youth who possess a fake ID report purchasing and consuming alcohol and tobacco at higher rates and suffer more consequences than those who do not own a fake ID.

Nelson-Griggs District Health Unit is working on a pilot project with Town & County Co-op in Cooperstown to help stop the use of fake IDs. NGDHU was provided a Forensic ID Scanner from the state of ND through the Substance Abuse grant for the store. These scanners can quickly calculate age and detect if the ID is fake. We are hoping to reduce the use of tobacco and alcohol among youth. Thank you to Cooperstown Town & County for working with us on this project.

Pictured: Lisa Rude, LPN Nelson-Griggs District Health Unit, Makenzie Barclay and Lori Lauckner, Town & County in Cooperstown.

* Fake ID Ownership and Heavy Drinking in Underage College Students: Prospective Findings - PMC (nih.gov)

After School Program Wellness Classes

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 snacks & how to make yogurt parfaits, jump roping, exercise class and a dance class. We are hoping to provide volleyball and basketball sessions in the future.

Thanks to Katie Peavy, Abee McCardle, Brandi Schock and Allison Aaland for partnering with us and teaching these wellness classes to the students!

Pictured is some of the students from the Midkota After School Program.

- Colorectal cancer is estimated to be the #1 cancer killer for those ages 20-49 by 2030. (JAMA 2021)
- In North Dakota, colorectal cancer is the 2nd most diagnosed cancer & 2nd leading cause of cancer-related deaths among cancers affecting both men & women. (ACS 2022)
- There will be an estimated 340 new cases of colorectal cancer and 110 deaths from colorectal cancer this year in North Dakota. (ACS 2023)

The **Car Seat Distribution Program** is here in Nelson and Griggs Counties. Car seats can be given to low-income families for a suggested donation of $30. Families can receive one car seat per child. However, if a child outgrows the seat he/she has received, they are eligible for the next car seat type. Only primary caregivers are eligible to receive a car seat. Grandparents are not eligible through this program unless they are the primary caretaker.

Families who are requesting a car seat will be educated on the proper use of the seat and instructed on installation of the seat. Families will be required to watch a short instructional video on car seat safety.

If you are interested in receiving a car seat through this program, call our office at 701.322.5624.

Maestro forward facing combination seat & Dorel Mighty Fit 65 convertible seat are two of the seats we have available.

Nelson-Griggs District Health Unit

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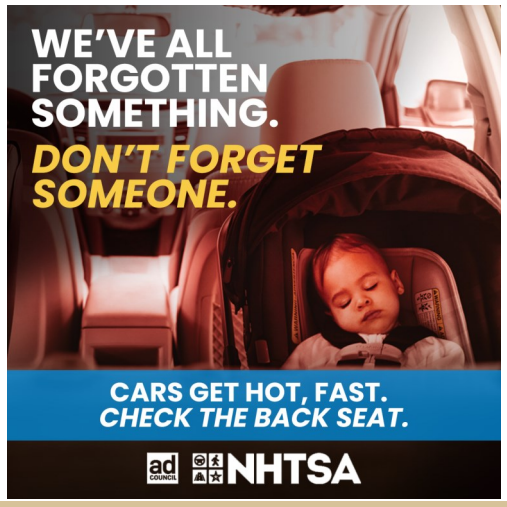

National Heatstroke Prevention Day is May 1st

In 2023, 29 children died because of vehicular heatstroke.

Once you Park, Stop, Look, Lock

National Public Health Week is April 1-7th. This years theme is "Protecting, Connecting, Thriving: We Are All Public Health." The theme this year addresses not just the ways public health serves our communities, but the ways our population flourishes when they have their needs met.

Drive by & check out our new sign!