

Pembina County Public Health

Prevent. Promote. Protect.



Prevent Accidental Poisonings!

Adults and teens should be aware of the dangers of improper use of medicines, inhalants, carbon monoxide and alcohol.

According to the Centers for Disease Control and Prevention (CDC), deaths from prescription painkillers have reached epidemic levels in the past decade.

The number of overdose deaths is now greater than those of deaths for heroin and cocaine combined.

Enough prescription painkillers were prescribed in 2010 to medicate every American adult around-the-clock for a month. Although most of these pills were prescribed for a medical purpose, many ended up in the hands of people who misuse or abuse them. "Prescription painkiller overdoses are a public health epidemic," said State Health Officer

Terry Dwelle, M.D., M.P.H.T.M. "A big part of the problem is the non-medical use of prescription painkillers—people using drugs without a prescription or just for the 'high' they cause."

In 2011, there were 5,100 exposure calls made to the National Poison Helpline. Of those 5,100 calls, 56 percent were for children younger than age 6 who had a misadventure serious enough for someone to call for help.



Poison Prevention Week is an opportunity to remind parents, grandparents,

caregivers and the public about the dangers of poisoning and to provide some basic prevention strategies to keep kids from getting hurt.

UPCOMING EVENTS

March

National Nutrition Month
Poison Prevention Month
Colorectal Cancer Awareness Month

April

National Walking Day April 4
National Public Health Week
April 2-8
National Walk @ Lunch Day April 25

May

National Physical Fitness and Sports Month

For more information about poison prevention or to request stickers and magnets with the national poison control number, contact Pembina County Public Health or the North Dakota Department of Health.

Carpooling—A Seat Belt For Everyone

Carpooling is a common practice that helps parents manage their children's busy schedules. It saves time and gas and gives parents an opportunity to get to know their children's friends. But carpooling is a big responsibility and pre-planning is important to help assure that your children are safe when riding with others and that other children are safe when riding with you.

All children under age 13 should ride in the back seat. If a child must be transported in the front seat, check to be sure the air bag is disabled. Sharing is good, except when it comes to seat belts. There should be a belt for everyone. Never allow a child to ride in the cargo area of a van, SUV or pickup.

In addition to passenger safety inside the vehicle, be aware of accidents that happen around vehicles. Plan pick-up and drop-off points carefully. Before leaving, walk around the vehicle checking for children, toys and pets. Make sure children can be seen as they approach the vehicle. Have children, exit the vehicle on the curb side and wait until they are inside the building or safely supervised before driving off. And never leave children alone in the vehicle.

For more information on child passenger safety, contact the North Dakota Department of Health or Pembina County Public Health at 265-4248.

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Tobacco Corner

What is Kick Butt's Day?

Kick Butt's Day is a nationwide youth movement where kids take the opportunity to speak out against the tobacco industry's attempt to target their products at them. This year there were more than 1,100 events planned across the nation.

Organized by the Campaign for Tobacco-Free Kids and sponsored by the United Health Foundation, Kick Butts Day is an annual celebration of youth leadership and activism in the fight against tobacco use. On Kick Butts Day, youth will encourage their peers to stay tobacco-free and educate their communities about the dangers of tobacco and the tobacco industry's harmful marketing practices.

A recent Surgeon General's report reached the following conclusions: While the high school smoking rate has been cut nearly in half since the mid-1990s, more than 3.6 million middle and high school students still smoke.

Tobacco marketing causes kids to start and continue using tobacco products. Tobacco companies spend more than \$10 billion a year—more than \$1 million an hour—to advertise and promote their products.

Is this how you would choose to spend \$1 million dollars?

Science and experience have identified proven strategies to reduce youth tobacco use. These include mass media campaigns, increasing the price of cigarettes through higher tobacco tax, smoke-free policies, and school and community prevention programs.

"Kids are sending two powerful messages on Kick Butts Day: They want the tobacco companies to stop targeting them, and they want elected leaders to protect them from tobacco," said Matthew L. Myers, President of the Campaign for Tobacco-Free Kids.

Leaders, policy makers and parents can join these courageous kids and speak out against

the tobacco industry's harmful marketing practices.

How can you help? Check out the BreatheND website for information or contact the Pembina County Public Health office for information about joining a coalition.

Join others who are engaged with local youth and be a part of the movement. A movement towards a healthier Pembina County.

BreatheND
Saving Lives, Saving Money with Measure 3.

Measure 3 provides funding to Pembina County Public Health to diminish the toll of tobacco in our state.

InfantSEE : a public health program managed by Optometry's Charity

According to the American Optometric Association's (AOA) 2008 American Eye-Q survey, which tracks public knowledge and understanding of a wide range of issues related to eye and visual health, only 13 percent of parents make sure their children receive a comprehensive eye assessment in their first year.

It's estimated that one in 10 children is at risk from an undiagnosed eye or vision problem that, if left untreated, can lead to difficulties later in school or even permanent vision loss.

Additionally, many children at risk for eye and vision problems are not being identified at an early age, when many of those problems might be prevented or more easily corrected.

Infant eye and vision assessments offer early detection of vision and eye health problems and are critical to child's development.

Through the Optometry's Charity--The AOA Foundation's public health program, InfantSEE, optometrists provide a one-time, comprehensive eye assessment to infants in their first year of life, typically between the ages of 6 and 12 months. These assessments are provided at no-cost to all families, regardless of families' ability to pay or access to insurance coverage.



Since infants cannot speak, optometrists perform several non-invasive tests that evaluate visual acuity, refraction, motility, alignment, binocularity and overall eye health.

These tests can identify signs of vision problems, such as crossed eyes, lazy eye and diseases of the eye.

Pembina County Public Health provides vision screening as part of their school health program.

Children in K,1,3, 5 and 7th grade are screened during school for crossed eyes and for distant vision acuity. Near vision acuity is not assessed during the school health screening.

School vision screenings are not a substitute for a visit to the eye doctor.

It is recommended by the American Optometric Association that children receive a comprehensive eye exam by an optometrist by age 3 and again every 2 years or sooner if concerns arise.

March is National Nutrition Month

Let's Move-Healthier US School Challenge

In recognizing the prevalence of obesity in the United States, First Lady Michelle Obama introduced Let's Move!, a campaign challenging the country to promote good nutrition while also increasing physical activity.

Neché School rose to this challenge by acquiring the Healthier US School Challenge Gold Award of Distinction. In her letter she writes, ". . . Neché Elementary School is among the very best of the best—going above and beyond the minimum requirements to help ensure your students live full and active lives. The environment you and your team have created through education, nutritious food and beverage choices, and opportunities for physical activity will help your students learn how to make healthy choices now and for years to come." Neché School is taking an active role in the health of their students.

Improving nutrition need not be about taking away food choices. Improved nutrition can be about adding healthier food choices.

- Try adding more fruits and vegetables or substitute low calorie foods for higher calorie foods.
- Replace high calorie cereal with fresh cut-up fruit, choose fresh produce over canned, pick whole fruit over fruit juice and grill out instead of deep fry.



Local opportunities for increasing physical activity

Border Health & Fitness Center located in Walhalla.

24 hour member access to meet the needs and schedules of all members.

A variety of equipment is available and includes Cardio equipment and Hoist selectorized equipment. Each treadmill and elliptical has its own flat panel TV.

Free weights, fitness classes, and tanning is also provided.

Border Health is a member of NIHCA and is recognized by insurance providers, employer groups and incentive programs that offer a fitness and wellness benefit.

Discounts are available for 12-month memberships, couples, families, and students.

Border Health & Fitness can be reached by contacting the owners Dan and Hailey Moore at 549-3200 or cell (701) 370-9750.



Xperience Health & Fitness Center with locations in Pembina and Drayton. The Drayton location is located in the building of the former Original's Clothing store. The Pembina site is located in the senior citizens center across from the school.

Opportunities await for the use of free weights, cable strength equipment and cardiovascular equipment. Equipment consists of a treadmill, cross trainer, recumbent bike and free climber.

24 hour member access is available to accommodate all work and life schedules. Eliminating barriers to working out.

Customized exercise and nutrition programs developed with the assistance of the fitness trainer.

Tanning, toning tables and group exercise classes offered as well.

Xperience Health & Fitness can be reached by contacting the owner Darcy Reis by cell phone at 701-866-9931 or in Drayton 454-3489 and in Pembina 825-6649.

In-Shape Fitness Center located in Cavalier. A variety of classes are held to meet the needs of the beginner and individuals who desire variety for their workout.

Classes include Zumba, Pilates Yoga, Kick-in Butts & Guts, Cardio Blast and Pump-it.

The In-Shape fitness center is staffed with a trainer who is available for support and assistance with your workout.

The Cardio-room includes elliptical, treadmill, Stairmaster and tread-climber equipment.

Reward yourself for working out by treating yourself to an onsite Aqua massage.

An Aqua massage provides individuals with a water jet simulated fingertip massage by pulsating water jets. The massage is provided while client remain clothed, dry and comfortable.

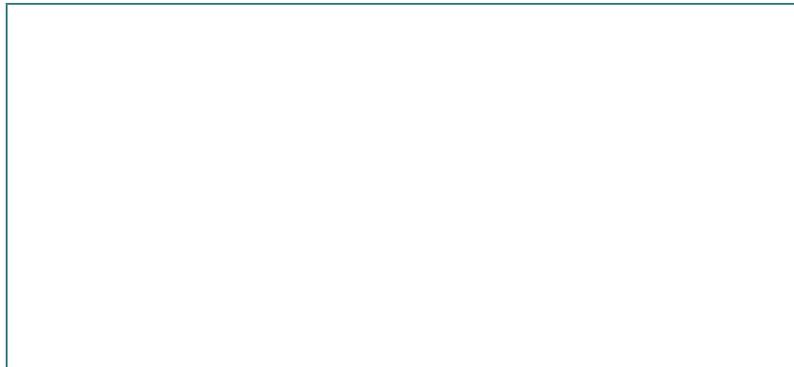
In-Shape Fitness can be reached by contacting trainer and owner Lori Horsley at 265-8261 in Cavalier.

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Public Health
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We're on the Web!

[pembinacountynd.gov/
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If you would like to receive this newsletter or join our smoke-free efforts, please contact us by phone or email.

Pembina County Resources Spotlight

Family Nutrition Program (FNP)

The Family Nutrition Program is a resource available to Pembina County residents through the NDSU Extension office. The Family Nutrition Programs primary focus is on Nutrition Education for North Dakota Supplemental Nutrition Assistance Program Recipients (SNAP) however any individual may access resources or seek answers to nutrition questions from helpful FNP staff.

The Family Nutrition Program can often be found throughout the county providing interactive displays, presentations and demonstrations in senior meal sites, Head Start Centers and schools.

The Family Nutrition Program Mission is to increase the ability of individuals and families with limited resources to make wise use of their food dollars. This is accomplished by providing free, informal and easily accessible educational programs.

Family Nutrition Programs focus on developing knowledge and skills related to nutritional and meal planning; food purchasing, preparation and safety; and food resource management.

For questions about the FNP program, please contact the Pembina County NDSU Extension office at 265-8411.