



# Pembina County Public Health

Prevent. Promote. Protect.

## Choose Health! Tobacco Coalition Holds Big “Butt” Cleanup

*Choose Health!* Tobacco Coalition held a meeting on June 16th in the Cavalier City Park. Members from Pembina County Public Health (PCPH) along with coalition members participated in a big “butt” cleanup to see how many cigarette butts or tobacco litter could be found in Cavalier’s beautiful city park. Attendees of the meeting were able to sign in and take a guess at how many butts the group was going to find. The person with the closest guess won \$20 in Cavalier Bucks. The lucky winner was Carsen Lindsay from Cavalier! The search was limited to areas around the picnic shelter, playground equipment, and pool.

Coalition members were educated on the purpose of the event and the importance of local park boards adopting a tobacco-free parks policy. There was a great turn out, and the children had fun searching for “butts”. Some of them were quite competitive! A total of 84 cigarette butts were found in the area we selected to search; children and their parents were very surprised at how many were around the playground equipment. After the hard work was done, everyone enjoyed a nice campfire and s’mores.

PCPH had a booth with the “jar of butts” that was found in the park at the *Music in the Park* event held in July. Information on why tobacco-free parks are necessary was provided to those who passed by. It is PCPH’s goal to get the word out on how important it is to make all of Pembina County’s city parks tobacco-free.

PCPH would like to congratulate the St. Thomas Park Board for taking action and making Hager Park in St. Thomas the first tobacco-free park in Pembina County!!! We are very excited for them and look forward to providing the park with tobacco-free signage and helping with the implementation process to make the policy a success. Congrats again!

### UPCOMING EVENTS

September 7—Labor Day  
Office Closed

October — Get your seasonal  
influenza vaccine

October 1— Car Seat Check-up  
Event, Altru Clinic, Drayton, ND  
3:30-5:30pm

October 6 — Pembina County  
Board of Health Meeting,  
Farmer’s Room of the  
Courthouse 8:00am

November 11— Veteran’s Day  
Office Closed

November 26—Thanksgiving  
Office Closed



## E-CIGARETTE YOUTH PROTECTION

### NORTH DAKOTA'S NEW E-CIGARETTE LAW

# North Dakota's New Electronic Cigarette Law Took Effect August 1, 2015

North Dakota's new electronic cigarette law, [House Bill 1186](#), went into effect on Sat., Aug. 1. It prohibits minors from using, possessing or purchasing electronic smoking devices, alternative nicotine products or any of their component parts, and requires child-resistant packaging for liquid nicotine containers. The new law also requires that all tobacco products, electronic smoking devices and alternative nicotine products be sold with the assistance of a clerk, meaning that these products can no longer be displayed or sold through the use of self-service displays.

HBI 186 was passed in response to North Dakotans' concerns over possible health consequences of electronic smoking devices and their potential to attract young users. Electronic cigarette use, including vaping devices, tripled among middle and high school students from 2013 to 2014, according to national data published by the Centers for Disease Control and Prevention and the U.S. Food and Drug Administration's Center for Tobacco Products. The 2014 National Youth Tobacco Survey also shows that e-cigarette use increased from 4.5 percent and 1.1 percent in 2013 to 13.4 percent and 3.9 percent among high school and middle school students, respectively. That amounts to approximately 1.67 million more youth using e-cigarettes. North Dakota's high school youth use of electronic cigarettes is also trending upward, from 1.6 percent in 2011 to 6 percent in 2013, according to the North Dakota Youth Tobacco Use Survey. "The data is clear that the use of electronic smoking devices among minors is on the rise," said Jeanne Prom, executive director of the North Dakota Center for Tobacco Prevention and Control Policy. "Thanks to HBI 186, electronic smoking devices and alternative nicotine products are no longer legally available to minors."

Another reason for HBI 186 is the increase in calls to poison control centers for nicotine poisoning from liquid nicotine juices. CDC data shows that calls related to poisoning from liquid nicotine used in electronic devices jumped from one per month in 2010 to 215 in February of this year alone. More than half of those calls involved children five years old and younger. "HBI 186's new requirements that nicotine liquid containers meet the United States Consumer Product Safety Commission standards for child-resistant packaging help parents protect their young children from nicotine poisoning," said Prom.

For more information about electronic smoking devices and to read the full text of HBI 186, go to [www.breathend.com](http://www.breathend.com) or contact Pembina County Public Health at 701-265-4248.



**BreatheND**  
Saving lives, saving money. The voice of the people.

*An initiated measure approved by North Dakota voters provides funding to Pembina County Public Health to diminish the toll of tobacco in our state by addressing the number one preventable cause of death and disease: tobacco use.*



## End of Summer Block Party

Pembina County Public Health was excited to be part of Cavalier's new event, *End of Summer Block Party*, that was held on August 20th. Staff members from the office dressed up in different fruit and vegetable costumes while teaching the children who stopped by the importance of choosing healthy foods. There was an array of carnival games including a fruit and veggie walk (similar to a cake walk) and a fruit and veggie toss that children of all ages enjoyed. A coloring station was set up for kids to choose a quilt square to color that had different fruits and vegetables on it. All the squares that were colored will be made into a quilt. This was the first time this event had taken place in Cavalier and a great time was had by all. Pembina County Public Health would like to thank the Cavalier Retail and Services Committee for putting on the event and inviting us to be a part of it!



## One Year Anniversary for Oakwood Apartments

Residents living in Oakwood Apartments in Walhalla, ND have been living in units that have been smoke-free for one year! Pembina County Public Health would like to congratulate landlord, Cynthia Gendreau, for making the choice to make all units in the complexes smoke-free. Smoke-free housing has many benefits for landlords and residents. Landlords are provided with free smoke-free signage from the Center for Tobacco Prevention and Control Policy and Pembina County Public Health, advice and consultation, and a tremendous amount of cost savings related to damage to units from second-hand and third-hand smoke. Residents are happier living in a healthier and cleaner environment with no exposure to tobacco and the negative health risks that come along with it. Oakwood Apartments is one of only two apartment complexes in Pembina County that have gone smoke-free. Efforts are being made by Rachel Ramsay, RN, Tobacco Prevention Coordinator to support expanding smoke-free options available. For more information, please contact Rachel at 701-265-5134 or by email at [r Ramsay@nd.gov](mailto:r Ramsay@nd.gov).



## Pembina County Public Health



**Public Health**  
Prevent. Promote. Protect.

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Stay tuned for details  
on the upcoming  
tobacco coalition  
meeting in October!

### Your Public Health Staff

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### We're on the Web!

[pembinacountynd.gov/  
publichealth](http://pembinacountynd.gov/publichealth)

If you would like to receive this  
newsletter or join the tobacco  
coalition, please contact us by  
phone or email.

## Pembina County Resources Spotlight

### Revel Sapa—ND Outreach Specialist at Options

Revel Sapa is Pembina County's outreach specialist for Options Interstate Resource Center for Independent Living. Revel serves people experiencing the effects of aging and people with any type of disability; there is no age qualification. Her branch office is located in Cavalier, but she assists all residents of Pembina County. Revel's services are free of charge to individuals requesting them as Options is funded by various state and federal grants, as well as private donations. Some of the many services that Revel can provide include help with homemaking, link you to assistance within your community, provide transportation options, teach about personal safety and adaptive equipment, find housing or personal care attendants, enroll in a prescription drug plan and/or manage a budget. If you or someone you know has any questions about possible resources, please call Revel Sapa at 701-265-4618 or email [revel@myoptions.info](mailto:revel@myoptions.info).

