



# Pembina County Public Health

Prevent. Promote. Protect.

## Cribs for Kids Program Debuts in Pembina County

A partnership has been established between the North Dakota Department of Health, the national *Cribs for Kids* safe sleep program, and Pembina County Public Health (PCPH) to offer reduced price cribs to families in need. A safe sleep environment is often hard to achieve, especially in small living quarters or when multiple people are occupying the same bedroom. The mission of this program is to offer a quality safe sleep product at a reasonable rate to protect all babies nationwide.

Across this country, there is an epidemic of thousands of infants being injured and dying in unsafe sleep environments. These accidental deaths can be prevented. National, state and local groups, like PCPH, are working diligently to educate parents about safe sleep. These groups are warning parents about the dangers of suffocation or entrapment of an infant while sleeping in an adult bed, on couches, in a crib filled with blankets and pillows, or in a defective product.

The safest way for a child to sleep is to follow the ABC's of safe sleep:

1. **A**lone—not with other people, blankets, pillows, or stuffed animals
2. **O**n my **B**ack—not on the stomach or side
3. **I**n my **C**rib—not on an adult bed, sofa, cushion, or other soft surface

Graco pack and plays are available at PCPH to be distributed to families whose child is enrolled in WIC, Medicaid, TANF, Healthy Steps, has no insurance, or is WIC eligible for a suggested donation of \$30.00. Because access to purchasing a crib may be a burden for other families who do not necessarily meet the above criteria, PCPH can offer the cribs to any primary care giver at the full price of \$61.00, as well. Child care programs are not eligible.



### UPCOMING EVENTS

September 5 — Labor Day  
Office Closed

October — Get your seasonal  
influenza vaccine

October 4 — Pembina County  
Board of Health Meeting,  
Farmer's Room of the  
Courthouse 8:00am

November 11 — Veteran's Day  
Office Closed

November 24-25 —  
Thanksgiving Office Closed



To the left: Kallie Christenson, RN and Kristi Ricard, Administrative Assistant stand next to the Cribs for Kids display in the basement lobby of the Pembina County Courthouse. Please stop by to see what is included in the packet and learn more about safe sleep for children!

# North Dakota aiming to *Raise it For Health* this November

On June 16, the *Raise It for Health North Dakota Coalition* submitted over 22,000 signatures to the North Dakota Secretary of State's office in an effort to place a tobacco tax initiated measure on the November 8 ballot.

On August 10, the initiative was approved giving voters the chance to determine the outcome at the ballot box. The measure proposes to increase cigarettes from 44 cents per pack to \$2.20. Other tobacco will increase from a rate of 28 percent of the wholesale purchase to 56 percent.

A joint report from the Campaign for Tobacco Free Kids and the American Cancer Society Cancer Action Network shows that the increase could reduce youth smoking by 20 percent and prevent 5,800 youth from ever starting.

New funds received from the increase would go to North Dakota Veterans programs, behavioral health programs, local public health units and chronic disease.

The measure, if passed, will only impact new revenues generated from the increase. Current revenues will continue to go to the state's general fund and back to North Dakota cities.



*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.*

## Pembina County Public Health Welcomes New Staff Member!

Please join us in welcoming to our team a flex-time registered nurse, Deb Stark! She will be assisting our office with immunization outreach efforts, emergency preparedness efforts, school health, and many other day to day duties. She is currently employed as a nurse at Pembina County Memorial Hospital and has 40 years of experience. She lives outside of Cavalier with her husband, Jeff. They have three children and four granddaughters. We look forward to working with you, Deb! Welcome to our team!



## Changes to Immunization Program Prompt Transition to Billing System at Pembina County Public Health

As a result of state budget cuts, it is necessary for local public health units to transition to a vaccine billing system in order to continue immunization services. To meet the needs of the most at risk residents of Pembina County and to sustain immunization rates to protect the entire community from vaccine preventable disease, we ask for your patience.

During the next 6 months, vaccine supply will fluctuate as the billing process is established. There may be a disruption in the availability of vaccine until funding is secured to meet the demand.

At this time, PCPH is only able to provide vaccine to children who are 18 years of age and younger and who meet one or more of the following criteria:

- Enrolled in Medicaid
- Have no insurance
- Are underinsured (vaccines not covered by insurance plan)
- Are American Indian or Alaskan Native

If your child does not meet one of these criteria, please call your local clinic to obtain your needed vaccines. Clients receiving vaccines through PCPH will be asked to present proof or absence of insurance when an appointment is scheduled. This change is necessary in order to acquire payment from insurance, ND Medicaid, or directly from our customer. Funds that are collected will be used to cover the cost of vaccine and the administration fee.

PCPH will continue to be a resource that the community can rely upon for immunization records, reminder notifications, and vaccine education at no charge.

These changes will not impact the seasonal influenza vaccine for 2016-2017. Seasonal influenza vaccine will be available as it was last season. Correspondence will be sent to the Pembina County school districts with additional details this fall. Please contact PCPH with any questions at 701.265.4248.

## Grant Funding Awarded to Support HPV Vaccination Efforts

Pembina County Public Health (PCPH) works hard to maintain high coverage rates against vaccine preventable diseases in our area. However, this work can become costly as our outreach expands from the walls of the office into local communities and schools. Because the success of these outreach efforts and the sustainability of them is highly valued, a grant opportunity was sought to alleviate some of the costs.

The North Dakota Comprehensive Cancer Control Program (NDCCP) through the North Dakota Department of Health offered a sub-contract opportunity for which PCPH applied. This month, PCPH received notice that we have been selected as an award winner of \$6,913.00. This grant funding is approved to educate providers on the importance of the HPV vaccine, educate the community through radio and newspaper media, and to vaccinate 6<sup>th</sup> grade students whose parents desire to have them vaccinated throughout all Pembina County schools.

PCPH staff is looking forward to the opportunity to vaccinate additional at risk children against the very common HPV virus.

To the right: Public health nurses, Kallie Christenson, RN and Rachel Ramsay, RN role play an immunization appointment administering the HPV vaccine. If you are interested in receiving the vaccination or have questions, please don't hesitate to contact our office.



## Pembina County Public Health



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

301 Dakota Street W #2  
Cavalier, ND 58220  
Phone: (701) 265-4248  
Fax: (701) 265-5193



Kristie Wolff, from American Lung Association will be presenting September 14, 2016. Call for details!

### Your Public Health Staff

Jeanna Kujava, RN  
Public Health Director

[jkujava@nd.gov](mailto:jkujava@nd.gov)

Kallie Christenson, RN  
[kcchristenson@nd.gov](mailto:kcchristenson@nd.gov)

Rachel Ramsay, RN  
Tobacco Coordinator

[r Ramsay@nd.gov](mailto:r Ramsay@nd.gov)

Deb Stark, RN

Kristi Ricard, Administrative Assistant

[kricard@nd.gov](mailto:kricard@nd.gov)

### 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 Resource Spotlight

### Stepping On Training to be held throughout Pembina County

Pembina County Public Health and NDSU Extension Service have partnered to become certified trainers for the *Stepping On* Fall Prevention Workshop series. Public health nurse, Jeanna Kujava, RN, along with Kari Helgoe, NDSU extension agent, plan to offer this training yearly to seniors throughout the county.

This workshop offers older people a way of reducing falls and assists to increase self confidence in situations where they are at risk of falling. The program incorporates a group setting plus individualized follow-up. It covers a range of issues including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and understanding how to initiate a medication review.

The first round of classes are currently taking place at the Walhalla Senior Center every Thursday from August 18-September 29 from 9:30am-11:30am.



Jeanna Kujava, RN with Pembina County Public Health and Kari Helgoe, with NDSU Extension Service are the two facilitators that will be hosting the workshops. They look forward to serving the citizens of Pembina County!