



# Pembina County Public Health

Prevent. Promote. Protect.

## Life Jacket Loaner Program to Launch in Pembina County

Safe Kids Grand Forks, Altru Health System, Icelandic State Park, and Pembina County Public Health have teamed up to offer a Life Jacket Loaner Program. Water safety is an area that impacts people of all ages, from infants through adults. Wearing a personal floatation device around water is not only recommended, but often required by law. Wearing a life jacket can save your life!

If you are in need of a life jacket, inquire about the Life Jacket Loaner Program at Icelandic State Park. Just simply stop by the concession stand at Icelandic State Park and sign the life jackets out, much like you would a library book. The life jackets can be checked out for up to two weeks at a time at no cost. The Life Jacket Loaner program has sizes to fit people of all ages. Life jackets are fitted based on the weight of the person wearing it. The sizes include: Under 30#, 30-50#, 50-90# and 90# and above.

This program is open to anyone in the community or surrounding area visiting Icelandic State Park, which is located 5 miles west of Cavalier on Highway 5. To learn more about the Life Jacket Loaner Program contact Icelandic State Park at 701.265.4561 or Pembina County Public Health at 701.265.4248.

### UPCOMING EVENTS

June 2—Pembina County Relay for Life

June 16—Pembina County Tobacco Coalition Meeting

July 3—Office Closed Independence Day

July 9-July 12—Pembina County Fair



### Inside this issue:

Tobacco Corner	2
Tobacco Highlights	3
Immunization Clinics	3
Resources Spotlight	4

At left, the Pembina County Public Health employees along with Justin Robinson, Icelandic State Park Manager debuting the Life Jacket Loaner Program! What an awesome opportunity for a great partnership with Safe Kids Grand Forks, Icelandic State Park and Pembina County Public Health.

## Cavalier 7th Graders Raise Awareness with Public Service Announcements

With the tobacco world ever changing, getting the word out to the public about tobacco companies' dangerous tactics used to promote nicotine addiction to people we care about is so important. Pembina County Public Health (PCPH) Tobacco Prevention Coordinator, Rachel Ramsay, RN teamed up with Cavalier Public School and their 7th graders to develop 5 public service announcements (PSAs) regarding the hot topic of e-cigarettes.

Students were able to learn about e-cigarettes, the importance of media and how it influences today's society, and the purpose of PSAs. The goals of the e-cigarette PSAs are to deglamorize tobacco products and to normalize healthy choices and lifestyles.

The students were responsible to do their own research and come up with supporting facts to educate the public. On May 6th, 2015, fourteen 7th graders, along with Ms. Grumbo and Rachel Ramsay, traveled to Langdon to take action and put their voices to work. Brandi Mittleider, Simmons Multimedia Marketing Consultant, was a great host and treated all with donuts and a tour of the studio. The PSAs that

the students recorded will be aired on four stations that are owned and operated by Simmons Multimedia including: Big 106.7; Maverick 105.1; The Rock 95.7; and KNDK 1080.

"This was truly a great experience for all involved and a nice way to use the voices of our youth to help make a difference in people's lives," said Ramsay.

PCPH extends a thank-you to Cavalier Public School for supporting this great opportunity. PCPH also would like to thank Brandi Mittleider and her crew at Sim-



Above: The Cavalier 7th graders along with Rachel Ramsay, RN; Ms. Grumbo, Cavalier Public School language arts teacher; and Brandi Mittleider from Simmons Multimedia

mons Multimedia for letting this project become a reality.

Ramsay said that by working together, we can spread the word to make Pembina County and surrounding areas a healthier place.

For more information on tobacco prevention, please contact Rachel Ramsay, RN, Tobacco Prevention Coordinator for Pembina County Public Health at 701-265-4248.

*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.*

## St. Thomas Student Council Takes Action!

St. Thomas Student Council president, Emma Papenfuss, approached Pembina County Public Health to come and speak to the student council regarding electronic cigarettes and the huge trend of young adults using them. Rachel Ramsay, RN, Tobacco Prevention Coordinator and Kallie Christenson, RN took an afternoon to present the history of e-cigarettes, the different kinds available, and how they are targeting the youth to the council members.

The nurses explained the importance of regulating these products and making it illegal for people under the age of 18 to buy or use them. The students all had great questions and were very interested in the topic. They also learned about what North Dakota is doing as a state regarding reducing youth initiation and what more could be done. Rachel and Kallie explained the importance of raising the state or federal excise tax on tobacco products. By increasing this tax it would help current tobacco users quit and prevent the younger generation from ever using tobacco.

The students all agreed that action needed to be taken and were willing to put their signatures of support on multiple documents.

Those documents included: letters to Senator Hoeven; Senator Heitkamp and Congressman Cramer to raise the federal excise tax; a resolution in support of stronger restrictions on e-cigarettes; a resolution in support of a stronger comprehensive tobacco-free school policy for the St. Thomas Public School; and a resolution in support of the St. Thomas Park Board adopting a tobacco-free park policy.

It was so exciting to see these young adults being proactive and willing to make choices for a healthier St. Thomas and North Dakota. Hats off to the St. Thomas Student Council members!!



Above: Kallie Christenson, RN, Rachel Ramsay, RN and members of the St. Thomas Student Council signing letters of support

## Summer Immunization Clinics

Summer is a great time to catch up on your child's immunizations! Pembina County Public Health has set aside the dates and locations below for back to school shots. Children need immunizations at many different ages, so please feel free to call our office to make sure your child is up to date or to make an appointment. Also, North Dakota schools work with the Department of Health to set aside requirements specific for children entering kindergarten and 7th grade. Pembina County Public Health is able to provide immunizations to all children in the county, regardless of their insurance status.

**Cavalier:** June 2, July 23, August 6, August 17 at Pembina County Public Health Office

**Pembina:** June 15, August 10 at Larry Wilwant Community Center

**Walhalla:** June 10, July 22, August 5 at St. Boniface School

## 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



Is the car seat your child uses installed properly? Call public health to make an appointment for a car seat checkup!

### 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)

Kristi Ricard, Office 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 Resources Spotlight

### Great Plains Food Bank: Mobile Food Pantry

A semi-truck serves as a food pantry on wheels and rolls into different communities around the state that are under-served. With volunteer support from the communities they serve, pre-packaged food boxes that include fresh vegetables, meat, bakery items and boxed goods are distributed directly off of the truck to people in need. The food is available at no cost; no pre-registration or referral required. A short intake form will be filled out onsite.

### Upcoming dates in Pembina County:

#### Walhalla:

Walhalla Lutheran Church

Tuesday, June 2 1:30pm-2:30pm

#### Cavalier:

Pembina County Museum

Tuesday, June 2 3:30pm-4:30pm