



Pembina County Public Health

Prevent. Promote. Protect.

Pembina County Public Health Attends Clearing the Air Institute

The North Dakota Center for Tobacco Control and Prevention provided funding for tobacco coordinators across the state to attend the Clearing the Air Institute in New Orleans, Louisiana (NOLA). Rachel Ramsay, RN attended on behalf of Pembina County Public Health on April 19-22.

The purpose of this conference was to participate in lively discussions that enhance awareness of the dangers of secondhand smoke, share recent science and economic data and first-hand experiences, and expand the capacity of smoke-free advocates, researchers, and other public health professionals nationwide. It was held in New Orleans to honor and celebrate the 1st anniversary of the NOLA smoke-free law.

Rachel enjoyed networking with nation-wide tobacco free advocates. She states, "One of the most beneficial parts of this training was learning smoke-free initiatives throughout the country that can be brought back and used within Pembina County." Rachel looks forward to working with local partners in Pembina County to implement more tobacco-free areas and establishments!

UPCOMING EVENTS

June 3 — Pembina County Relay for Life

June 4 — National Trails Day at Icelandic State Park

July 4 — Office Closed— Independence Day

July 7-10 — Pembina County Fair



Left: Rachel Ramsay joins tobacco coordinators from North Dakota for a picture prior to walking in the 1st Anniversary Smoke Free NOLA parade.

Right: Tobacco free advocates walk in the parade through Bourbon Street downtown NOLA.

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.

Tobacco Site Visits Conducted this Spring

Public health nurses, Kallie Christenson and Rachel Ramsay, have been traveling throughout a few communities in the county to provide business owners and establishments with education and the tools necessary to maintain compliance with the ND Smoke-Free Law. We plan to visit all of the communities in the county as time allows. So far, visits have taken place in Drayton, Pembina, and Crystal.

According to the state law, smoking is prohibited within all enclosed public areas and places of employment, including outdoor areas within twenty feet of entrances, exits, operable windows, air intakes and ventilation systems of an establishment in which smoking is prohibited by the law.

Local public health units provide support and education about the law. Enforcement of the law is done by local law enforcement and the Pembina County State's Attorney.

The fine for an infraction by an owner, manager, or person of general supervisory responsibility of an establishment that does not comply is not to exceed \$100 for the first violation, not to exceed \$200 for a second violation within one year, and not to exceed \$500 for each additional violation within one year of the preceding violation.

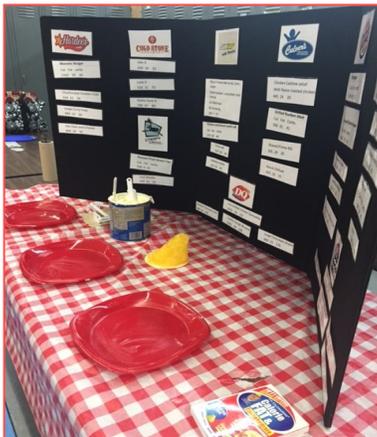


It has been a great experience visiting our local business owners!



Pictured above: smoke free signage available at no cost through Pembina County Public Health

Pembina County Public Health partners with Motor Coach Industries in Pembina



Left: Heart healthy activity where participants selected fast food meals and demonstrated how much fat is contained in them.

Right: Kari Helgoe speaks to a group of MCI employees; Rachel Ramsay stands next to the blood pressure checking station.



On Tuesday May 3rd, Pembina County Public Health nurses, Rachel Ramsay and Kallie Christenson, traveled to Pembina to Motor Coach Industries. While there, approximately 230 employees were offered blood pressure checks and health education materials related specifically to tobacco cessation.

Kari Helgoe, NDSU Extension agent, was also present with hands-on activities related to heart health for employees to try. Employees got to sample a heart healthy bean and salsa dip, measure how much fat is contained in some of their favorite fast food meals, and take a look at how much

sodium exists in some of the most common foods in our cupboards.

Lots of learning and fun was had by all!

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

Drayton School Walks Away From Tobacco

In honor of Kick Butts Day, which is a day held every year in March where youth get the chance to speak out against tobacco, Rachel Ramsay, RN, Tobacco Prevention Coordinator and Kallie Christenson, RN took a morning to present the history of e-cigarettes, the different kinds available, and how the ninth grade youth of the Drayton Public School are being targeted.

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 what North Dakota is doing as a state regarding reducing youth initiation and what more can 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 inhibit the younger generation from ever starting to use tobacco products.

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; and a resolution in support of the Drayton Park and Recreation Board adopting a tobacco-free park policy.

After learning about the dangers of tobacco products, each student wrote on a red foot to create a mural in the hallway of the school, stating why they were choosing to “Walk Away from Tobacco.” It was interesting to hear the reasons the 9th graders came up with.

It is so exciting to see these young adults being proactive and willing to make choices for a healthier Drayton and North Dakota. Hats off to the Drayton Public School ninth graders and their teacher, Mr. Wayne Stegman for being champions in the world of tobacco prevention!



Above: Rachel Ramsay, RN, Mr. Stegman and the 9th graders posing in front of the mural at Drayton Public School.

Pembina County Public Health Participating in NDHIN

As part of Pembina County transitioning from paper documentation to an electronic health record (EHR), we are now a member of the North Dakota Health Information Network (NDHIN). This network connects providers through a secure, online network that enables the sharing of mutual patient’s electronic health records. Pembina County Public Health would like to notify our clients of our participation in the NDHIN and your right to opt out of participation. This will be a great benefit to our office and our clients; allowing providers to communicate back and forth for effective continuation of care. If you would like to learn more about the network or have questions, please call us at 701-265-4248.

Pembina County Public Health



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Wondering if your child is up-to-date on immunizations for the upcoming school year? Contact us to find out!

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We're on the Web!

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

Directory of Pembina County Resources and Services for Senior Citizens

Pembina County Public Health has released a resource guide for senior citizens. The directory contains information on services available for aging individuals and their caregivers in rural Pembina County. This directory will help seniors and their families find services on everything from home health services to estate planning. The directory



was created as a result of a need identified in the recent Community Health Needs Assessment that was completed last summer.

Visit our website to access or print the resource directory, or contact Pembina County Public Health for a free copy. It has also been distributed to several entities around the county, so be on the look out!

On the left: Kristi Ricard, Administrative Assistant and Jeanna Kujava, RN, Public Health Director show off the directory. They have been instrumental in developing and maintaining it. Thanks to both of them for all of their hard work.