



Pembina County Public Health

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Car Seat Check up Events Held in Pembina County

Pembina County Public Health (PCPH) partnered with SafeKids Grand Forks to host two car seat check up events within the county. The first was held in Neche during North Border's back-to-school registration night in August and the second was held in Drayton in October. Between the two events, a total of 29 seats were checked with lots of great information, education, and support given to parents and caregivers alike. Both events were extremely successful and well received! Pembina County is fortunate to have three certified car seat technicians available for citizens to utilize to make sure their children are riding in the car safely.

As transportation increases on our roadways and 4 out of 5 car seats are being used incorrectly, these events are essential in protecting little ones throughout the county. The corrections made could keep a child safe in a crash that otherwise may have led to serious injury or death.

PCPH would like to thank Jasmine Wangen and SafeKids Grand Forks for partnering with us and for being a huge asset to our agency in the realm of injury prevention!



Pictured above: Kallie Christenson, RN, Marcus Ramsay, Deputy Sheriff for City of Drayton, Rachel Ramsay, RN and Jasmine Wangen, from SafeKids Grand Forks. Kallie, Marcus, and Rachel are Certified Car Seat Technicians in Pembina County and Jasmine is a Certified Car Seat Instructor who helped PCPH with the car seat check up events.

UPCOMING EVENTS

December 24 -

Office closes at 12pm

December 25 -

Christmas Day-

Office closed

January 1 -

New Year's Day-

Office closed

January 18 -

Martin Luther King Jr. Day-

Office closed

February 15 -

Presidents' Day-

Office closed



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Potential Impact of Point-of-Sale Strategies on Tobacco

The retail environment is an important area of focus for tobacco control partners. Most tobacco products are bought in retail establishments such as convenience stores, gas stations, grocery stores, and pharmacies.

Point-of-sale strategies enhance state and local tobacco control efforts by reducing exposure to tobacco products and advertising in stores. Here's why it's important:

1. Decrease tobacco use and impulse purchase of tobacco products.

Availability, advertising, promotion, and marketing of tobacco products increase youth and adult's tobacco use and impulse buys. It also encourages youth to try cigarettes and progress from experimenting to regular use. Point-of-sale strategies that reduce access and exposure to tobacco products are expected to decrease youth and adult use and impulse buys.

2. Communicate health information.

The retail setting presents a natural opportunity to promote health by posting prevention and cessation messages that state the dangers of tobacco use and promote cessation services, such as quitlines.

3. Counter the huge sums of money and effort channeled into retail environment by the tobacco industry.

The tobacco industry now spends most of its marketing budget in the retail environment. Point-of-sale strategies that restrict advertising, product placement, and the number, location, density, and types of tobacco retail outlets could diminish the effect of this spending.

4. Increase community awareness of tobacco industry practices.

Tobacco control partners who develop and implement point-of-sale strategies will likely spend more time in retail establishments as they conduct surveys, track compliance, and build partnerships with retailers. Greater awareness of tobacco industry practices in the retail environment may increase community members' support for point-of-sale and other tobacco control strategies.

5. Improve compliance with other tobacco control strategies.

Robust licensing and zoning laws can make it easier for partners to check retailer compliance with existing federal, state, and local policies, such as advertising and youth access restrictions.

6. Reduce tobacco-related disparities.

The tobacco industry uses strategies that affect certain populations such as price discounts. Studies show that women, youth, and African Americans use discounts more often, regardless of income. Point-of-sale strategies that restrict advertising, limit the number of retailers in neighborhoods and prohibit price discounting. This helps promote health equity, thereby reducing tobacco-related disparities.

If you are a county official, city official, business owner, or a concerned citizen who wants to know more about the options available to implement point-of-sale strategies, please contact Rachel Ramsay, RN, Tobacco Prevention Coordinator with 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.



The Great American Smokeout: Your Quit Day

Get ready to lose the habit, and become victorious over tobacco! The American Cancer Society Great American Smokeout is your chance to triumph over your addiction. Every November, the American Cancer Society sets aside the third Thursday, this year's date was **November 19, 2015**, to encourage tobacco users to go the distance and finally give up smoking.

About 42 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the United States. As of 2013, there were also 12.4 million cigar smokers in the U.S. and over 2.3 million who smoke tobacco in pipes, all which are very dangerous and addictive forms of tobacco.

By quitting, even for one day, you will be taking an important step toward a healthier life, one that can lead to reducing your cancer risk. It's a race for your health, and it starts today!

(Source: www.cancer.org)



DO YOU NEED HELP QUITTING?

PCPH provides a reimbursement program for any Pembina County resident who is trying to quit. This program was implemented to help reduce the financial burden of trying to quit. A tobacco user can be reimbursed up to \$200.00 per year. Qualifications to participate in the program are: 1.) **must be a Pembina County resident** 2.) **enroll in NDQuits** and 3.) **be able to provide receipt for over-the-counter or prescription nicotine replacement therapy purchased** (nicotine gum, patches, lozenges, or inhalers; Chantix, or Bupropion). Then, PCPH will reimburse you the amount spent. Call and ask us about it today!

Do you have questions about the HPV vaccine ?

➔ **What is Human Papillomavirus (HPV)?** HPV is a common virus passed from person to person through sexual contact. It can be spread even if there is no intercourse. There are more than 40 types of HPV that can infect the genital area, mouth and throat of both males and females. In the U.S., one person every 20 minutes gets cancer caused by HPV.

➔ **How common is HPV?** HPV is the most common sexually transmitted infection in the United States. At least half of sexually active people will get HPV some time in their lives. Every year in the U.S., about 6 million people get HPV, although most never know it. The infected person can spread the virus to other sexual partners without even knowing it. It is most common in people in their late teens and early 20's.

➔ **What are the symptoms of HPV?** Some people with develop visible growths or bumps in the genital area. The virus lives in the body and usually causes no symptoms. There is no cure for HPV infection, and most of the time the infection will clear on its own, but other times it will not.

➔ **What is the HPV vaccine?** There are three HPV vaccines approved by the FDA. All three vaccines protect against the two most common strains of HPV that cause approximately 70 percent of all cervical cancers. The HPV 4 and HPV 9 also prevent most genital warts and other HPV associated cancers.

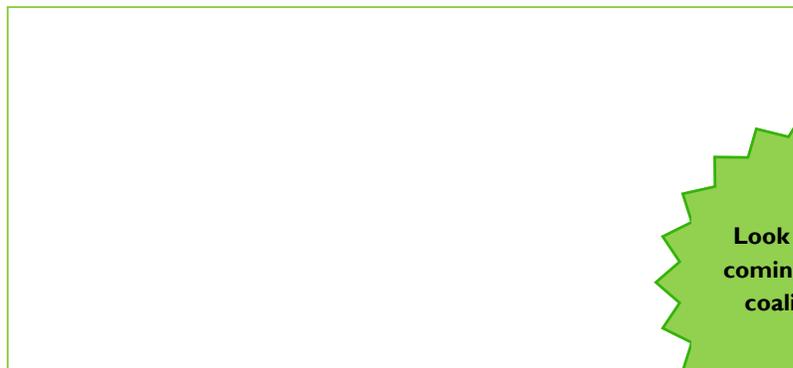
➔ **Who should get the HPV vaccine?** The CDC, ACIP and the North Dakota Department of Health recommend routine vaccination for all 11 to 12-year-old girls and boys. Ideally, the vaccine should be given prior to having any sexual contact where you could have been exposed to HPV. The vaccine has the best chance of being most effective if given before exposure. Catch-up vaccination is also recommended for male and female teens 13 to 18 and adults 19 to 26 who were not previously vaccinated.

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Look for details in the coming months about a coalition meeting in February!

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Pembina County Resources Spotlight

Home and Community Based Services

Pembina County Social Services provides a Licensed Social Worker (LSW) to assist clients in accessing Home and Community Based Services. The LSW visits the client's home, conducts a comprehensive assessment of the client's overall functioning to determine appropriate services for the client, and monitors the client's condition and services. If needed, Pembina County In-Home Care Specialists are assigned to the client to provide homemaker and personal care services to assist the elderly or disabled adults to remain in their homes. Some of the tasks that the client can be helped with include light housework and laundry, meal preparation, shopping, money management, bathing, personal hygiene, respite care, and many other tasks that pertain to the client.

If you or someone you know may benefit from this great resource, call Lynelle Fraser with Pembina County Social Services at 701-265-8441.



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.