

Pembina County Public Health

Prevent. Promote. Protect.

Summer 2025

Pembina County wins Spirit of Public Health award!

This award acknowledges individuals or projects that embody the essence of public health through exceptional dedication, resilience, and community engagement. This award is for initiatives that have united communities, addressed critical health challenges, and exemplified the commitment to improving the well-being of diverse populations.

Nominated by Katarina Domitrovich – Pembina County Public Health (PCPH) demonstrated exceptional community engagement in executing their Health Equity Strategic Plan, developed in partnership with North Dakota HHS. PCPH collaborated with every city park board to create inclusive movement opportunities and partnered with Pembina County Meals and Transportation to expand meal delivery for seniors and sustain the Backpack Program for children. Their innovative Pembina County Giving Gardens involved seven local organizations freely sharing produce. PCPH also promoted healthy eating through education and took steps towards an Infant-Friendly Workplace. Furthermore, in collaboration with the Pembina County Behavioral Health Coalition, they organized a youth mental health event addressing substance use and emotional well-being. PCPH leveraged the HHS partnership to deepen community relationships, expand services, and reach underserved individuals, embodying the spirit of community engagement through their creative, collaborative, and person-first approach that strengthened local systems and improved health access countywide.



5th annual Teen Maze another success!



The Pembina County Behavioral Health Coalition and its collaborative partner, Pembina County Public Health were proud to host the annual Teen Maze for Pembina County 7th and 9th graders at the Cavalier School on April 24th, 2025. Approximately 106 students participated in the event which featured Vision Zero, The Clothesline Project, Highway Patrol Rollover Simulator, Healthy Relationships presentation from DVAC, and a discussion about communicating feelings and building coping and resiliency skills.



JOIN US!



JUNE 24TH, 2025

1:30 PM

FARMER'S ROOM

(BASEMENT OF COURTHOUSE)

AGENDA

Resource Spotlight

- PC Meals and Transportation (Sally Kliniske)

Speakers/events

- Teen Maze 2024 (feedback discussion)
- Veterans Day programs 2025
- Lanterns by the Lake 2025

Future Ideas/opportunities

Financial Report

Next Meeting



Upcoming Events:

June 19th: Office closed for Juneteenth

June 24th: Behavioral Health Coalition in Farmer's Room

June 25th: Drayton Outreach at Tisdale by appointment only

July 2nd: Walhalla Outreach at St. Boniface by appointment only

July 4th: Office closed for Fourth of July

July 10th & 11th: Pembina County Fair-See PCPH's table in the commercial building

July 16th: Faith in Action Cookout/Car Seat Checkup Event (3-6)

July 23rd: Pembina Outreach at Wilwant Center by appointment only

August 6th: Walhalla Outreach at St. Boniface by appointment only

August 27th: Drayton Outreach at Tisdale by appointment only

Come see us!

Give our office a call to set up an appointment at 701-265-4248.

The Youth Action Summit is great for North Dakota youth and young people in middle and high school who are passionate about making positive impacts in their school, community, and state to prevent the next generation from a lifelong addiction to nicotine.

SAVE THE DATE:

Bismarck Youth Action Summit

WHEN: 10.7.25

WHERE: Bismarck Civic Center



Fargo Youth Action Summit

WHEN: 10.8.25

WHERE: Avalon Event Center-Fargo



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FOR MORE INFORMATION ABOUT THE SUMMIT NEAREST TO YOU, VISIT:



When your grill is in use, it should be kept in an open space, away from anything that might catch fire, including siding, deck railings, eaves, or tree branches. Never leave a lit grill unattended.

Learn more about cooking safety at nfpa.org/cooking



Apply a liberal amount of your broad spectrum sunscreen, SPF 30 or higher, every day. Reapply every two hours or more frequently, especially after exercise.



May was Hand Hygiene Month!

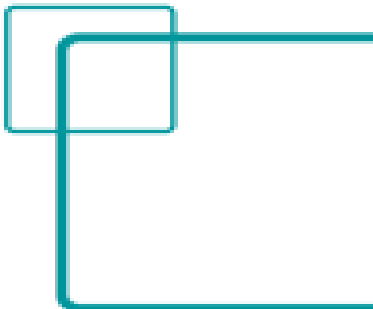
Clean hands save lives – It's that simple! Whether you're at home, work, school, or out and about, washing your hands with soap and water is one of the easiest and most effective ways to prevent illness and protect your community! Staff member, Rachelle, visited another daycare this month to do a handwashing activities! The kids loved it!





Alcohol Free After Prom Parties

The Pembina County(PC) Health Department extends a congratulations to the After Prom Party committees of North Border, Drayton and Cavalier schools for organizing alcohol-free events following their high school proms! These events provide students with a fun and safe environment to celebrate without alcohol, aligning with Pembina County's goal to prevent underage drinking. The committees took important steps to ensure alcohol-free environments by breathalyzing students upon arrival, prohibiting re-entry, and maintaining adult supervision throughout. Our Health Department works to support local alcohol-free family engagement events throughout the year with the purpose of reducing underage drinking in PC. Through the Substance use Prevention, Treatment, and Recovery Services (SUPTRS) Block Grant, our department can financially support and promote these events. For more information and to inquire about getting your event supported by the PC Health Department, please contact 265-4248. For more resources, visit parentslead.org.



IT'S QUITTING TIME

QUIT WEEK IS JUNE 8-14, 2025

Quit week is the perfect time to quit.

NDQuits

 **Tobacco Free**
North Dakota

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The Dangers of Alternative Forms of Tobacco

When it comes to tobacco, cigarettes aren't the only concern. Alternative forms of tobacco, such as e-cigarettes (vapes), hookahs, smokeless tobacco (chewing tobacco, snuff, snus), and dissolvable products, are often marketed as safer choices. But the reality is, they carry serious health risks.

Vaping and E-Cigarettes

E-cigarettes contain addictive nicotine and harmful chemicals that can damage the lungs and heart. The aerosol isn't harmless—it's filled with toxic substances.

Smokeless Tobacco

Chewing tobacco, snuff, and snus contain cancer-causing chemicals and increase the risk of oral cancer, gum disease, tooth decay, and nicotine addiction.

Hookahs

Hookah smoke contains nicotine, carbon monoxide, and cancer-causing chemicals. A single session can expose users to more smoke than cigarettes, increasing risks of cancer, heart disease, and lung issues.

Dissolvable Tobacco Products

These products deliver nicotine by dissolving in the mouth, posing risks of nicotine poisoning, addiction, and other health issues.

Bottom Line

No form of tobacco is safe. Educate yourself and your family about the risks associated with all types of tobacco. Look. Listen. Love. Be present, and help guide your loved ones toward healthier choices.



Summer is here! Although we are not ready to think about back to school yet, we want to remind you there are certain vaccinations required for children entering Kindergarten, 7th grade (after 11 years old), and 11th grade (after 16 years old). Summer is an opportunity to get this done to prevent worrying about fitting it in this fall. Take note of our outreach dates and locations. Give our office a call to make an appointment!

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