



Public Health
Prevent. Promote. Protect.
Lake Region District Health Unit

LAKE REGION DISTRICT HEALTH UNIT (LRDHU)

524 4th Avenue NE Unit 9, Devils Lake, ND 58301-2490

Ramsey County (701) 662-7035



Health Happenings

Spring 2014
Quarterly Newsletter

Benson County * 330 C Avenue * Minnewaukan (701) 473-5444

Eddy County * 24 8th Street N * New Rockford (701) 947-5311

Pierce County * 240 SE 2nd Street * Rugby (701) 776-6783

Website: www.LRDHU.com

"LIKE" Lake Region District Health Unit on Facebook

Use Messages of National Public Health Week All Year

Lake Region District Health Unit encourages everyone to focus on healthy eating, exercise and a healthy lifestyle not only during National Public Health Week, but all year through.

There is a shift occurring in the nation's health care system from one that focuses only on treatment of the sick to one that is also committed to proactively keeping people and communities healthy and safe.



This year's theme for National Public Health Week was "Public Health: Start Here" which highlighted the commitment by public health officials across the country. Lake Region District Health Unit shares that commitment. Start here....

Be healthy from the start. From maternal health and school nutrition to emergency preparedness, Public health starts at home.

Don't panic. Disaster preparedness starts with community-wide commitment and action. We're here to help you *weather* the unexpected.

Get out ahead. Prevention is now a nationwide priority.

Eat well. The system that keeps our nation's food safe and healthy is complex. We can guide you with wise choices.

Be the healthiest nation in one generation. Best practices for community health come from around the globe. We have many local public health programs to offer you.

START HERE!

Upcoming: Calendar of Events

April—

- 7th-13th National Public Health Week
- 24th Car Seat Check; Lake Chevy; 3-6 pm
- 26th-May 3rd Infant Immunization Week
- 1st-30th Alcohol Awareness Month

May—

- 6th-12th National Nurses Week
- 7th Onsite Sewer Training; Devils Lake
- 10th Children's Learning & Safety Fair; 10-12
- 26th Memorial Day; Offices Closed
- 31st World No Tobacco Day
- 1st-31st High Blood Pressure Month

June —

- 6th-7th Relay for Life-Devils Lake
- 14th Flag Day
- 1-31st Men's Health Month
- 1-31st Home Safety Month

July—

- 4th Independence Day; Offices Closed
- 17th Car Seat Check-Lake Toyota 3-6 pm

LRDHU

WHAT WE OFFER:

PROGRAMS AND SERVICES

- Disease Control and Prevention
- North Dakota Health Tracks
- WIC (Women, Infants, and Children)
- Family Planning
- AIDS/HIV Outpatient Services
- Women's Way
- Maternal Child Health (MCH)
- Health Promotion and Maintenance
- Injury Prevention/Car Seats
- Emergency Preparedness and Response
- Tobacco Prevention and Control

ENVIRONMENTAL HEALTH AND SAFETY

The Environmental Health Program is responsible for health and safety inspections to enforce state public health laws, Lake Region District Health Unit (LRDHU) regulations, and local ordinances pertaining to the following:

- ◆ Air Quality Control
- ◆ Bacteriologic (Well Water) Testing
- ◆ Body Art-Tattoos and Body Piercings
- ◆ Bank Loan Inspections for Water & Sewer Systems
- ◆ Day Care Facility Inspections
- ◆ Emergency Preparedness & Response
- ◆ Food-borne Investigations & Training
- ◆ Hazardous Waste
- ◆ Non-Community Well Inspections
- ◆ Housing Sanitation and Safety
- ◆ Nuisance Complaints
- ◆ Rabies Control
- ◆ Radon Gas
- ◆ Recreational Sanitation for Campgrounds and Parks
- ◆ School Inspections
- ◆ Solid Waste
- ◆ Swimming Pool and Spa Inspections
- ◆ Onsite Sewer Systems/Water Pollution
- ◆ Tanning Facilities
- ◆ West Nile Virus Surveillance

Prepare for Unpredictable Severe Spring Weather Events

Since spring weather is unpredictable, you may be unprepared when severe weather hits. When severe weather hits unexpectedly, the risk of injury and death increases. Planning ahead for weather events such as thunderstorms, floods, and tornadoes (with advance warning) is necessary. Some safety specific items to include in advance planning for severe spring weather events include:

- ◆ A battery operated flashlight.
- ◆ An emergency evacuation plan which includes a map of your home and, for every type of severe weather emergency, routes to safety from each room.
- ◆ List of important personal information, including telephone numbers of neighbors, family, and friends. insurance and property information, telephone numbers of utility companies, important medical information.
- ◆ First aid kit.
- ◆ A 3-5 day supply of drinking water.
- ◆ Personal hygiene items.
- ◆ An emergency kit in your vehicle.



Practice your emergency evacuation plan and run through severe weather scenarios showing family members where emergency supplies are stored and how to turn off utilities such as water, gas, and electricity in your home. Take a few minutes and prepare yourself, your family, and your home for unpredictable spring weather events.

For more information contact the Lake Region District Health Unit, Emergency Preparedness, and Response Program at 701-662-7035.

Women-Infants-Children



Did you know: **WIC turns 40 this year!** On September 26, 1972, the USDA approved a pilot project to fund a special supplemental food program (now known as WIC) to help women, infants and children with nutrition needs. If you don't know about WIC, here's a link to the North Dakota WIC website: <http://www.ndhealth.gov/wic/>

On the site you can learn about WIC and see if your family qualifies. For more information, please call the Lake Region WIC Program at 662-7043 in Devils Lake.



New Grant-Funded Prevention Program

Lake Region District Health Unit was recently awarded a Strategic Prevention Framework State Incentive Grant (SPF SIG) through the ND Department of Human Services, Division of Mental Health and Substance Abuse Services to address two substance abuse prevention priority issues. They are Underage Drinking and Adult Binge Drinking. The three phases are Assessment, Planning and Implementation. The project ends September 30, 2015.



Smoke-Free Housing Protects Residents From Secondhand Smoke

The North Dakota Center for Tobacco Prevention and Control Policy is launching a campaign aimed at raising awareness of the dangers of secondhand smoke in multi-unit housing. The campaign encourages implementing smoke-free housing policies to protect all tenants from secondhand smoke exposure.

According to recent studies, secondhand smoke in apartments can travel through ventilation systems, pipes, electrical outlets and even walls, affecting nearly 29 million Americans who don't smoke, but live in an apartment or condo. Within minutes to hours, secondhand smoke is absorbed into walls, floors, carpet and other household surfaces after being exhaled.

A study released by the Centers for Disease Control and Prevention (CDC) reports that the estimated annual cost savings from eliminating smoking in all U.S. subsidized housing would be \$521 million a year and a savings of \$108 million in annual renovation expenses and \$72 million in annual smoking-related fire losses.



The Center is encouraging people to talk with their local public health unit to learn more about smoke-free multi-unit housing in their communities. For more information about secondhand smoke risks in multi-unit housing, or if you are a landlord and are interested in learning how to make your building smoke-free, go to smokefreehousingnd.com.



Administrative Professionals Week

April 20-26

Honoring our office professionals,
Sheri Hettwer, Betty Petska & Kim Homan.
They make our office work.

Happy Nurses Week * May 6-12

Thank You To Our Public Health Nurses!

*Shelley Aabrekke
Annette Groves
Sheree Gulseth
Shayla Rekkedal
Deb Schiff
Danette Schmid
Deb Quiring*

