



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



Fall 2021

Quarterly Newsletter

Health Happenings

Benson County * PO Box 86 * 330 C Avenue * Minnewaukan 58351 (701) 473-5444

Eddy County * 24 8th Street N * New Rockford 58356 (701) 947-5311

Pierce County * 240 SE 2nd Street * Rugby 58368 (701) 776-6783

“Like” us on Facebook: Lake Region District Health Unit

Website: www.LRDHU.com

HIDDEN IN PLAIN SIGHT

Hidden in Plain Sight is an initiative to help parents spot signs of risky behavior. The focus is on being able to recognize signs of substance use and being aware of the locations of items signaling that a young person might be involved in unhealthy activities. Parents can learn how to spot the warning signs, how to prevent easy access to alcohol and other drugs, what to do when you find a substance and get tips for communicating with your teens.



Devils Lake High School -Students Against Destructive Decisions (SADD) joined forces with Lake Region District Health Unit and DLHS Resource Officer Dallas. During Parent/Teacher conferences they put together a teenager’s mock bedroom for parents to try to pick out hidden harms.

Watch the video on You Tube: <https://youtu.be/nD-YLv1fEI0>



Upcoming: Calendar Of Events

November:

- 7th Daylight Savings Time Ends
- 11th **VETERAN’S DAY—Closed**
- 18th Great American Smoke Out
- 25-26th Happy Thanksgiving-Closed
- 1-30th American Diabetes Month
- 1-30th Lung Cancer Awareness Month

December:

- 1st World Aids Day
- 1-7th National Hand Washing Awareness Week
- 5-11th National Influenza Vaccination Week
- 24-25th **MERRY CHRISTMAS—Closed**
- 1-31st Safe Toys & Gift Month

January:

- 1st **HAPPY NEW YEAR!! Closed Dec. 31st**
- 17th **Martin Luther King Jr. Day—Closed**
- 1-31st Cervical Health Awareness Month
- 1-31st National Radon Action Month

LAKE REGION FAMILY PLANNING



**1 DAY CLINIC IN
NEW ROCKFORD**

**LRDHU—Eddy County
24 8th Street North**

**FRIDAY, NOVEMBER 19
9:00 A.M.—4:00 P.M.**

CONFIDENTIAL !!

LAKE REGION FAMILY PLANNING OUTREACH

524 4TH AVE. NE, DEVILS LAKE

Schedule Your Appointment @ 662-7046

Available Services:

- Health Ed & Counseling, Abstinence, Healthy Relationships
- STD Screening/ Treatment Male & Female
- Birth Control: IUDs, Pills, Depo, Nuva Ring etc.
- Pregnancy Tests
- GYN & Breast Exams
- Hep C Testing
- Labs: Urinalysis, Pap Smears
- Male Services
- Blood Pressure
- HIV Testing

LAKE REGION FAMILY PLANNING

Pierce County Public Health

RUGBY

240 SE 2nd Street



1 - DAY CLINIC

**Friday, December 3rd
9:00 a.m.—4:00 p.m.**



CONFIDENTIAL!

AS IT TURNS OUT, SMOKING IS MORE HARMFUL TO WOMEN THAN MEN

When the first Surgeon General Report on Smoking was released in 1964, it caused a rapid drop in the smoking rate among men. This was not the case for women. The smoking rates among women continued to climb, primarily due to aggressive marketing by the tobacco industry directed at them. The tobacco industry marketed "slimmer" cigarettes in pastel colors to appeal to women, implying that smoking would keep girls and women thin. The tobacco industry also used slogans, advertising, and sport sponsorships to tie their products to the women's rights movement through the 1960s and 70s.

Today, smoking rates among women have dropped. The women most likely to smoke today are among the most vulnerable - those disadvantaged by low income, less education, and mental health disorders. Women in these groups are also less likely to quit when they become pregnant and are more likely to start smoking again after delivery, increasing the dangerous health effects of smoking on mothers and children.

Tobacco smoke exposure and nicotine addiction are different for women. For example, women's lungs are smaller. The smaller lungs are more vulnerable to air contaminants and chemicals in tobacco smoke, and a cigarette is more toxic to females because of how the lung processes it. The nicotine concentration is greater in female's plasma than in men. Nicotine concentration in women's plasma also clears faster than the nicotine concentration in men's plasma. The quicker the rate of nicotine metabolism, the higher the cravings and the more difficulty in quitting.

Additionally, nicotine affects an area of a woman's brain related to the regulation of mood and response to cues in the environment. Stress and mood regulation are the main reasons women continue to smoke. Yet, the relaxation response from smoking is very short-lived, followed by nicotine withdrawal, and keeps the addiction cycle going. Lastly, smoking increases the risk of entering menopause earlier. Health risks increase with early menopause: cardiovascular disease, diabetes, cognitive decline, and osteoporosis.

The benefits to women's health from quitting tobacco are enormous and immediate. Heart attack risk drops dramatically in the first year. Within five years, women who have quit smoking can see their stroke risk drop to that of a never smoker. In ten years, a woman's risk of dying from lung cancer is cut in half.

Many tobacco treatment programs and cessation services are available to tobacco users who want to quit. Lake Region District Health Unit offers tobacco treatment counseling and is able to help tobacco users obtain cessation medication. Combining counseling and medication more than double a tobacco user's success in quitting. Tobacco treatment counseling helps tobacco users create a quit plan to avoid triggers and cravings, and cessation medications reduce the withdrawal symptoms. Women who want to quit should talk to their primary health care provider or call NDQuits at 1-800-QUIT-NOW for help. Locally, if someone is contemplating quitting or is ready to quit, they can contact Lake Region District Health Unit at 662-7022 to talk with Holli Rodriguez, a Tobacco Treatment Specialist, to plan their quit. Quitting tobacco is beneficial at any age.



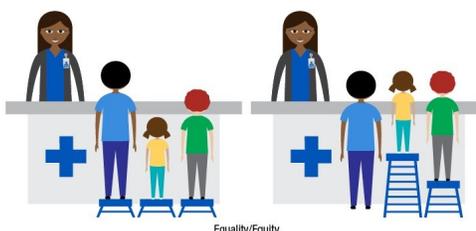
LRDHU RECEIVES GRANT FOR HEALTH EQUITY POSITION

Dustin Dimmler has been named Health Equity Coordinator. He is building relationships with a wide variety of community members and entities (schools, law enforcement, legislators, social service agencies etc.) that have an interest or need to improve health equity within the Health Unit's district.

Health equity is when everyone has the opportunity to be as healthy as possible. To achieve health equity, efforts are needed to address the severe and far-reaching health disparities that plague our rural area by expanding access and removing the social and economic obstacles that lead to poor health outcomes. Barriers include poverty, poor housing, and unsafe or unhealthy environments, as well as lack of access to good jobs, quality education, and comprehensive, high quality health care.

Inequities affect us all. The COVID-19 pandemic is the most recent and glaring example. By diminishing the economic, health, educational, and overall human potential of millions of people in this country, health inequities and disparities weaken our entire society and leave us unprepared for public health threats.

CDC is transforming its public health research, surveillance, and implementation science efforts to shift from simply listing health inequities to identifying and addressing the disparities.



**For Questions Related to COVID-19, call
ND Department of Health Hotline
866-207-2880
8:00 a.m. - 5:00 p.m. Monday—Friday**



The NDDOH also has some great advice on COVID-19 and how you can be prepared on it's website.

www.health.nd.gov/diseases-conditions/coronavirus

E-mail questions: www.health.nd.gov/contact

Individuals who need medical care should call their health care provider prior to arriving at a clinic or emergency room.