



Public Health  
Prevent. Promote. Protect.

Lake Region District Health Unit



# LAKE REGION DISTRICT HEALTH UNIT (LRDHU)

524 4<sup>th</sup> Avenue NE Unit 9, Devils Lake, ND 58301-2490

Ramsey County (701) 662-7035

## Health Happenings

Summer 2018

Quarterly Newsletter

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

Eddy County \* 24 8<sup>th</sup> Street N \* New Rockford 58356 (701) 947-5311

Pierce County \* 240 SE 2<sup>nd</sup> Street \* Rugby 58368 (701) 776-6783

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

Website: [www.LRDHU.com](http://www.LRDHU.com)

### WORKING TOGETHER TO MAKE ND THE SAFEST STATE IN THE NATION

Despite the continued media attention, law enforcement programs and general knowledge of the risks of drinking and driving, this problem continues to be an issue in North Dakota. According to statistics from the National Highway Traffic Safety Administration, North Dakota leads the nation in drunk driving fatalities. In 2016 there were 4245 DUI arrests statewide, in 2017 that figure increased to 4762. In North Dakota, 41 percent of traffic deaths involved a driver who has a blood alcohol content of 0.08 or higher. In 2017 the figures from the North Dakota Department of Transportation for our region shape up as follows:

Benson County	Eddy County	Pierce County	Ramsey County
9 Arrests	11 Arrests	25 Arrests	104 Arrests
.08 to .10 2 Arrests	.08 to .10 1 Arrest	.08 to .10 1 Arrest	.08 to .10 4 Arrests
.11 to .17 2 Arrests	.11 to .17 5 Arrests	.11 to .17 7 Arrests	.11 to .17 35 Arrests
.18+ 3 Arrests	.18+ 3 Arrests	.18+ 16 Arrests	.18+ 49 Arrests

These figures verify that approximately 45-50% of those who are stopped for DUI are 3 times over the legal limit for alcohol consumption. To help educate our public and more importantly those who sell, serve or dispense alcohol, we reached out to the Devils Lake City Council with these statistics and on June 1<sup>st</sup> 2018 MANDATORY Responsible Beverage Server Training became law in the City of Devils Lake. We are also working with the Ramsey County Commissioners on incorporating the same law in Ramsey County. Ultimately it is our goal at LRDHU to work with our local legislators to present a bill in the next legislative session that will require Mandatory Responsible Beverage Server Training throughout the State of North Dakota.



Working together to make ND the safest state in the nation.

### Upcoming: Calendar Of Events



#### August:

- 1-31st Children’s Eye Health & Safety Month
- 1-31st National Breastfeeding Month
- 1-31st Immunization Awareness Month

#### September:

- 3rd Labor Day– Closed
- 9th Grandparent’s Day
- 28th World Rabies Day
- 1-30th Fruit & Veggie Month
- 1-30th National Preparedness Month



#### October:

- 1-13th National Fire Prevention Week
- 17-23rd National Child Passenger Safety Week
- 25th Car Seat Check @ Lake Chevy 3-6pm
- 22-28th Lead Poisoning Prevention Week
- 1-31st Breast Cancer Awareness Month



## LAKE REGION FAMILY PLANNING PROGRAM

**\*CONFIDENTIAL\***

- Male & Female Services
- Health Ed/Abstinence
- Healthy Relationships
- STD Screening/Treatment
- Pregnancy Tests
- GYN & Breast Exams
- HIV/Hep C Testing
- Birth Control: IUDs/Pills/ Depo/NuvaRing



701-662-7046

### Adults!



Public Health

### Did You Know?

#### CDC Recommended Adult Immunizations:

- \*PCV13 (Pneumovax 13) 1 dose ages 65+
- \*PPSV23 (Pneumovax 23) 1 dose 1 year after PCV-13
- \*Tdap 1 dose 19+
- \*Zoster (Shingles) 2 doses age 50+

*Are you up to date?*

**Call 701-662-7040**

**to schedule needed vaccinations.**

## WOMEN, INFANTS AND CHILDREN (WIC)

WIC is a federal nutrition program that gives you:

- nutrition information, counseling and support
- breastfeeding information and support
- nutritious foods
- health screenings
- referrals to other services



To be eligible for WIC,

1. You must be a:

- **pregnant woman;**
- **breastfeeding woman** (up to one year after giving birth)
- **new mother** (up to six months after giving birth)
- parent, guardian or caretaker who has an **infant or child younger than 5 years of age**

**AND,**

2. You must have a **nutritional health risk**. The WIC Staff will be able to find a risk by checking your height, weight and iron level and having you answer some health and diet questions.

**AND,**

3. Your annual household income must be within **WIC Guidelines** (see below) which are based on gross income unless you are self-employed.

*Note: You may have a job and still meet these guidelines.*

### North Dakota WIC Income Eligibility Guidelines 2018/2019

#### 185% Poverty Level

Household Size	Annual	Monthly	Weekly
1	22,459	1,872	432
2	30,451	2,538	586
3	38,433	3,204	740
4	46,435	3,870	893
5	54,427	4,536	1,047
6	62,419	5,202	1,201
<b>For each additional household member add:</b>	<b>7,992</b>	<b>666</b>	<b>154</b>



Jocelyn, Lori and Sheri from the LRDHU WIC Program volunteered in Fargo during the ND Nutrition Council in April. They joined others to make grocery bags out of t-shirts for a River Keepers project. T-shirt totes are a great way to reduce the use of plastic bags.

Did you know that about 100 billion plastic bags are used annually in the US alone and only about 2% of them are recycled? It's a scary statistic but we can all do small things to help our earth! Using reusable bags is a very easy way to do your part.



High deductibles?

No insurance?

Need help to pay?



*Women's Way*

may provide a way to pay for your mammogram and/or Pap test.

**For more information call:  
Shelley Aabrekke  
Women's Way Coordinator  
701-473-5444**

Take advantage of "teachable moments" when alcohol or drug issues come up.



**PARENTS LEAD**

**HAVING TROUBLE TALKING TO YOUR CHILDREN ABOUT ALCOHOL? ANSWERS ARE JUST A CLICK AWAY.**

[www.parentslead.org](http://www.parentslead.org)