

LAKE REGION DISTRICT HEALTH UNIT (LRDHU)

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

(701) 662-7035 Ramsey County

Health Happenings

Summer 2018

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

Quarterly Newsletter

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

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 1st 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.



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



Upcoming: Calendar Of Events

August:

- 1-31st Children's Eye Health & Safety Month
- National Breastfeeding Month 1-31st
- 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





Did You Know?

CDC Recommended Adult Immunizations:

*PCV13 (Prevnar13)	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.

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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,

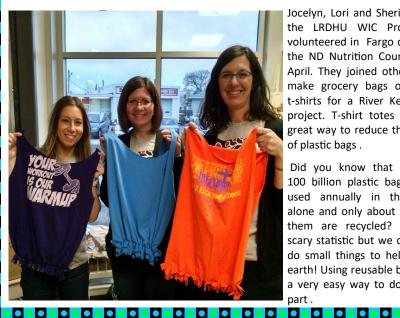
3. Your annual household income must be within WIC Guidelines (see below) which are based on gross income unless you are self-employed.

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

North Dakota WIC Income Eligibility Guidelines 2018/2019

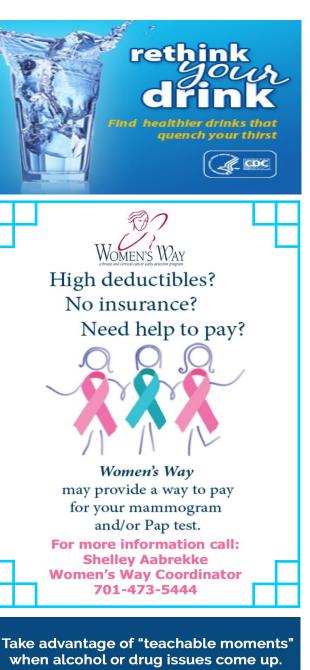
185% Poverty Level

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
For each additional household member add:	7,992	666	154



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 .



HAVING TROUBLE TALKING TO YOUR

CHILDREN ABOUT ALCOHOL? ANSWERS ARE JUST A CLICK AWAY.

www.parentslead.org

PARENTS LEAD