



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

Winter 2020

Quarterly Newsletter

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



National Public Health Week April 6 - 12, 2020
NPHW @ 25: Looking Back, Moving Forward.

Everyone deserves to live a long and healthy life in a safe environment. To make that possible, we need to address the causes of poor health and disease risk among individuals and within our communities. Where we live, learn, work, worship and play affects each of us and can determine our health and life expectancy. In the workplace, let's partner across public and private sectors to make sure decisions are made with the public's health in mind. Within our communities, let's start new conversations with our neighbors and become advocates for positive change. Working together, we can build healthier communities and eventually, the healthiest nation. But we need your help to get there.

During each day of National Public Health Week, we focus on a particular public health topic. Then, we identify ways each of us can make a difference on that topic. These areas are critical to our future success in creating the healthiest nation, and everyone can do their part to help.

- Mental Health — advocate for and promote emotional well-being*
- Maternal and Child Health — ensure the health of mothers and babies throughout the lifespan*
- Violence Prevention — reduce personal and community violence to improve health*
- Environmental Health — help protect and maintain a healthy planet*
- Education — advocate for quality education and schools*
- Healthy Housing — ensure access to affordable and safe housing*
- Economics — advocate for economic empowerment as the key to a healthy life*

Calendar Of Events

February:

- 1-29th American Heart Month
- 7th National Wear Red Day
- 17th Random Acts of Kindness Day
- 17th Presidents Day—Offices Closed



March:

- 1-31st Colorectal Cancer Awareness Month
- 1-31st National Nutrition Month
- 8th Daylight Savings Time Begins
- 17-23rd National Poison Prevention Week
- 18th Take Tobacco Down Day

April:

- 1-30th Alcohol Awareness Month
- 6-12th National Public Health Week
- 10th Good Friday—Offices Closed
- 22nd Earth Day
- 23rd Car Seat Check—Lake Chevy 3-6pm



LRDHU RECOGNIZES EMPLOYEES FOR YEARS OF SERVICE

LRDHU shares its appreciation for milestone achievements. Loyal and dedicated employees are the foundation to any successful company. Public Health thanks you for your contributions to our success!

- *Kim Homan—15 Years
Emergency Preparedness & Response—Public Information Officer
Tobacco & Substance Abuse Prevention Coordinator
- *Mindy Cavanaugh—5 Years
Administrative Support
- *Sheri Bertsch—10 Years
Finance/Business Manager
- *Liz Bonney—5 Years
Tobacco & Substance Abuse Prevention Coordinator



Buckle Up For Kids

Child seats are checked for recalls, proper installation & right fit.
Learn how to make your kiddos safer when you travel.

2020 Car Seat Check-Up Events

DATE	LOCATION	TIME
January 23 Thursday	Lake Chevrolet 123 5th St. NE Devils Lake	3 pm – 6 pm
April 23 Thursday	Lake Chevrolet 123 5th St. NE Devils Lake	3 pm – 6 pm
July 23 Thursday	Lake Chevrolet 123 5th St. NE Devils Lake	3 pm – 6 pm
October 22 Thursday	Lake Chevrolet 123 5th St. NE Devils Lake	3 pm – 6 pm



For more information contact Shelley Aabrekke at 701-473-5444
or call your local Public Health Unit

**If possible, please bring the car seat,
manufacturer's instructions, vehicle owner's
manual, and the child using the car seat.*



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



TOBACCO 21

It is now illegal for a retailer to sell any tobacco product—including cigarettes, cigars and e-cigarettes to anyone under 21. Now that this is a federal law, all states will have to comply.



The age change could save thousands of lives. Research shows it is important to try to prevent teens from smoking or vaping nicotine products, because they are the most likely to become addicted.

The new law also comes at a time when public health professionals are alarmed at the rise of e-cigarettes and vaping among teens. Cigarette use among this group had been steadily falling for years, but that trend has reversed itself since the introduction of vaping products that contain nicotine.

28 percent of high school students reported using nicotine e-cigarettes in the past 30 days this year — up from just over 20 percent in 2018. Among middle school students, that rate rose from 5 percent in 2018 to 11 percent in 2019. The figures are particularly concerning given the high exposure to nicotine through the use of nicotine salt-based e-cigarette products such as Juul, which was the most commonly reported brand among youth using e-cigarettes in 2019.

A 2015 report from the Institute of Medicine (IOM) found raising the smoking age to 21 could prevent approximately 223,000 premature deaths among Americans born between 2000 and 2019. By raising the age to buy cigarettes and vaping products, lawmakers are attempting to avert another public health crisis.

FREE DRUG DEACTIVATION POUCHES



Opiate abuse has reached crisis proportions: Nearly 20,000 Americans overdose on prescription pain medication each year. Advocacy groups are combating pain medication addiction through drug awareness, community engagement and drug take back programs.

Free drug deactivation pouches are distributed at LRDHU. The pouches can help keep excess or expired prescription painkillers out of the wrong hands.

FREE NARCAN & TRAINING



Narcan (naloxone) saves lives! Learn how to spot an opioid overdose and reverse it using Narcan nasal spray.

If you or a loved one are prescribed opioid painkillers, or are taking opioids, you should take the training and have naloxone on hand. You can also use this training to save the life of a stranger.

For Narcan information visit <https://www.narcan.com/>
FREE Narcan & Training available at LRDHU.
Call Liz at 662-7022 or Kim at 662-7407.

A Safe Sleep Environment is as Easy as ABC

A ALONE

Babies should **sleep alone**, not with adults, other children, blankets, bumper pads, pillows or stuffed animals in their crib.

B BACK

Babies should be placed to sleep **on their back**, not their side or tummy.



C CRIB

An **infant crib** or playpen should be used for sleeping, not an adult bed, sofa, chair, car seat (outside of the vehicle), swing or infant seat.

Call Your Local Public Health Nurse for Information on Cribs & Kits.