

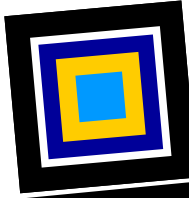


Public Health
Prevent. Promote. Protect.
Lake Region District Health Unit

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 2016
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

MAKE AMERICA THE HEALTHIEST NATION IN ONE GENERATION

Americans are living 20 years longer than their grandparents’ generation –thanks largely to the work of public health. American Public Health Association (APHA) is a growing movement of people, communities and organizations. The goal of the association is to create the healthiest nation in one generation. To get there we have to ensure conditions that give everyone the opportunity to be healthy. It’s not enough to provide access to quality health care. We also need to build safe, healthy communities with a foundation of social justice for all. We must help all Americans achieve at least a high school education, better ensure the opportunity to earn a livable wage and improve access to safe, healthy food. We must protect our environment because what happens upstream to our environment at work, school and home affects our health downstream.

While a doctor treats people who are sick, those of us working in public health try to prevent people from getting sick or injured in the first place. We also promote wellness by encouraging healthy behaviors.

From conducting scientific research to educating about health, people in the field of public health work to assure the conditions in which people can be healthy. That can mean vaccinating children and adults to prevent the spread of disease. Or educating people about the risks of alcohol and tobacco. Public health sets safety standards to protect workers and develops school nutrition programs to ensure kids have access to healthy food.

Public health works to track disease outbreaks, prevent injuries and shed light on why some of us are more likely to suffer from poor health than others. The many facets of public health include speaking out for laws that promote smoke-free indoor air, seat-belt use and spreading the word about ways to stay healthy.

Public health saves money, improves our quality of life, helps children thrive and reduces human suffering.

NATIONAL PUBLIC HEALTH WEEK: APRIL 4-10TH



Upcoming: Calendar Of Events

February:

- 1-29th Child Passenger Safety Month
- 1-29th American Heart Month
- 5th National Wear Red Day
- 14-20th Random Acts of Kindness Week
- 15th **Presidents Day—Offices Closed**

March:

- 1-31st Colorectal Cancer Awareness Month
- 1-31st National Nutrition Month
- 13th Daylight Savings Time Begins
- 15-21st National Poison Prevention Week
- 19th Kick Butts Day
- 25th **Good Friday—Offices Closed**

April:

- 1-30th Alcohol Awareness Month
- 4-10th National Public Health Week
- 22nd Earth Day
- 28th Car Seat Check—Lake Chevy 3-6pm

NORTH DAKOTA RANKS FIRST IN PROTECTING KIDS FROM TOBACCO

For the third year in a row, North Dakota ranks number one in the country for funding programs that prevent kids from smoking and helping smokers quit. According to a national report released by a coalition of public health organizations, North Dakota is the only state that currently funds tobacco prevention programs at the level recommended by the Centers for Disease Control and Prevention (CDC).



Since North Dakota began funding tobacco prevention programs at or near the CDC-recommended level in 2009, the smoking rate among high school students has dropped from 22.4 to 11.7 percent.

It is imperative that we continue to fund tobacco prevention programs because tobacco companies spend \$34.1 million to market their deadly and addictive products in North Dakota each year. That equates to tobacco companies spending \$3 to promote tobacco use for every \$1 North Dakota spends to prevent it.

ATTENTION SEWER CONTRACTORS & HOMEOWNERS

Regional onsite sewer contractors and homeowners will be able to attend an educational onsite sewer workshop on February 25th at the Ramsey County Courthouse. This training is offered in Devils Lake to allow contractors and homeowners an opportunity to learn about the best practices of construction and repair of onsite sewer systems, to review regulations, and to see presentations of various sewer products.



If you would like to sign up for the workshop or have questions concerning onsite sewer systems, please contact Candace Carlson, Environmental Health Director at 662-7035. New regulations and the workshop registration form can be found at: www.lrdhu.com/environmental_health.

BUCKLE UP FOR KIDS

Car Seat Check-Up Events

2016 DATES	DEVILS LAKE LOCATIONS	TIME
January 28	Lake Chevy * 123 5th St. NE	3-6 PM
April 28	Lake Chevy * 123 5th St. NE	3-6 PM
July 28	Lake Chevy * 123 5th St. NE	3-6 PM
October 27	Lake Chevy * 123 5th St. NE	3-6 PM

FREE INDOOR EVENT

For more information contact Shelley Abrekke at 701-473-5444



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



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Car seat check-up events are sponsored in cooperation with Lake Chevrolet Buick GMC

RESPONSIBLE BEVERAGE SERVER TRAINING

What is responsible beverage server training?

Responsible Beverage Server (RBS) Training is designed to educate owners, managers, servers, and sellers at alcohol establishments about strategies to avoid illegally selling alcohol to underage youth and intoxicated customers.

What do participants learn during RBS Training?

Completion of RBS training will give trainees the tools to identify potential underage customers, false IDs and common signs of overconsumption. RBS certified managers, servers and sellers will: understand the effects and consequences of alcohol use and abuse, recognize the importance of implementing and upholding local laws and business policies that prevent underage and binge drinking, be prepared to handle situations where these laws and policies are challenged, and promote the overall health and safety of their patrons by providing responsible customer service.

Why is RBS important?

Being a part of a business as an employee, server or owner - you have the responsibility to be educated in preventing alcohol abuse and underage drinking. It protects both the establishment and employees from liability concerns, and the customers from the dangers of irresponsible alcohol consumption.

Who should attend RBS Training?

Every server, owner and/or manager of an establishment who serves or sells alcohol can benefit from this training.

Does a RBS certification expire?

The certifications for the Basic Server, Large Event and Owner/Manager trainings are only valid for three years. After three years a refresher course will need to be completed.

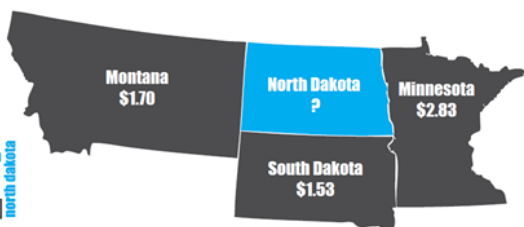
For more information call Liz Bonney at 701-662-7022.



NORTH DAKOTA TOBACCO FACTS

- ND high school smoking rate: 11.7% (National average: 15.7%)
- ND youth smokeless tobacco rate: 13.6% (National average: 7.7%)
- ND adult smoking rate: 21.2% (National average 16.8%)
- ND adults who die each year from smoking: 1,000
- ND kids now under age 18 who will die prematurely from smoking: 14,000
- ND annual health care costs directly caused by smoking: \$326 million
- Portion covered by ND State Medicaid: \$56.9 million
- ND residents' state and federal tax burden from smoking-caused government expenditures: \$823 per household
- Smoking-caused productivity losses in ND: \$232.6 million
- Tobacco industry marketing expenditures in ND: \$34.1 million (Nationally: \$9.6 billion)
- Current tax on pipe tobacco/cigars: 28% of wholesale purchase price
- National rank: 46th
- Last tobacco tax raise: 1993
- National average cigarette tax: \$1.54/pack
- ND current tax on cigarettes: \$0.44/pack

Can you Guess North Dakota's Cigarette Tax?



ENVIRONMENTAL HEALTH DIVISION

Candace Carlson, Environmental Health Director of LRDHU, recently received her Certified Pool/Spa Operator Certification (CPO®), a nationwide recognized program. The CPO® certification program incorporates pool and spa chemistry, testing, treatment, filtration, maintenance, automatic feeding equipment, and government requirements. The course also covers topics necessary for pool operators including a section for local and state codes and gives participants a better understanding of the role in pool care, management and risk reduction.

The LRDHU Environmental Health Divisional licenses and conducts inspections and regulatory oversight of all indoor and outdoor public and semi-public aquatic facilities. Facilities are inspected to ensure sanitation and safety standards are provided and maintained, based on the Aquatic Facilities Rules and Regulations in place in the counties served by the Lake Region District Health Unit.

