



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

Fall 2014

Quarterly Newsletter

Benson County * 330 C Avenue * Minnewaukan (701) 473-5444

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

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

Website: www.LRDHU.com

NORTH DAKOTA HEALTH TRACKS PROGRAM

North Dakota Health Tracks is a free preventative health program for newborns and children up to age 21 who are enrolled in North Dakota Medicaid.

Services include:

- Intake of comprehensive health history
- Hearing and vision screening
- Developmental testing
- Speech evaluation
- Mental health assessment
- Dental assessment with fluoride application
- Orthodontic referral
- Supportive counseling
- Review and update of immunization status
- Limited screening of lab work
- Complete physical assessment
- Education provided per age on overall health, nutrition and safety
- Assistance with indicated referrals



Please call to schedule an appointment.

Benson County (701) 766-1806

Eddy County (701) 947-5311

Pierce County (701) 776-6783

Ramsey County (701) 662-7040

Upcoming: Calendar Of Events



November:

- 11th Closed—Veterans Day
- 20th Great American Smokeout
- 27th-28th Closed—Thanksgiving Holiday
- 1-30th Lung Cancer Awareness Month
- 1-30th American Diabetes Month

December:

- 1st World AIDS Day
- 7-13th National Influenza Vaccination Week
- 24-25th Closed at noon on 24th & All day on 25th

January:

- 1st Closed—New Years Day
- 4-10th Folic Acid Awareness Week
- 19th Closed—Martin Luther King Jr Day
- 22nd Carseat Check; Lake Chevy 3-6 pm
- 1-31st Cervical Health Awareness Month
- 1-31st Radon Action Awareness Month



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Lake Region District Health Unit



ELECTRONIC CIGARETTES

Electronic cigarettes are devices made to deliver nicotine or other substances to a user in the form of a vapor. They appear to be designed like a cigarette but are battery powered with a vaporizer and mouthpiece. These products are made to look like cigarettes, cigars, or pipes. E-cigarette cartridges are available in various flavors such as vanilla, menthol, and bubble gum. Using an e-cigarette is commonly referred to as vaping.

Food and Drug Administration (FDA) tests of e-cigarette samples showed they contain cancerous and toxic chemicals. "No nicotine" cartridges actually contain nicotine and emit different levels of nicotine with each puff.

E-cigarettes are not currently regulated nor are they sold as a way to quit smoking. No one really knows if they are a safe quitting aid. Nicotine replacement therapy (NRT) works well to help people stop smoking. It includes nicotine patches, inhalers, nasal sprays, lozenges and gum.



NEW ENVIRONMENTAL HEALTH DIRECTOR APPOINTED

Candace Carlson, employee with LRDHU since 2003, recently fulfilled the North Dakota requirements for the Registered Environmental Health Specialist/Registered Sanitarian credential (REHS/RS). Passing the national exam illustrates her hard work and dedication to the field of environmental health.

Candace began her career with LRDHU in the Environmental Health-Emergency Preparedness Division. Candace has now been appointed Director of Environmental Health for the 7 county region covered by the Division: Benson, Eddy, Pierce, Ramsey, Rolette, Towner, and Cavalier.

The Environmental Health Division is responsible for inspections of swimming pools, schools, group homes, tanning, body art, and childcare facilities. Candace also oversees inspections of onsite sewer systems, indoor air quality, nuisance complaints, and various other sanitation and environmental issues.



OUR "OUTSTANDING" IMMUNIZATION TEAM



Outstanding achievement immunization awards were presented at the State Immunization Conference to Danette Schmid, Nancy Ludwig, Shelley Aabrekke, Char Rardon, Shayla Rekkedal, & Annette Groves. Deb Quiring, Deb Schiff & Betty Petska are also apart of our immunization team keeping our communities protected from vaccine preventable diseases.

CERVICAL CANCER AWARENESS

January is Cervical Cancer Awareness month. A Pap test can find abnormal cells that can be treated early before they turn into cancer. Half of all cervical cancers occur in women that have no history of Pap tests. Screening guidelines for Pap tests begin at age 21. Visiting with your health care provider about screening recommendations for women under 30, ages 30-65, over 65 and those that have had a hysterectomy are an important part of taking care of you!!

Lake Region Family Planning Program
701-662-7046

A trained and caring staff of health-care professionals provide these services.



Ways to reduce the risks are:

- Having regular Pap tests and following up on abnormal results,
- Not smoking
- Limiting the number of sexual partners
- Using condoms regularly and correctly
- Protecting yourself from the Human Papillomavirus (HPV) by getting the cancer prevention vaccine from your local public health unit or health care provider. The vaccine is given to both females and males at 11 years of age and can be given through age 26. Early detection is the best protection!!

RETIREMENT/CARD PARTY

Betty Petska started working at LRDHU in February 1980 as Administrative Assistant for multiple public health programs. Please help us celebrate her 34 years of service by either sending her well wishes by card or joining us on November 20th from 2-4pm in the basement of the Ramsey County Courthouse.

Congratulations!

Please send cards to:
LRDHU
524 4th Ave. NE, Unit 9
Devils Lake, ND 58301-2490

WIC Approved Chocolate Pumpkin Bars

(Makes 30 bars)

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup pecans, very finely chopped
- 3/4 cup granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 4 large eggs, beaten
- 1—15-ounce can 100% pure pumpkin
- 1/2 cup canola oil
- 1/4 cup 1% low-fat milk
- 1/2 cup mini semi-sweet chocolate chips



Directions

- Preheat the oven to 350°F. Lightly oil or coat a 15 x 10 x 1-inch rimmed baking or jelly roll pan with nonstick cooking spray.
- Whisk together the all-purpose flour, whole wheat flour, pecans, sugar, baking powder, cinnamon, baking soda, and salt in a large bowl until well combined.
- In a separate bowl, whisk the eggs, pumpkin, oil, and milk until well blended. Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the chocolate chips.
- Spread the batter evenly in the prepared pan and bake for 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool for 10 minutes before slicing into thirty, 2 x 2 1/2-inch bars.

Nutrition Information per Serving (1 bar):
140 calories, 6g fat (1g saturated, 0.4g omega-3), 95mg sodium, 16g carbohydrate, 2g fiber, 2g protein, 45% vitamin A

YOUR MENTAL HEALTH DURING DISASTERS

An emergency can disrupt your life but there are things that can help keep normalcy in your life and help your mental health.

- Follow your usual routine as much as possible
- Eat healthy meals. Don't skip meals and don't overeat.
- Exercise and stay active
- Stay busy. Volunteer in your community/help your neighbors.
- Accept help from your family, friends, or co-workers. Talk about your feelings with them.
- Limit your time around the disaster. Don't dwell on media reports of the tragedy.

Know when to ask for help if:

- * You are not able to care for yourself or children
- * Not able to do your job
- * Escaping your problems in the form of drugs or alcohol
- * Feeling sad or depressed for two or more weeks
- * Having thoughts of suicide