



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 2015

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

"Like" us on Facebook: Lake Region District Health Unit

Website: www.LRDHU.com

WHY GET THE FLU VACCINE?

- ◆ Flu vaccination can keep you from getting sick from flu.
- ◆ Flu vaccination can help protect people who are at greater risk of getting seriously ill from flu, like older adults, people with chronic health conditions, pregnant women, and young children (especially infants younger than 6 months old).
- ◆ Flu vaccination also may make your illness milder if you do get sick, reducing the risk of more serious flu outcomes such as hospitalizations and deaths.
- ◆ Studies showed that flu vaccine:
 - ~ Reduces children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu season
 - ~ A 71% reduction in flu-related hospitalizations among adults of all ages
 - ~ A 77% reduction among adults 50 years of age and older
 - ~ Reduced hospitalizations among people with diabetes and chronic lung disease
- ◆ Flu vaccination was associated with lower rates of some cardiac events among people with heart disease, especially among those who had had a cardiac event in the past year.
- ◆ Vaccination helps protect women during pregnancy and their babies for up to 6 months after they are born, before they can get vaccinated. One study showed that giving flu vaccine to pregnant women was 92% effective in preventing hospitalization of infants for flu.
- ◆ A study that looked at flu vaccine effectiveness over the course of three flu seasons estimated that flu vaccination lowered the risk of hospitalizations by 61% in people 50 years of age and older.



Upcoming: Calendar Of Events



November:

- 1st Daylight Savings Time Ends
- 11th Closed—Veterans Day
- 19th Great American Smokeout
- 26th-27th 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
- 3-9th Folic Acid Awareness Week
- 18th Closed—Martin Luther King Jr Day
- 28th Car seat Check; Lake Chevy 3-6 pm
- 1-31st Cervical Health Awareness Month

AND THE SURVEY SAYS.....

CHI Mercy Hospital and LRDHU need to hear your concerns about our community health services. You will see a Community Health Needs Assessment Survey circulating in print and online in your local area. Please take the time to give us your valued input.

The focus of this effort is to:

1. Learn of the good health offerings in your community as well as concerns.
2. Learn more about how local health services are used by you and other residents.
3. Understand perceptions and attitudes about the health of the community, and hear suggestions for improvement.

Community Health Needs Steering Committee members deserve a big **THANK YOU** for investing valuable time in helping improve the future of local health care.

Annette Groves	Andrew Lankowicz	Tobey Schall
Karen Halle	Allen McKay	Curt Yri
Kim Homan	Dorothea Olson	Terry Yri
Brenda Langerud	Tara Rogness	

Link to online survey: <http://tinyurl.com/lakeregionsurvey>
Direct link can be found on Lake Region District Health Unit 's FB page .
Written copies are available by calling 701-662-7035.



NORTH DAKOTA SPECIAL NEEDS REGISTRY

The North Dakota Special Needs Registry allows emergency services across the state to better serve the public during disasters. NDSNR is promoting self-reliance through preparedness.



Who should register? Any individual who has physical, medical, sensory or cognitive disabilities, is an older adult or has any other special need, should consider registering in the **NDSNR**.

- ◆ Needs life-sustaining medication
- ◆ Is vision, hearing or speech impaired
- ◆ Needs a ventilator
- ◆ Needs supplemental oxygen
- ◆ Needs life-sustaining equipment
- ◆ Is mobility impaired
- ◆ Needs homecare assistance
- ◆ Has a mental or cognitive condition
- ◆ Needs a service animal

TOBACCO-FREE ZONES

The health hazards of tobacco use have been well established. A comprehensive tobacco-free school policy reduces the high incidence of tobacco use in North Dakota, protects the health and safety of all students, employees and the general public, and sets a non-tobacco use example by adults.



Tobacco use is the leading cause of preventable death and disability in North Dakota. To support and model a healthy lifestyle for our students, school boards can choose to support healthier lifestyles for our students by adopting a comprehensive tobacco-free school policy.

Congratulations to the following schools in the Lake Region District Health Unit service area that have comprehensive tobacco-free policies are: Devils Lake Public Schools, Edmore Public School, Leeds Public School, Little Flower Elementary School, Maddock Public School, Oberon Public School, Rugby Public Schools, Warwick Public School, and Wolford Public School.

If your school would like more information on becoming tobacco-free please contact LRDHU at 701-662-7022.

November 19th— Great American Smokeout

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!

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!!

Lake Region Family Planning Program

701-662-7046



***Women's Way may provide a way to pay for breast and cervical cancer screenings. For more information call 701-662-7037.**

MOBILE MEDICAL UNIT (MMU)



North Dakota is very fortunate to have the MMU as an emergency response asset. The MMU is a medical emergency room on wheels complete with x-ray, lab and pharmacy. The MMU carries its own generator to produce power during outages or where power is otherwise not available. It travels with an additional truck that contains all the supplies needed for MMU functions. It can accommodate 8 beds but up to 16, if needed.

The MMU is available to respond in emergency situations and for other events when the hospital is unavailable to treat patients. Some scenario examples are:

- ◆ A power outage that is not alleviated by emergency generators
- ◆ Flooding, tornado or other natural disaster has closed or damaged a hospital
- ◆ A disaster has caused injuries in a place or in such a manner where it is difficult to get victims to a hospital, such as an explosion in a rural community
- ◆ Patients are arriving at a hospital in greater numbers than the hospital has emergency department space
- ◆ Can be used at large public events to provide back up or primary care in the event of multiple medical needs during a shortage of hospital assets

On September 16th and 17th, the MMU was on display at CHI Mercy Health in Devils Lake. Brooke and Rick from LRDHU gave tours of the MMU. The MMU will be shown around the state. It is housed in Bismarck. With travel time of 3 hours and set up time of 2-3 hours, the MMU was ready for use in approximately 6 hours.

Brooke Kirkeide, Emergency Preparedness & Response (EPR) Coordinator
Rick Litzinger, EPR Environmental Health Practitioner (EHP)



Find us on Facebook: Substance Awareness Councils:
Benson, Eddy, Pierce & Ramsey Counties

Know the facts:

70% of youth report
parents are the leading
influence in their decision
to not drink alcohol.

COMMON CAR SEAT MISUSES

- ◆ Improper car seat installation
- ◆ Harness straps too loose
- ◆ Using an expired car seat
- ◆ Using after market products
- ◆ Improper positioning of chest clip
- ◆ Harness straps incorrectly positioned
- ◆ Not using top tether for forward-facing
- ◆ Switching to booster too early
- ◆ Switching to vehicle seat belt too early
- ◆ Turning the child forward-facing too early
- ◆ Too bulky of clothing (winter jackets)
- ◆ Using car seat after it's been in an accident
- ◆ Putting infant seat on top of shopping carts



During car seat installation refer to manufacturer's manual.

For further questions call:
Shelley Aabrekke at 701-473-5444.

Next Car Seat Check - January 28, 2016 @ Lake Chevy 3-6 pm