

August 2008

901 3rd Street
Langdon ND, 58249



Cavalier County Health District Newsletter



Secondhand Smoke Exposure Declines, Although Not As Fast for Some

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According to the Surgeon General no level of exposure to secondhand smoke (SHS) is safe. Breathing SHS can cause heart disease and lung cancer in nonsmoking adults. In children SHS increases the risk for sudden infant death syndrome, acute respiratory infections, ear infections, and exacerbation of asthma.

A recent study measured the level of serum cotinine, (a biologic by product of cigarette smoke exposure) in the blood of nonsmoking U.S. adults, adolescents, and children. This study showed the population with detectable serum cotinine declined from 83.9% in 1999-2004 to 46.4% in 1988-1994. Although this reflects an overall decline in exposure to SHS

for all age groups a less pronounced decline was noted for adolescents and children.

While 83.5% of adults over the age of 20 showed detectable levels of cotinine in 1988-1994 this number dropped remarkably to 42.2% in 1999-2004, likely due to the widespread implementation of laws and policies prohibiting smoking in indoor workplaces and public places during this timeframe.

Adolescents and children, who are more likely to be exposed to secondhand smoke in the home, showed less of a benefit, with a decline of cotinine levels from 85.4% of 12-19 year old in 1988-2004 to 55.4% in 1999-2004. Children aged 4-11 years showed the least decline in the same timeframe with

cotinine levels dropping from 84.5% to only 60.5%. Non-Hispanic blacks and those with lower incomes were also noted to have smaller declines in cotinine levels overall.

While this study demonstrates just how effectively laws creating smoke free workplaces and public places protect individuals, especially adults, from secondhand smoke, it also underscores the continued importance of implementing strategies to protect children and adolescents from SHS.

CDC. *Disparities in Secondhand Smoke Exposure-United States, 1988-1994 and 1999-2004*. MMWR 2008; 57: 744-747.

Fargo Voters Clear the Air

Fargo voters expressed their strong support of protecting the health of all workers from secondhand smoke this June. Measure 2, a ballot initiative requiring that all workplaces, including bars and truck stops be smoke free beginning July 1, 2008 passed 61 to 39 percent.

Dr. Byrum Cartwright, chairman of the SAFE Coalition

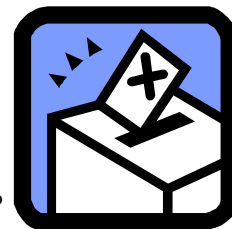
said, "Once again, Fargo is showing strong leadership on this important issue, proving to the rest of the communities in North Dakota that protecting workers from the harms of secondhand smoke is absolutely the right thing to do."

West Fargo voters also showed strong support passing an ordinance advisory vote which will

conform to Fargo's smoke free law.

The communities have spoken by voting to protect their hearts, lungs and the health of their citizens.

Check out their efforts at: www.smokefreefargo.org



More than 66 percent of North Dakota adults support expanding the state smoke-free law to prohibit smoking in all North Dakota workplaces, including bars and cocktail lounges."

March 2007 issue of Tobacco Facts, North Dakota Department of Health.

North Dakota Tobacco Quitline



The North Dakota Tobacco Quitline is a free telephone-based service available to help North Dakota smokers and spit-tobacco users quit using tobacco.

The Quitline will:

- Help you set a quit date.
- Show you how to deal with withdrawal symptoms.
- Teach you about triggers and strategies for staying quit.

- Be a source of support and encouragement during your quit attempt.

Free services available:

- Professional counseling
- Voice messaging (24 hours per day)
- Quit Tips audio library

Who should call:

- Smokers
- Spit-tobacco users
- Family members
- Health-care professionals

How to enroll:

- Call our toll-free number, **866.388.QUIT (7848)**.
- Schedule a time to speak with a counselor.
- Set a quit date.

You Can Quit. We Can Help.

The North Dakota Tobacco Quitline is offering a free 28-day supply of the nicotine patch or nicotine gum to anyone who enrolls in Quitline counseling and is uninsured or does not have cessation medication coverage through their health plan.



You Can Quit. We Can Help.

The Quitline has an extremely high success rate. Six months after counseling, 37.8 percent of former tobacco users are still not using tobacco.

Child Passenger Safety



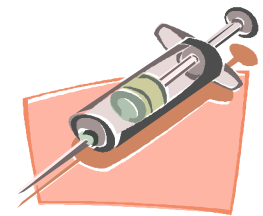
North Dakota's Child Passenger Safety Law requires ALL children must be properly secured in a car seat/booster seat until the age of 7 years.. Children 7 through 17 years of age must be properly secured in a seatbelt or child restraint (car seat or booster). The penalty

for violation is \$25.00 and one point against the license of the driver.

When placing your car seat, booster seat or child restraint it is also important to remember the backseat is the safest place for a child. All children under the age of 13 years should ride

in the backseat.

Cavalier County Health District has car seats and booster seats available to purchase or rent.



New School Immunization Requirements



Effective with the 2008-2009 school year, children attending North Dakota schools must receive a second dose of varicella (chickenpox) vaccine before being admitted to kindergarten. Each subsequent school year, the next higher grade will be included in the second dose varicella

(chickenpox) immunization requirement so those students transferring to North Dakota schools are added to the second dose immunization population.

Also effective with the 2008-2009 school year, a student must receive meningococcal

and tetanus, diphtheria, and pertussis (Tdap) vaccine before being admitted into any middle school, sixth or seventh grade, depending on the school.

These new requirements are in addition to the previously required immunizations.

Secondhand Smoke and Children

Secondhand smoke contains more than 4,000 chemicals, including formaldehyde, ammonia, lead, chromium, benzene and arsenic. More than 50 of these chemicals can cause cancer in humans.

Unborn Babies and Infants Are at Risk

-Smoking and exposure to secondhand smoke during pregnancy can lead to a low birth-weight baby and can reduce a baby's lung function.

-During pregnancy, many of the compounds in secondhand smoke



change the way a baby's brain develops.

-Babies who breathe secondhand smoke have weaker lungs. Their breathing problems can continue as they grow older and even when they become adults.

-Mothers who smoke during pregnancy are more likely to have their babies die of sudden infant death syndrome (SIDS).

-Babies who breathe secondhand smoke after they are born also are more likely to die of SIDS.

Children Are at Risk

-Children who breathe secondhand smoke are more likely to suffer from pneumonia, bronchitis, wheezing and coughing spells, ear infections, and more frequent and severe asthma attacks.

-The lungs of older children who breathe secondhand smoke grow less, causing breathing problems.

How to Protect Children

-If you smoke, quit. Call the North Dakota Quitline for help at 1-866-388-7848.

-Do not allow anyone to smoke near your child including babysitters and family members.

-Do not allow anyone to smoke in your home or car. Opening a window does not protect children from secondhand smoke.

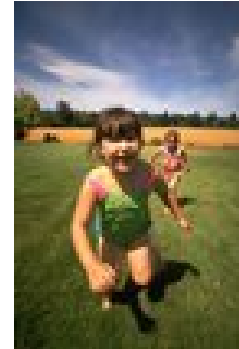
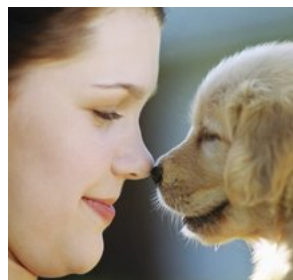
-Do not take your children to any public places that allow smoking.

-Talk to your children about the dangers of tobacco and secondhand smoke.

For more information go to:

<http://www.ndhealth.gov/tobacco/Facts.htm>

North Dakota Department of Health, Division of Tobacco Prevention & Control. *Tobacco Fact; The Effects of Secondhand Smoke on Children*. September 2007.



"The scientific evidence is now indisputable: secondhand smoke is not a mere annoyance. It is a serious health hazard that can lead to disease and premature death in children and nonsmoking adults."

U.S. Surgeon General, Vice Admiral Richard H. Carmona, M.D., M.P.H., F.A.C.S. (June 2006)

Secondhand Smoke and Pets

We hear lots in the media about the harmful effects of secondhand smoke (SHS) to people but have you ever wondered "If it is this bad for me, what is it doing to my pet?"

There is significant research proving SHS is harmful for pets:

-Dogs that inhale SHS are three times more likely to develop lung or nasal cancer than dogs living in smoke free homes.

-Dogs can experience allergic reactions to SHS. Common symptoms of this allergic reaction are scratching, biting, and chewing

their skin. Owners often confuse this reaction with fleas or food allergies.

-Cigarette butts can also be deadly. Two butts, if eaten by a puppy, can cause death in a relatively short period of time.

-Birds can experience adverse reactions to SHS and may develop eye problems, as well as other respiratory problems like coughing and wheezing.

-Cats exposed to SHS in the home have a higher rate of an oral cancer. This may result when cats groom themselves, they ingest

the poisons from SHS that have settled on their fur.

-Cats exposed to SHS have a higher rate of feline lymphoma than cats not exposed to SHS.

-Cats can develop respiratory problems, lung inflammation, and asthma as a result of SHS.

Source: Breathe New Hampshire fact sheet *Secondhand Smoke and Pets*.

<http://www.breathenh.org/>

Cavalier County Health District

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Public Health
Prevent. Promote. Protect.

Cavalier County Health District

New Immunization Requirements for Children Attending Early Childhood Facilities

Starting January 1, 2008 children attending early childhood facilities such as daycares were required to be age appropriately vaccinated for hepatitis A, pneumococcal disease, and rotavirus in addition to the previously required immunizations. A grace period until April 1, 2008 was allowed to implement this change but now children in early childhood facilities need to have met this requirement.

If you have any questions about the vaccine schedule or your child's vaccine history call Cavalier County Health District at (701) 256-2402.

Vaccines Are Being Paid For Differently



Cavalier County Health District is also able to bill for some adult vaccines, such as tetanus, shingles, and flu vaccines. Call Cavalier County Health District and check with your insurance to see what adult vaccinations are covered.

Due to the increase in the number of recommended childhood vaccines and the lack of corresponding increase in federal funding, North Dakota's Immunization Program has begun transitioning to supplying only Vaccines For Children (VFC) vaccine. VFC-eligible children include those 18 and younger who are Medicaid-eligible, Native American, Alaskan Native, uninsured and underinsured (have health insurance but it does not cover a particular vaccine).

North Dakota providers, including Cavalier County Health District, now purchase private vaccines for administration to insured children and bill private insurance. This means North Dakotans may begin to see for the first time deductibles, co-payments and/or coinsurance for vaccinations on their explanation of benefit (EOB) reports from their insurers. Cost sharing amounts may vary depending on the insurance plan. If your employer offers a flexible benefits plan,

you may want to adjust your plan to include any out-of-pocket medical expenses that may not be covered by insurance. Check your benefit plan booklet for vaccination coverage as you prepare for enrollment in your 2008 flexible benefits. Many health insurance plans cover immunizations; however, there are many variations from one health plan to another. Thus it is always advisable for members to contact their insurer to ask what is or is not covered in their health benefit plan.