



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

BreatheND

Saving lives, saving money. The voice of the people.

Cavalier County Health District

Newsletter

DECEMBER 2016

Measure to Increase the Price of Tobacco Fails

In March 2016, thirty North Dakotans -

including physicians, veterans, mental and public health professionals, concerned parents, and a bi-partisan group of legislators (3 Republicans, 2 Democratic-NPL) - initiated a petition to raise North Dakota's low tobacco tax to reduce tobacco use, prevent youth initiation, and support services important to the health of veterans and all North Dakota's veterans and individuals suffering from chronic disease, mental illness, and addiction disorders. After over 150

volunteers across the state collected nearly 23,000 North Dakota signatures to support this initiative, this effort was made official as Measure 4 on the November 2016 General Election ballot. Unfortunately the measure failed to pass following heavy opposition spending by tobacco companies to the tune of \$3.7 in our state alone. This is unfortunate as tobacco tax increases are proven to be one of the most effective policies to prevent kids from using tobacco. Had it passed, Measure 4 was estimated to decrease youth initiation rates

by 20% and prevent 5,800 ND youth under the age of 18 from ever starting. Furthermore tobacco tax increases also encourages current tobacco users to quit, over 50% of whom want to and have tried to quit. If Measure 4 had passed it was estimated to lead 6,600 current adult smokers to quit. North Dakota continues to have one of the lowest tobacco taxes in the nation at \$0.44 well below our neighboring states and Canadian provinces. North Dakotans have not seen the tobacco tax increased since 1993.

An initiated measure approved by North Dakota Voters provides funding for Cavalier County Health District to diminish the toll of tobacco in our state by addressing the number one preventable cause of death and disease: tobacco use.





Photo by Cap

Come and check out our booth at the Canola Expo 2016 at Langdon Activity Center on Tuesday, December 6, 2016 from 8:00 AM to 4:00 PM

Information on binge drinking and emerging tobacco products will be presented.

What is a “standard drink” in the US?



12 ounces of beer
5% Alcohol



8 ounces of malt liquor
7% Alcohol



5 ounces of wine
12% Alcohol



1.5 ounces of distilled spirits
40% alcohol (80 proof)
e.g., vodka, whiskey, gin, rum

Munich School Strengthens Tobacco Free Policy

Cavalier County Health District would like to congratulate Munich School for strengthening their tobacco free policy. While the school had a policy that has protected students, visitors and staff from the harmful effects of secondhand smoke the policy was recently strengthened by the Munich School Board with the assistance of Superintendent Dunlop and Cavalier County Health District. Items were added to the policy to include

recommendations that reduce the influence of tobacco companies on children and in turn decrease youth tobacco use.

Research proven interventions such as strong school policy, tobacco free spaces and increased price of tobacco products have been shown to decrease the number of youth who ever start using tobacco. This is important as the overwhelming majority of

tobacco users start before the age of 18 years leading to a lifetime of tobacco addiction and harmful tobacco related health outcomes such as heart disease, lung disease and



cancers. Policies like the one adopted at Munich School help stop this cycle of youth use leading to a healthier future generations.

Change in HPV Vaccine Schedule Recommended

The Advisory Committee on Immunization Practices (ACIP) and the Centers for Disease Control and Prevention (CDC) have made a new recommendation for the HPV vaccine series. It is now recommended that younger adolescents who start or started the series at 9 through 14 years of age receive two doses of HPV at least six month

apart, rather than the previously recommended three doses to protect against cancers caused by human papillomavirus (HPV) infections. Teens and young adults who start the series later, at ages 15 through 26 years, will continue to need three doses of HPV vaccine to protect against cancer-causing HPV infection.

Safe, effective, and long-lasting protection against HPV cancers with two visits instead of three means more Americans will be protected from cancer. For immunization clinics this year immunization records will be evaluated and the new recommendations will be applied as indicated.



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BreatheND is the official website and logo of the Center for Tobacco Prevention and Control Policy, a division of the Tobacco Prevention and Control Executive Committee. North Dakota voters passed a statewide initiated measure that created the Tobacco Prevention and Control Executive Committee and requires a portion of the money North Dakota receives from tobacco settlement dollars to be used for tobacco prevention and control programs. The Center, along with the North Dakota Department of Health, local public health units and other partners, is charged with implementing North Dakota’s comprehensive state tobacco prevention plan: *Saving Lives - Saving Money.*

Cavalier County Health District Exercises Emergency Plan

Cavalier County Public Health conducted an Influenza Immunization Clinic for Langdon Area High School Staff on Monday, October 17th. The vaccination clinic was held as part of an emergency response exercise. The exercise was located at the Langdon Area High School, which is the designated Point of Dispensing (POD) site for Cavalier County. This was an opportunity to test the health

unit’s capabilities during an actual emergency scenario. It also offers participants a dual opportunity to get their seasonal flu vaccine and learn about the many ways public health prepares to protect the people of our community in the event of an epidemic or other health emergency. At the close of the exercise, all workers gathered for a “hot wash”, or a review of what went well and what could have

been improved on. All input is shared in an after action report, and corrective actions are made to improve for the next event.

This event was designed to help think through possible scenarios and to sharpen response in the event of an actual public health emergency.

