



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

Cavalier County Health District Newsletter

Cavalier County Health District

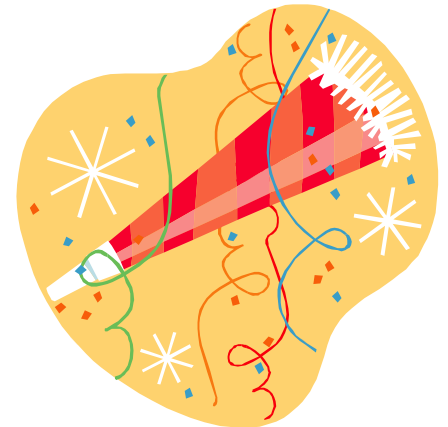
MEASURE #3 PASSES

In November North Dakota voters approved a measure to ensure that the CDC's minimum recommended level of funding would be used for tobacco prevention and control efforts in our state. This minimum level of funding is to be used from tobacco settlement dollars called Strategic Contribution funds. These Strategic Contribution funds are tobacco settlement dollars in addition to the Master Settlement Agreement dollars previously entering the state. Traditionally the tobacco settlement dollars have been used to fund other projects such as school, water and other health care projects with only about one third of the CDC's minimum recommended spending going to the area of tobacco preven-

tion and control. Measure #3 calls for the appointment of a nine member board to manage the task of directing these funds. This board will be made up of non-state employees with tobacco prevention and control expertise, a respiratory therapist, a practicing medical doctor, a practicing nurse, a youth member and an adult member of the public. This board will be charged with the responsibility of making sure that a comprehensive statewide tobacco prevention and control plan is developed that does not duplicate current efforts in our state. This plan must be based on evidence based practices proven effective in the area of tobacco prevention and

control.

North Dakotans have spoken by their vote to our strong commitment to lessen the impact of the most common form of preventable death and disease in our state and nation, tobacco use.

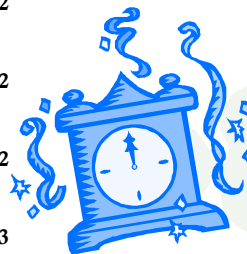


SPECIAL POINTS OF INTEREST:

- North Dakotans pass Measure #3
- Cholesterol screening offered
- Statewide coalition for tobacco prevention established
- Cold weather increases the risk of hypothermia
- Go Red events coming to Langdon
- Vaccine recommendation for smokers

INSIDE THIS ISSUE:

CHOLESTEROL SCREENING OFFERED	2
BREATHE ND	2
HYPOTHERMIA	2
GO RED EVENTS	3
WASH, WASH, WASH YOUR HANDS	3
PNEUMONIA SHOT RECOMMENDED	4
	6



NOT TOO LATE TO GET YOUR FLU SHOT

As we move well into the winter months cold is not the only thing that is upon us, it is the time to be thinking about flu season. Although people typically think of October and Novem-

ber as the time to get a flu shot Cavalier County Health District would like to remind individuals it is not too late to get your flu shot. Flu season can start as early October but it can continue well into the spring and occur as late as

May. If you have not yet been vaccinated there is still plenty of protection to be had from receiving the flu shot. Call CCHD today to set up an appointment to receive you flu shot and protect yourself and those around you.

CHOLESTEROL SCREENING OFFERED

Cavalier County Health District offers cholesterol screening. For a fee of \$20 clients receive results for their total cholesterol, triglycerides, glucose, high density lipoprotein (HDL or “good cholesterol”), low density lipoprotein (LDL or “bad cholesterol”). Blood pressure and BMI calculation are also included in this fee. The test does require 9-12 hr fasting before being performed so it is recommended that earlier morning appointments be made. Results are available within a few minutes from a finger stick of blood.

CCHD encourages individuals to know their risk factors for coronary heart disease including family history of heart disease, age, elevated LDL, low HDL, high blood pressure, high blood glucose, being overweight, smoking, lack of physical activity and exercise, and high levels of stress. Many of these risks factors can be modified through interventions including diet, exercise, and pharmaceuticals. Knowing your values is a first step in identifying the path to a healthier you.

To schedule an appointment call 256-2402.



Cholesterol screening is a good first step toward lowering your risk for coronary heart disease.

Non smokers who are exposed to secondhand smoke at home or work increase their risk of developing heart disease by 25-30%. Centers for Disease Control and Prevention

BREATHE ND

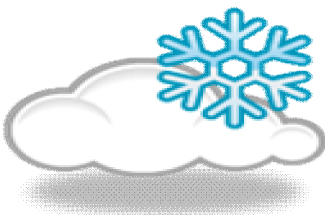
Tobacco use is the leading cause of preventable death in North Dakota. According to the Surgeon General tobacco smoke contains more than 4,000 chemicals including more than 50 cancer causing chemicals. Secondhand smoke has been linked to disease ranging from heart disease, stroke and emphysema to SIDS, asthma and cancer. In order to address this serious problem Breathe ND was established. Breathe ND is a statewide coalition of

organizations that have joined together to provide education, information and resources on the dangers of secondhand smoke throughout North Dakota. Breathe ND provides workshops and seminars for organizations and individuals who want to make a difference on the important issue of secondhand smoke. Breathe ND also offers online the latest news on issues related to secondhand smoke, it's health consequences and what can be done to

protect all North Dakotans from secondhand smoke.

Check out Breathe ND today and consider becoming a member at:

<http://breathend.com>



HYPOTHERMIA

Hypothermia is a condition in which your

body loses heat faster than it can be produced resulting in abnormally low body temperature. Although hypothermia is most likely at extremely cold temperatures it can occur in cool temperatures if an individual becomes chilled, wet or submerged in water. Those at greatest risk for this condition include elderly people with inadequate food, clothing, or shelter; babies sleeping in cold rooms; people out of doors for long periods of time; and individuals drinking alcohol or

using illicit drugs. The signs of hypothermia for adults include shivering, exhaustion, confusion, memory loss, slurred speech, drowsiness and fumbling hands. In infants and small children it can include bright red skin and very low energy. If you suspect hypothermia, get the victim to a warm shelter, remove any wet clothing, begin warming the center of the body first (the head, neck or groin) using an electric blanket or skin to skin contact under a regular blanket, offer warm, nonalcoholic beverages (do not give beverages to

an unconscious person), and continue to keep the person wrapped in a warm blanket which covers the head and neck even after their body temperature starts to warm. Most importantly—**seek medical attention as soon as possible** for those

you suspect are suffering from hypothermia. For individuals with no pulse and not breathing call 911 and start CPR during and throughout the warming process.

Stay warm this winter.



UPCOMING GO RED EVENTS

Cavalier County Receives Go Red Grant

Cavalier County community members concerned with heart health received a \$4600 grant from Go Red North Dakota, a partnership between the American Heart Association and the Dakota Medical Foundation.

The grant dollars will be used for a Blast-Off for Better Health+program, which includes 7 weekly sessions, starting January 14th, about topics related to heart health and ending with a celebration event, March 3rd. Blast Off to Better Health will help North Dakotans learn what they can do to fight cardiovascular disease.

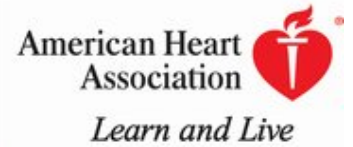
The Go Red for Women movement raises women's



awareness of their risk for heart disease and helps them learn . and take action to reduce . their personal risk of heart disease. Over 10,000 North Dakota women have joined the movement so far.

Since 2004, Go Red for Women has captured the energy, passion, and intelligence of women to work collectively to wipe out heart disease . the No. 1 killer of women. Today, we want millions of women across America to take heart disease personally. Using the simple platform "Love Your Heart," Go Red for Women engages these women . and the men who love them . to embrace the cause.

There is no cost for the weekly sessions however there is a \$5 fee to attend the celebration event.



nationally sponsored by



Weekly Sessions at the Vic Sturlaugson Research Center Wednesdays from 5pm-6pm

- January 14- Setting goals
- January 21- Financial Stress Management
- January 28- Basics of Exercise
- February 4- Understanding Your Numbers
- February 10- Revitalize Your Recipes
- February 18- Chronic Diseases
- February 25- Supplements and Medications

Go Red Celebration Event at the Langdon Activity Center

Tuesday, March 3rd from 5pm-8pm

For more information call 256-2402 or 256-2560.

Since 2004, Go Red for Women has captured the energy, passion, and intelligence of women to work collectively to wipe out heart disease . the No. 1 killer of women

WASH, WASH , WASH YOUR HANDS



Stay well by washing your hands!

Cold and flu season is upon us and no one wants to end up down and out with a cold or worse the flu. The number one best way to keep from catching these unwelcome visitors is to wash your hands. Germs need to hitch a ride into your body somehow and the most accommodating ride is usually on your hands. Once on the hands bacteria and viruses have easy access to routes into the body such as

the eyes, nose, and mouth. After gaining access to the inside of your body these germs can get to work doing what they do best, making you sick. Although there are other great ways to stay healthy this winter - eating well, exercising, getting plenty of rest, coughing and sneezing into your sleeve instead of into



your hand and getting your flu shot - washing your hands remains as the easiest, most efficient way of staying off colds and flus this season. Remember even when soap and water isn't available alcohol based hand sanitizers make a great, effective alternative to traditional hand washing.

Stay well this winter , wash up.

Cavalier County Health District

Serving the public health needs of Cavalier County.



Cavalier County Health District has a lending library of health related resources available for educational activities. Check with our office for more information on these resources.

901 3rd Street, Suite 11
Langdon ND, 58249

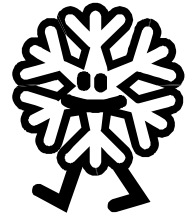
Phone: 701-256-2402
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Cavalier County Health District is committed to promoting healthy lifestyles, preventing disease and protecting the environment. Services are offered in the areas of immunization, community health, disease prevention, emergency preparedness, tobacco prevention and control, environmental health, health promotion, maternal and child health and school health. These services are provided with a focus on assisting Cavalier County residents achieve the highest levels of health possible.



WE ARE ON THE WEB. CHECK US OUT AT:

www.cavaliercountyhealth.com



ACIP RECOMMENDS PNEUMONIA SHOT FOR SMOKERS

In October the Advisory Committee on Immunization Practices recommended to the Centers for Disease Control that smoking be added to the list of indications to receive Pneumococcal polysaccharide (pneumonia vaccine) vaccine for individuals 19- 65 years of age. The vaccine is currently recommended for individuals 65 years of age and older, individuals younger than 65 years with serious long term health problems such as sickle cell disease, heart disease, alcoholism, cerebrospinal fluid leaks, lung disease (excluding asthma), diabetes, liver cirrhosis, or people with conditions which affect the ability of the body to fight infection such as Hodgkin's disease, multiple myeloma, immunosuppressive

cancer treatments, bone marrow or organ transplant recipients, individuals with damaged or no spleen, leukemia, lymphoma or other cancers, nephrotic syndrome, or kidney failure. The recommendation also included instructions to advise individuals to stop smoking. This is the first vaccine recommendation specific to smokers. The provisional recommendations were put into place as smokers were noted to have a higher incidence of pneumococcal illness. The reason for this higher rate is unclear but it is thought that the damage smoking does to the airways and lungs may provide an opportunity for pneumonia causing pathogens to take hold



Vaccines including the pneumonia vaccine are available at Cavalier County Health District. If you are a smoker wondering about receiving the pneumonia vaccine please visit with your doctor.