



**Public Health**  
Prevent. Promote. Protect.

Cavalier County Health District

**BreatheND**

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

# Cavalier County Health District

MARCH 2017

## Tobacco Prevention Funding Changes

*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.*

On Tuesday, March 21, 2017 Governor Burgum signed the legislation SB 2024, zeroing out the BreatheND budget, and repealing 2008's Measure 3 that North Dakota voters passed to dedicate a portion

of Tobacco Settlement dollars for tobacco prevention programming. This measure also created the agency that provides North Dakota's Comprehensive tobacco prevention and control program. The

agency's duties will now go to the State Health Department, who will also continue to administer a grant program that provides funding to local public health departments for tobacco prevention activities.

*Terri Gustafson meeting with Representative Damschen, Representative Monson and Senator Myrdal at the capitol to discuss public health priorities February 8, 2017.*



## AAP Safe Sleep Recommendations Updated

Since the American Academy of Pediatrics (AAP) recommended all babies should be placed on their backs to sleep in 1992, deaths from Sudden Infant Death Syndrome (SIDS) have been cut in half. Sleep-related deaths from other causes, including suffocation, entrapment, and asphyxia, have increased however. In October the AAP released an updated policy statement expanding its guideline on safe sleep for infants under one year. The policy statement and report provide recommendations on safe sleep that reduce the risk for all sleep related infant deaths, including SIDS.

Among these recommendations:

- Always place your baby on his/her back for sleep.
- Always use a firm sleep surface.
- Do not let baby sleep in car seats, infant bouncers, swings or similar products.
- Keep soft objects and bedding out of the crib including bumpers, stuffed animals, pillows and blankets.
- Do not use wedges or positioners for sleep.
- Have baby sleep on a separate surface in the same room as parents. Do not allow baby to sleep on an adult bed, couch or chair alone, with you, or with anyone else.
- Do not smoke or allow smoking around your baby.
- Breastfeed for as long as you can.
- Offer a pacifier at naptime and bedtime.
- Do not let baby get too hot during sleep. Dress baby in no more than one layer more clothing than an adult would be comfortable in.

For more information about these recommendations go to <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

# AAP Safe Sleep Recommendations Updated

## What Does a Safe Sleep Environment Look Like?

You can reduce your baby's risk of SIDS and other sleep-related causes of infant death in the following ways

Use a firm sleep surface, such as a mattress in a safety-approved\* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.

Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby's sleep area is next to where parents sleep.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.



Source: <https://www.nichd.nih.gov/sts/about/environment/Pages/look.aspx>



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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.***

## Do you know the symptoms of colorectal cancer?

Colorectal cancer may cause one or more of the symptoms listed below. You should see your health care provider if you have any of the following:

- A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days
- A feeling that you need to have a bowel movement that's not relieved when you go.
- Rectal bleeding
- Blood in your stool, which may make it look dark
- Cramping or belly pain

Weakness and tiredness

Unintended weight loss

Most of these problems are caused more often by conditions other than colorectal cancer, such as infection, hemorrhoids, irritable bowel syndrome, or inflammatory bowel disease. Still, if you have any of these symptoms, it's important to see a health care provider right away so the cause can be found and treated, if needed.

To learn more

about the signs of symptoms of colon cancer and what you need to do to help prevent it, visit [cancer.org/colon](http://cancer.org/colon) or call the American Cancer Society® at 1-800-227-2345. We're there when you need us – 24 hours a day, 7 days a week. (Source: American Cancer Society)

GET SCREENED FOR COLON CANCER ▶

**Talk to Your Doctor.**

The second leading cause of cancer can be prevented or detected with early screening. Ask your doctor today.

American Cancer Society logo and National Colorectal Cancer Research Alliance logo.