



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

Cavalier County Health District

*An initiated measure approved by North Dakota Voters provides funding to 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.*

# Cavalier County Health District

MAY 2015

## Cavalier County Memorial Hospital Tobacco Free

Cavalier County Memorial Hospital (CCMH), following the lead of health care campuses locally and around the nation recently adopted a tobacco free grounds policy. The new policy which took effect April 1, 2015 and will likely be

a minor change for most as tobacco use was previously restricted to a small area on one corner of the property. Jamie Nienhuis, BSN, RN, Director of Nursing of CCMH, said about the change, "I am pleased to be a part of this new era at CCMH. We have always encouraged our patients to stop or reduce smoking and it is a positive change to encourage in our staff as well."



*Lawrence Blue CEO and Jamie Nienhuis, BSN, RN DON*

Tobacco use continues to be the number one preventable cause of death and disease in the U.S. Cavalier County Memorial Hospital's dedication to providing quality services to the people of this region includes minimizing the health impacts of tobacco use and promoting healthy environments for its patrons, staff and visitors. Tobacco free policies have been shown to be effective

at encouraging current tobacco users to quit and keeping youth from ever starting. They also have the benefit of protecting nonsmokers from the dangers of secondhand smoke. Lawrence Blue, CEO states, "I'm in total agreement with the US Surgeon General who said, 'Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives.' I know it's hard to quit smoking, but you can do it. To have the best chance of quitting and staying a non-smoker, you need to know what you're up against, what your options are and where to go for help. Contact Cavalier County Memorial Hospital, Cavalier County Health District or ND Quits and we will do everything we can to help you kick your smoking habit!"

**Vaccinations are required for entry to kindergarten, 7th grade and for college freshman. Call or stop in this summer to make sure your child's vaccinations are ready for school next fall.**



## Local Officers Trained



Local law enforcement officers recently attended a class in Devils Lake to become certified in Responsible Beverage Server (RBS) Training. Chief Deputy Greg Fetsch, Deputy Gabriel Johnston and Deputy Kevin Finnson were certified on March 11, 2015 to become instructors of Responsible Beverage Server training.



The North Dakota Safety Council provided the certification, and the "Train-the-Trainer" class instructed the officers in attendance how to conduct Server Training. The officers can then provide local training programs to owners, managers, and staff of establishments that serve alcohol. This training includes information on the knowledge and skills needed to serve alcohol responsibly



and fulfill the legal requirements of alcohol service. Training programs for servers focus on knowledge and skills that enhance their ability to prevent excessive alcohol consumption among patrons and minimize harms from excessive drinking that has already occurred. Server training may address:

- Checking IDs
- Service practices that reduce the likelihood of excessive consumption
- Identifying and responding to early signs of excessive consumption (e.g., rapid consumption)
- Identifying intoxicated patrons and refusing service to them
- Intervening to prevent intoxicated patrons from driving

This instruction was sponsored by Healthy Cavalier County, a local organization that formed in 2014 to promote healthier and safer lifestyles in the area. Using a federal alcohol prevention grant through the North Dakota Department of Human Services as a catalyst, Healthy Cavalier County chose to offer voluntary server training as part of a broader portfolio of strategies. This grant specifically targets prevention in the areas of underage drinking and adult binge drinking.

If you would like to get involved or receive more information, contact Terri Gustafson at Cavalier County Health District, 701-256-2402.

# Tobacco Tax Bills Fail

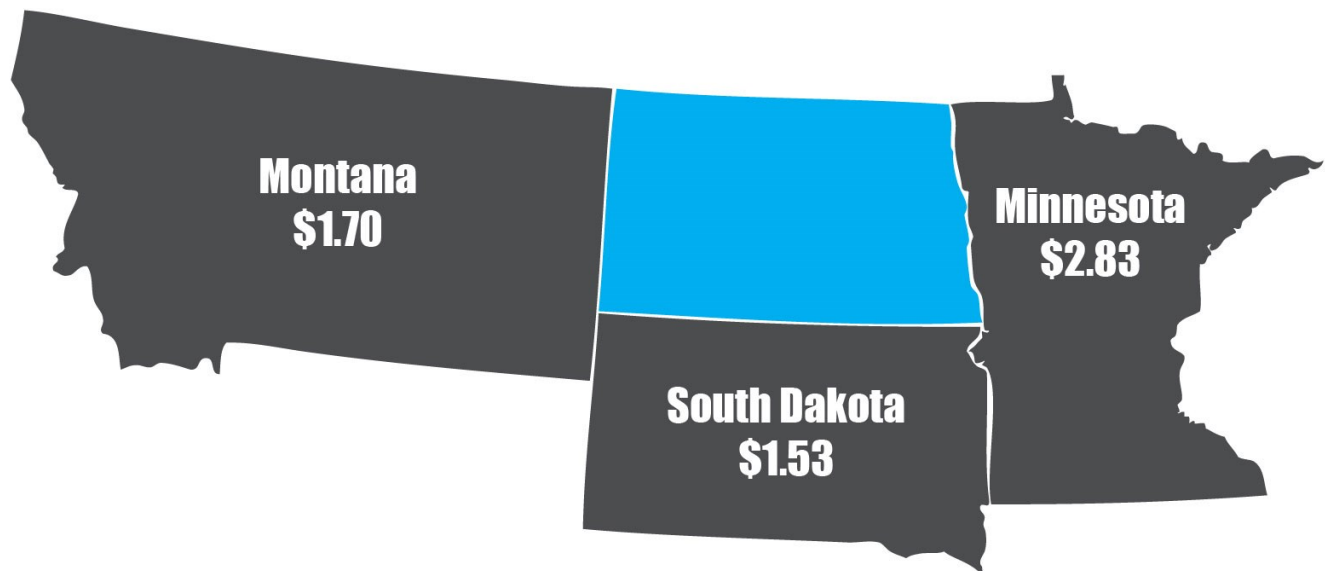
Increasing the price of tobacco products through increased tobacco taxes has been shown to be an effective tool in promoting quitting among current users and more importantly keeping youth from ever starting tobacco use. Even with this knowledge, North Dakota hasn't raised its tobacco tax since 1993 and is one of only three states that have not raised their tobacco tax in the last

ten years. North Dakota continues to have one of the lowest tobacco taxes in the nation at \$0.44 per pack. The states surrounding North Dakota all have significantly higher tobacco taxes with Minnesota at \$2.83, South Dakota at \$1.53 and Montana at \$1.70. The overall average state tobacco tax is \$1.54 per pack.

Despite the efforts of grassroots group Raise It for Health North Dakota and numerous health based organizations two bills, HB 1421 and SB 2322 failed to pass this legislative session. Each bill proposed a tax increase to the price of tobacco and could have improved the health of our state's citizens through lower tobacco use.

*“North Dakota continues to have one of the lowest tobacco taxes in the nation ...”*

## Can you Guess North Dakota's Cigarette Tax?



# BreatheND

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



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

Cavalier County Health District

901 3rd Street, Suite #11  
Langdon ND 58249

Phone: 701-256-2402

Fax: 701-256-5765

Email: [tgustafs@nd.gov](mailto:tgustafs@nd.gov)  
[stwelsh@nd.gov](mailto:stwelsh@nd.gov)

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.*

## Progressive Agriculture Youth Safety Day



Many in agriculture know someone whose life has been affected by a farm-related injury or death. The statistics are sobering. Even more tragic is that these incidents could have been prevented with a few simple safety precautions. That's why the Progressive Agriculture Foundation® is on a crusade to bring safety and health information to the farming communities who desperately need it.

At the heart of this effort is the Progressive Agriculture Safety Day® program.

This educational program provides training and resources for local communities to conduct one-day safety and health programs. Safety Days are designed to be age-appropriate, hands-on, fun and safe for children.

Cavalier County Health District in conjunction with the Progressive Agriculture Foundation® will be holding the ninth annual Cavalier County Progressive Agriculture Youth Safety Day on Wednesday, June 24 from 12:30-4:00 PM at the NDSU

Langdon Research Extension Center.

This event is geared toward students entering grades 2-6 in the 2015-2016 school year. Eligible Cavalier County students will have registration forms sent home from area schools. Other interested participants may contact Cavalier County Health District at 701-256-2402 or [www.cavaliercountyhealth.com](http://www.cavaliercountyhealth.com) to receive a registration form for this fun, educational, safety focused event.