

Trail District Health Unit

Building the Foundation for a Healthy America

Volume 6

April 6-12,
2009

Your Public Health Staff

Brenda Stallman
Kelly Radebaugh
Chris McInnes
Katie Anderson

Upcoming events

April 6th Hillsboro
Server Training

April 9th PeterBoe Jr.
Puberty education

April 16 Hatton School
HIV/STD talks

April 17 Hillsboro School
HIV/STD talks

April 21 Central Valley School
HIV/STD talks

June 2 Hillsboro Courthouse
Babysitting clinic

September 14 Mayville
Server Training

2009 National Public Health Week

Building a health nation will require changes to how we protect and promote health in our country, with an emphasis on an effective public health foundation.

- Specifically, we must: Restore and increase funding for federal state and local public health programs that track diseases, immunize children, and help people quit smoking to name a few.
- Provide communities with resources to implement programs that work for their residents.
- Address the social issues that contribute to unequal care.

The places where we live-our **communities**-can have a large influence on our health. Where we live affects the air we breathe, the number of places we have to be physically active, the quality of our education, and the availability of healthy foods and preventative services.

We spend just as much, if not more, time in our **workplaces** than at home. Health and safety in the workplace are just as important as health and safety in our homes. (From worksite wellness programs aimed at helping workers live healthy lives to safety regulations aimed at keeping them safe on the job.)

Good health starts in the **home**. From the time we're born, and even before, public health is working to protect our families across the generations. (Whether it's receiving immunizations and other preventative services from a trusted health provider, living in lead free homes, eating safe foods, or being cared for at home as we age.)

Public health is a crucial component of the solution because it affects every facet of our lives: Our nation, communities, workplace, schools and home.



Public health affects all of our families, across all generations.

In-Home Nursing: Kelly Radebaugh, RN

Our nursing services are tailored to the individual's needs in the home to promote, maintain, restore health, and minimize the effects of disability and illness in a safe environment. We see clients weekly, every other week or monthly depending on their needs. We will work with family in the local area to enable them to care for their family member.

We assist with: medication management, maintenance care (B/P, blood sugar, hemoglobin tests, weights and assessments), B-12 injections and education.

We work with other local agencies to help the

client find the best fit for their individual health needs. In the spirit of cooperation and to avoid duplicating services whenever possible we will continue to follow a client that we have been seeing for home visits out in the community if they move to an assisted living facility, but we will not take on a new referral for someone already living in an assisted living facility. In this case we would encourage them to tap into the services available through their assisted living facility.

For more information please contact us at (701) 636-4434 or 1-888-468-6403

Safe Communities: Katie Anderson

Safe Communities is a program geared at promoting traffic safety in North Dakota. What is a person's best accessory in a motor vehicle? A seatbelt! Sheriff Mike Crocker was recently involved in a serious crash. Though his vehicle was not moving, he was wearing his seatbelt, which most likely saved his life. Any time you are in your vehicle, remember to buckle up. Click it quick!

Geared towards preventing underage drinking and impaired driving, Server Training is a free course being offered through Traill District Health Unit and the Traill County Sheriff's Department. Upcoming trainings are scheduled for April 6 in Hillsboro, September 14 in Mayville, and October 26, 2009 in Hillsboro. Call 701.636.4434 to register.

Katie leaves us on April 28th. We wish her all the best in her new job!



North Dakota's Child Passenger Safety Law: Kelly Radebaugh, RN

A man's health can be judged by which he takes two at a time – pill or stairs.

~Joan Welsh

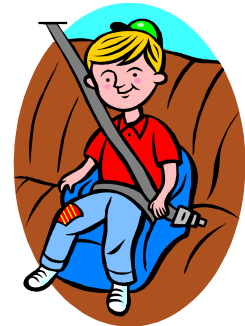
All children must be properly secured in a car seat or booster set until the age of 7. The law applies to all seating positions-front and back. The driver is responsible for ensuring that all occupants younger than 18 are buckled up in the appropriate restraint. The penalty for violation is \$25.00 and one point against the license of the driver. **Children 7-17 years of age must be properly secured in a seat belt of child restraint (car seat or booster seat).**

Rules to Remember

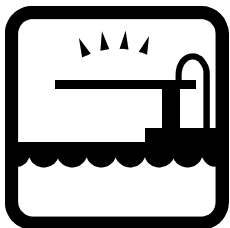
1. Children who weigh between 40 & 80 pounds and less than 4'9" tall need to use a booster seat to buckle up safely.
2. The shoulder belt should cross the shoulder and chest, lap belt low on the hips.
3. Anyone under the age of 13 should buckle up in the back seat.

Services Available

1. Re-call information
2. New car safety seats at a reduce cost
3. Car safety seat information and instruction



New Law for Swimming Pools: Brenda Stallman, RN



Requirements for all public pools to meet drain cover rules must be met as of December 20, 2008. The federal law, entitled the Virginia Graeme Baker Act (VGA), sets forth new standards for drain covers to help eliminate suction entrapment accidents. When weather permits, operators of outdoor pools are asked to complete the work required and forward a copy of a letter to Traill District Health Unit from the contractor stating that the facility meets the requirements or that the required actions have been completed. To view the VGA in its entirety, visit www.cpssc.gov.

Babysitting Clinic

A babysitting clinic will be held on June 2nd from 9:00—2:00 pm at Hillsboro in the courthouse community room.

This is for anyone interested in learning more about providing safe and responsible care for siblings or children of



other families.

The suggested age for beginning babysitting is 12 years old, however younger siblings are also welcome. Topics covered include child nutrition, shaken baby, poison safety, first aid, infant care and more!

Pre-registration is required. Call 636-4434, or toll free in Traill County 1-888-468-6403

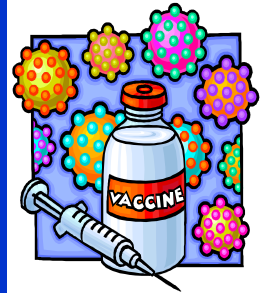


Immunization Update: Brenda Stallman, RN

In an effort to protect young infants from pertussis (whooping cough), the ND Dept. of Health has made available *Tdap* (*Tetanus-Diphtheria-Pertussis*) vaccine for adults who are in close contact with infants under age 12 months regardless of insurance status. Those eligible for the vaccine includes parents, guardians, and daycare providers. Anyone caring for young infants and who is between

the ages of 11 – 64 years may receive the vaccine at Traill District Health Unit. The vaccine will provide protection against tetanus and diphtheria as well, and can be administered to individuals who have not been immunized for tetanus in the past 2 years. *Human Papilloma Vaccine* (HPV) vaccine is offered by the ND Dept. of Health to ND females between the ages of 19 – 26 years of age who

are on ND Medicaid, who are uninsured, or who have insurance that does not cover HPV vaccine. HPV vaccine protects females against cervical cancer and genital warts and is given through a series of 3 doses over a 6-month period. Traill District Health Unit offers both vaccines for a suggested donation of \$14 per shot. Contact TDHU with immunization questions.



Tobacco Prevention: Katie Anderson

Social norming and media campaigns are new modes of educating the general public with proven success. Surely, many have seen the commercials of the golfer in a bar, smoking a cigarette. People of all ages are viewing similar commercials aimed at preventing tobacco use, increasing awareness of the danger of secondhand smoke, and also,

marketing cessation services. Stay tuned to the results ahead.

Tobacco prevention coordinators from across the state have recently embarked on a journey towards smoke free movies. Four goals of this project are to rate new smoking movies, “R”; certify no pay-offs to anybody involved in movie production;

require strong anti-smoking movies before all movies featuring tobacco products regardless of rating; and lastly, stop identifying tobacco brands. It is time to take action against this new form of tobacco marketing.



Trail District Health Unit
114 Caledonia Ave
Hillsboro, N.D. 58045

Phone: 701-636-4434
Toll free: 1-888-468-6403
Fax: 701-636-5473

We are on the web!
www.co.trail.nd.us

Your Health Board:

*Jill Anderson
Chuck Breen
Becky Gunderson
Steve Larson
Tom O'Keefe*

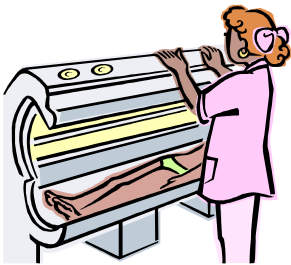
**Meet New Trail County Health Board Member –
Becky Gunderson**

The Trail County Board of Health welcomes its newest member, Becky Gunderson of Portland. Becky has many years experience as the manager of the Mayville State University pool, as an instructor of Health-Physical Education & Recreation, and serves as the university's worksite wellness coordinator. She lives and breathes health and wellness personally and professionally. She most definitely "walks the talk!"

The Trail County Board of Health serves in an advisory and policy-making role for Trail District Health Unit. Each of the five members serves a term of 5 years and is appointed by the Trail County Board of Commissioners.



ND Law Requires Tanning Facilities to be Licensed: Brenda Stallman, RN



As of January 1, 2008, tanning facilities in ND must be licensed and inspected in order to operate. Provisions of the law require facilities to provide clients with a consent form to read and sign, acknowledging understanding of the warnings associated with tanning. The law also requires:

- Customers must agree to use approved protective eyewear.
- Each tanning bed must be properly sanitized after each use.
- A trained operator must be present during all operating hours.
- Any customer younger than 18 must have written consent of a legal guardian to use a tanning facility. A customer younger than 14 must have a written order from a physician and must be accompanied by a legal

guardian to use a tanning device. It is the duty of a tanning facility to warn of the dangers of repeated exposure, which includes wrinkling, dryness, fragility, and skin cancer. Those who do not tan when exposed to the sun are not likely to tan when in a tanning device. Injuries occurring as a result of tanning must be reported to the state dept. of health. For more information about tanning laws, contact Trail District Health Unit.



One American dies
from melanoma
almost every hour.
~American Academy
of Dermatology