

Spring Issue

April 2010



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

Trail District Health Unit

TRAIL DISTRICT HEALTH UNIT

# A Healthier America

## It begins with us. Here and Now.

Committing to a healthier America is something we all can do. First support **public health**-from the local clinic to the neighborhood park. A healthier America won't be possible without the support of your **communities**. Second, adopt a **healthier lifestyle**. Encourage others to do the same, Help us teach a new generation that simple actions-like not smoking and **eat-ing healthy**- lead to a happier, longer and more productive life. After all, healthy children will become healthy adults.

### Public Health is:

Local clinics • healthy mothers and healthy babies • breastfeeding • vaccinations • clean, fluoridated water • car seats • traffic laws • prepared communities • clean air • mental health ser-

vices • school nutrition • tobacco free environments • safe workplaces • green communities • reproductive health • jogging trails and bike paths • safe and clean places to play • sidewalks • elderly services • healthy homes.

To see video

<http://www.generationpublichealth.org/>



## Your Public Health Staff and Board.....

### Health District Staff

Brenda Stallman, RN Director  
Kelly Radebaugh, RN  
Chris McInnes, LPN  
Shawnda Schroeder, MA  
Tobacco Prevention Coordinator

### County Board of Health

Jill Anderson  
Dr. Charles Breen, Health Officer  
Becky Gunderson  
Steve Larson  
Tom O'Keefe, President

**This board meets quarterly; if you would like to attend a Board of Health meeting, please contact Trail District Health for a schedule. Our next meeting is April 26, 7 a.m. at the Country Hearth, Hillsboro.**



Tobacco use is the leading preventable cause of death in North Dakota, with tobacco related diseases accounting for the loss of 860 of our state's community members each year. Not only does tobacco use threaten the life of its current users, but the tobacco industry currently spends \$26.3 million a year in North Dakota promoting its products in an attempt to increase the number of individuals that use tobacco. These media campaigns may be responsible for the roughly 1,400 youth (under the age of 18) who become daily smokers each year in North Dakota. Though

smoking and smokeless tobacco use rates for our youth are among the highest in the nation, North Dakota state prevention and control efforts are making a difference.

As the new tobacco prevention coordinator for the individuals residing in Traill County, I am working with other coordinators at the state level to improve what I believe is already a prosperous community. We are working toward achieving three specific goals for North Dakota: (1) preventing the initiation of tobacco use among youth and adults; (2) reducing the community's exposure to second-

hand smoke; and (3) promoting cessation among current tobacco users.

I look forward to working with, and for, this county and have enjoyed meeting various community members in these first few weeks I have been working in Traill. Please feel free to contact me with any, and all, questions or comments concerning tobacco use, cessation or policy at the county level or the state! You can call me at (701) 788-4626, send letters to 330 3<sup>rd</sup> St. NE #1824, Mayville, ND 58257 or send me an e-mail at

[Shawnda.Schroeder@co.traill.nd.us](mailto:Shawnda.Schroeder@co.traill.nd.us)

## Flu Shots Clinics in Traill County Schools to be held in fall 2010

New recommendations for seasonal flu vaccinations include all people age 6 mos. and older. The state health department has offered an opportunity for ND counties wishing to provide school-based flu clinics to receive flu vaccine for all children grades K – 12, regardless of insurance status, in the upcoming

flu season. Traill District Health Unit has taken advantage of this opportunity and plans to offer the flu vaccine to all Traill County students this fall. There will be no charge for the vaccine; however a donation to offset costs of administration will be suggested. It is not known if this will be offered each year as provision of



vaccine is dependent of federal funding. Dates and times to be determined.

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



All children must be properly secured in a car seat or booster seat until they reach 7 years of age. 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 or child restraint (car seat or booster seat).

### Services available through Traill District Health Unit

1. Recall information
2. New car safety seats at a reduce cost
3. Short—term car seat rental
4. Car safety seat information and instruction



## Traill County Rated 21<sup>st</sup> in ND County Health Ratings

For the first time, people are able to see how the overall health of their county compares to the health of their neighboring counties or other counties in their state.

The University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation identified and compared many factors that influence our overall health, including health behaviors like smoking, obesity, drinking, teen birth rates, and

practice of preventative health measures. Social/economic factors studied included graduation rates, insurance coverage, income disparities, social support and others.

The rankings are helpful in identifying some of our unique challenges affecting our citizens, including the rural nature of our state. We have experienced improvement in some areas such as with smoking rates, but have more work to do, for example, in

relation to the occurrence of obesity and diabetes.

Traill District Health Unit is working collaboratively with the ND Dept. of Health, Healthy ND and local providers to address issues that affect our citizens' health. Individuals are encouraged to become engaged in community projects and coalitions to promote a healthier lifestyle.

To view a snapshot of Traill County's profile, visit <http://www.countyhealthrankings.org>

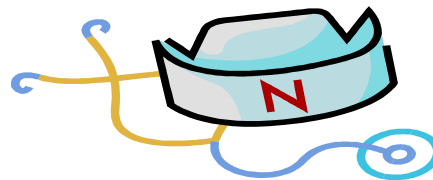
## In-Home Nursing: Kelly Radebaugh, RN

Our nursing services are tailored to the individual patient's needs in the home to promote, maintain, restore health, and minimize the effects of disability and illness in a safe environment.

We work with other programs and resources available to Traill County residents to help keep patients safely in their homes for as long as possible. When the time to make a move comes we help patients and their families get the information needed to

adjust and make appropriate decisions.

We will 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). B12 injections and education.

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.

## Babysitting Clinic: Chris McInnes

A babysitting clinic will be held on **May 27** from 9:00-2:00 p.m. in Mayville at the Goose River Bank basement.

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 of age, however, younger sitters who helps care for siblings are also welcome.

Topics covered include child nutrition, shaken baby, poison safety, first aid, infant care and

more!

Pre-registration is required. Limited to the first 25 potential babysitters. Cost is \$15.00

Call 636-4434, or our toll free number 1-888-468-6403

## Services Offered by Traill District Health

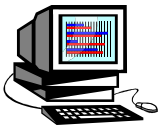
### TRAILL DISTRICT HEALTH UNIT

P.O. Box 58  
Hillsboro, ND 58045

701-636-4434 or  
toll free: 1-888-468-6403  
bstallma@state.nd.us

Fax #: 636-5473

The "Traill" to good health



We are on the Web!  
[www.co.trail.nd.us/  
Departments/  
Public\\_Health.html](http://www.co.trail.nd.us/Departments/Public_Health.html)

#### **Vaccinations:**

*Immunizations protect children and adults against disabling and life threatening diseases.*

#### **Home Nursing:**

*Tailored nursing services to individuals and families in the home promote, maintain, or restore health and minimize the effects of disability and illness.*

#### **Health Promotion & Education:**

*Health screenings and education to promote healthful living.*

#### **Maternal-Child Health:**

*Early screening and detection can help prevent or reduce the effects of future health problem and ensure the optimal health of your child.*

#### **School Nursing:**

*Prevention of interruption in health by early assessment and prevention helps children benefit from educational opportunities offered.*

#### **Environmental Health:**

*Sanitarian services help protect the health and safety of the public.*

#### **Tobacco Prevention, Education & Cessation:**

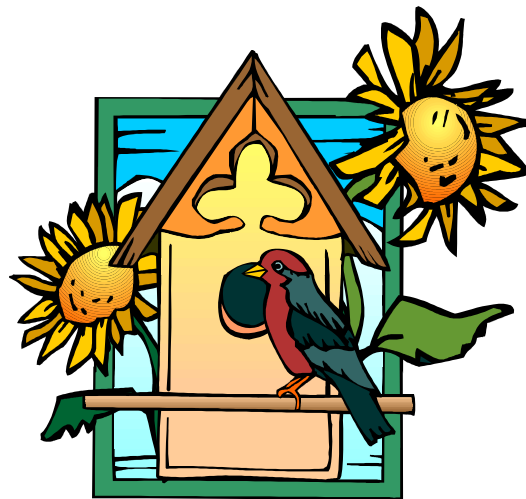
*Public education and policy development are proven effective at reducing rates of nicotine use.*

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## Tetanus shots for Flood Workers: Brenda Stallman

ND public health departments will be able to offer tetanus shots for flood workers, regardless of insurance status. Everyone should receive a tetanus booster every 10 years. The unrestricted vaccine will only be available for the duration of the flood and related activities. Exposure to flood water does not necessarily increase one's risk of contracting tetanus, however the nature of flood control and clean-up duties increases occurrences of cuts and injuries and subsequent risk of tetanus exposure. Stress and fatigue increase chances of accidents and injury. Additionally, flood workers are reminded to dress properly with comfortable, protective shoes, and gloves.

Contact Traill District Health Unit for an appointment, 636-4434.



*Happiness consists not in having much, but in being content with little.*