



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

Newsletter Title

CAVALIER COUNTY HEALTH DISTRICT

APRIL 2018



LHS HOSA Holds Kick Butts Day Event

Langdon High School (LHS) Health Occupation Students of America (HOSA) group held events on March 21, 2018 to recognize Kick Butts Day, a day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. The theme for Kick Butts Day 2018 was Pledge to #Be the First, urging students to pledge to be the first tobacco free generation. Students were encouraged to sign a pledge wall in the high school commons pledging to be part of the first tobacco free generation. Other events included creating and promoting a Snapchat filter that also proclaimed student's desire to #Be

the First generation free of tobacco and a Connect the Dots Activity which shared facts about the toll of tobacco with the student body. The day was also promoted on the local Dairy Queen digital billboard. Throughout the day at LHS students were able to participate in activities and games which illustrated the impacts of tobacco on individuals and society with prizes given. Buttons and stickers proclaiming the #Be the First theme were also given out.



Officers Trained to Use Narcan

Cavalier County Sheriff's Department staff were recently trained to handle Narcan, a nasal spray version of naloxone used to reverse the effects of opioid drugs such as fentanyl. The effort to equip law enforcement across the nation is in response to what some have called an opioid overdose

crisis. Individuals addicted to prescription opioid drugs obtain these drugs on the streets the variability in dose and potency has led to a spike of overdoses across the nation. Carrying Narcan enables law enforcement to treat the effects of overdose in drug users as well as officers inadvertently

exposed to these drugs, some of which are absorbed through the skin, during the scope of their work until emergency medical services can arrive. Ten Cavalier County Sheriff Department were trained using a Substance Use Prevention Community Grant through the ND Department of Human Services.

Munich School Board Strengthens Tobacco Policy

Cavalier County Health District would like to congratulate Munich School for strengthening their tobacco free policy. While the school had a

policy that has protected students, visitors and staff from the harmful effects of secondhand smoke the policy was recently strengthened by the Munich School Board to include recommendations that reduce the influence of tobacco companies on children such as including electronic nicotine delivery systems, also known as e-cigarettes, in the

policy.

Research proven interventions such as strong school policies have been shown to decrease the number of youth who ever start using tobacco. This is important as the overwhelming majority of tobacco users start before the age of 18 years leading to a lifetime of tobacco addiction and harmful tobacco related health outcomes .

Munich School Board



Take Back Event Held At Health Fair

February 22, 2018
Cavalier County Health District in cooperation with Cavalier County Sheriff's Department held a drug Take Back event at Cavalier County Memorial Hospital's (CCMH) first annual health fair. The event allowed individuals to bring in

unwanted, unused and expired medications to be disposed of in a secure, environmentally friendly manner. Individuals were also able to learn information about safe medication use and storage. Nearly 2 pounds of medications were collected to be

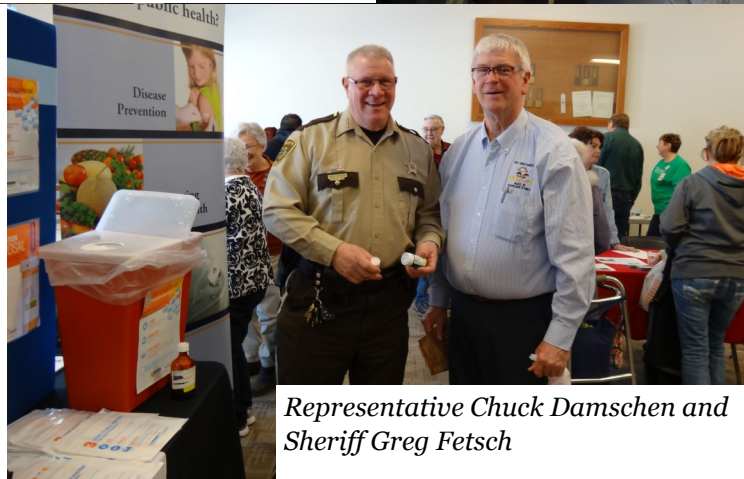
destroyed at the event. Individuals who have medications which they would like to dispose of but were unable to attend the Take Back event can use Take Back sites at Langdon Drug and Cavalier County Sheriff's Department at no cost.



Representative David Monson and Sheriff Greg Fetsch



County Commissioner Elsie Magnus and Sheriff Greg Fetsch



Representative Chuck Damschen and Sheriff Greg Fetsch



Senator Janne Myrdal and Sheriff Greg Fetsch



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***Our Mission...** The Cavalier County Health District is committed to promoting healthy lifestyles, preventing disease and protecting the environment.*

Our vision... Healthy Choices, Healthy People,
Healthy Community

LAHS Holds Opioid Presentation

January 25, 2018-
Langdon Area High School held an event for students and parents to learn signs, symptoms and any indicators that may point to drug use and how to prevent it. Community members learned from presenters **Dawn Dietz, Special Assistant United States Attorney/Assistant**

Attorney General and Bismarck police Department Sergeant Mike Bolme about the scope of the problem, issues that contribute to prescription drug misuse, signs indicating drug use in individuals and steps they are taking to reduce this problem.

For more information

on the topic of prescription drug use in ND and what you can do to prevent it go to <https://prevention.nd.gov>

