



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

Cavalier County Health District

# Cavalier County Health District Newsletter

JULY 2018

## CCHD receives Immunization Awards

Cavalier County Health District received the Influenza Immunization Award from the North Dakota Department of Health for achieving a rate of 70% or higher for children in two of the three following age Groups: 6 months-4years at 70.1%, 5-12

years, at 70% and 13-17 years at 65.3% for the 2017-2018 influenza season.

Cavalier County Health District also received the 2018 Adult Pneumococcal Award from the North Dakota Department of Health for achieving an overall

pneumococcal immunization rate exceeding 70% in people 65 years of age and older.

The awards will be presented at the North Dakota Immunization Conference July 18, 2018.



## CCHD has Displays at Spa Day

On May 30 Cavalier County Memorial Hospital held a "spa day" at Cavalier County Courthouse for community members to learn about a variety of

health related topics. Cavalier County Health District had booths on the sun safety and how to detect suspicious skin lesions. Sunscreen sticks were given out.

CCHD also had a display and answered questions about the new shingles vaccine, Shingrix and offered the vaccine to eligible clients.



## Are You Aware of JUUL?



JUUL pods. Image from JUUL website, accessed 1/24/18

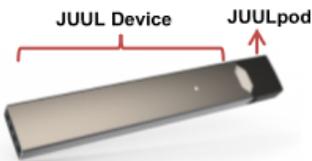


Image from JUUL website, accessed 1/24/18



JUUL device charging in the USB port of a laptop. Image from JUUL website, accessed 1/24/18.

As traditional tobacco use is falling among our youth e-cigarette use is skyrocketing. One device in particular has caught the attention of youth, JUUL. JUUL has rapidly risen to become the most popular e-cigarette brand made by major tobacco companies.

JUUL Labs produces the JUUL device and JUUL pods, which are inserted into the JUUL device. In appearance, the JUUL device looks quite similar to a USB flash drive, and can be charged in the USB port of a computer. According to JUUL Labs, all JUUL pods contain flavorings and 0.7mL e-liquid with 5% nicotine by weight,

which they claim to be the equivalent amount of nicotine as a pack of cigarettes, or 200 puffs. JUUL pods come in flavors like Cool Mint, Crème Brulee, Fruit Medley, Virginia Tobacco, Mango, Cool Cucumber, Classic Tobacco, and Classic Menthol.

The high tech appearance and flavorings of these devices appeal to younger markets. The USB type appearance and smaller vape cloud make the device easier to conceal. Surveys find that many youth do not even think of these devices as e-cigarettes and don't refer to JUUL use as "e-cigarette use" or

"vaping," but rather as "JUULing". Challenges have popped up showing youth posting "JUULing in School", often with unaware school staff present in the photo. While youth often do not recognize the risk of these products they contain nicotine which is just as addictive as that found in traditional tobacco products like cigarettes and chew. Additionally the health effects flavorings in these products when inhaled deep into the lungs is unknown. To learn more go to [www.tobaccofreekids.org/what-we-do/industry-watch/e-cigarettes](http://www.tobaccofreekids.org/what-we-do/industry-watch/e-cigarettes)

## The Facts About

# Juul E-Cigarettes

## What is Juul?

Juul is a brand of e-cigarette that has skyrocketed in popularity among teens across the United States. Educators report an alarming level of Juul use in middle and high schools.



- · > A sleek, high tech e-cigarette that looks like a USB flash drive and charges in a computer.
- · > Available in sweet flavors including mango, fruit medley and cool mint.
- · > Small enough to fit in a closed hand.
- · > A “Juul Pod” contains as much nicotine as a pack of cigarettes.
- · > Teens often refer to Juul use as “Juuling.”
- · > Juul now has over half the e-cigarette market.

- · > Juul use risks addiction to nicotine, but many young people don't realize they're inhaling it when they use Juul or other e-cigarettes. A recent study found 63 percent of current Juul users (ages 15-24) did not know the product always contains nicotine.
- · > Nicotine can harm adolescent brain development, affecting attention, learning and susceptibility to addiction.
- · > E-cigarette use increases teens' risk of ever using regular cigarettes.



## What are the health risks of using Juul?

Juul is putting kids at risk of nicotine addiction and threatens to undermine decades of progress in reducing youth tobacco use.



Visit [tobaccofreekids.org/juul](http://tobaccofreekids.org/juul) or [truthinitiative.org](http://truthinitiative.org) to learn more.





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

**Our Vision...** *Healthy Choices, Healthy People, Healthy Community.*

## Progressive Agriculture Youth Safety Day Held

At the Progressive Agriculture Youth Safety Day children learned how to identify safety hazards and to make safer and healthier decisions. The Safety Day, held on June 21, drew children in grades 2-6 for a half-day session on how to take responsibility for their own safety and health.

Presentations included information on medication safety, summer safety, utility safety, ambulance, fire, police sun safety, and animal safety. Cavalier County Health District would like to thank all the sponsors, volunteers and presenters for making the day a big success.

