



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

Cavalier County Health District

Newsletter

JANUARY 2019

Are you planning to quit tobacco use in the New Year? NDQuits offers help quitting.

NDQuits services include free counseling, advice and support and free nicotine replacement products for those who qualify.

Call 1.800.QUIT.NOW or go online to

<https://ndquits.health.nd.gov/#>

ND
QUITS

Reductions in Secondhand Smoke Exposure Have Stalled

CDC's Office on Smoking and Health has released the following article, *Morbidity and Mortality Weekly Report (MMWR)*, "Exposure to Secondhand Smoke Among Nonsmokers, United States, 1988–2014."

CDC analyzed data from the National Health and Nutrition Examination Survey to assess trends in secondhand smoke exposure among U.S. nonsmokers age 3 years and older.

- Exposure to secondhand smoke among U.S. nonsmokers declined substantially during 1988–2014, from 87.5 percent to 25.2 percent.
- However, no change occurred between 2011–2012 and 2013–2014, and an estimated 1 in 4 nonsmokers, or 58.0 million people, were still exposed to secondhand smoke during 2013–2014.
- Exposure to secondhand smoke remained highest among children ages 3–11 years, non-Hispanic blacks, people living in poverty, people living in rental housing, and people living with someone who smoked inside the home.

The article, highlights, press release and infographic are attached and an online version is available at

https://www.cdc.gov/mmwr/volumes/67/wr/mm6748a3.htm?s_cid=mm6748a3_w

PROGRESS IN
reducing secondhand smoke exposure
AMONG U.S. NONSMOKERS
HAS STALLED SINCE 2011

58 MILLION AMERICANS
are still exposed to secondhand smoke,
INCLUDING 2 IN 5 CHILDREN

THERE IS NO SAFE LEVEL OF
SECONDHAND SMOKE EXPOSURE



cdc.gov/tobacco

Take Back Event Held at Canola Show

Cavalier County Health District in cooperation with Cavalier County Sheriff's Department held a drug Take Back event at the 21st Annual Northern Canola Growers Association Canola Expo on December 4, 2018. 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. 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 anytime of the year.



Tobacco Info Shared at Canola Show

Stephanie Welsh with Cavalier County Health District and Heather Austin from Tobacco Free North Dakota recently had a display at the 21st Annual Northern Canola Growers Association Canola Expo on December 5, 2018. The booth featured information on new and emerging tobacco products such as electronic nicotine delivery devices (ENDS) and their impact on youth. It also highlighted information on the pricing of tobacco and how North Dakota's low tobacco tax (one of the lowest in the nation) and the fact that ENDS are not licensed and taxed as tobacco products in ND contribute to youth starting tobacco use. For more information on this topic check out :

<https://www.tobaccofreekids.org/what-we-do/us/state-tobacco-taxes>

Frostfire and Cobblestone Inn Staff Complete RBS Training

The staff at Cobblestone Inn & Suites and Frostfire Resort recently attended a classes to become certified in Responsible Beverage Server (RBS) Training. The North Dakota Safety Council provided the certification and Cavalier County Sheriff's Department conducted the on-site class. They join eleven other Cavalier County alcohol establishments which have completed this training.

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 the 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



“We greatly appreciate the sheriff's department coming out to train our staff! The training course was in-depth and covered topics that will be very useful to us, including how to manage various situations involving guests who have been drinking, and the laws and policies for serving alcoholic beverages,” said Emily Baker, Cobblestone Inn & Suites General Manager. “The safety of our guests and staff are a top priority for us, and part of this is ensuring responsible alcohol consumption at our business.”

This instruction was sponsored by Healthy Cavalier County Health District using a federal alcohol prevention grant through the North Dakota Department of Human Services. Voluntary server training is being offered as part of a broader portfolio of strategies. This grant specifically targets prevention in the areas of underage drinking and adult binge drinking.

Lacey Klingbeil Cobblestone Inn & Suites Financial Director said of RBS Training “Providing our guests with an experienced and knowledgeable staff member on alcohol and alcohol consumption is very important to us. The server training is free and it is a great opportunity for businesses to take advantage of.”

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





Public Health
Prevent. Promote. Protect.

Cavalier County Health District

901 3rd St Suite #11
Langdon, ND 58249

Phone: 701-256-2402

Fax: 701-256-5765

www.cavaliercountyhealth.com

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.

IT'S NOT TOO LATE

FIGHT FLU

GET A FLU VACCINE TO
#FIGHT FLU

Cavalier County Health District logo and CDC logo.

Cavalier County Health District continues to offer influenza vaccination throughout the influenza season. If you missed getting your flu shot this fall it is still not too late and flu viruses circulate throughout the winter months. Call or stop in to schedule an appointment to get your influenza vaccination and get protected against influenza.