



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

Cavalier County Health District

# Cavalier County Health District Newsletter

APRIL 2019

## Two Options for Responsible Beverage Service Training Available

Cavalier County Health District in cooperation with Cavalier County Sheriff's Department and the North Dakota Safety Council are pleased to offer 2 options for Cavalier County alcohol establishment owners, operators and servers to complete responsible beverage server training. A **no cost**, in person training at the alcohol establishment can be scheduled by calling Greg Festch with Cavalier County Sheriff's Department. In addition, an online training is offered through the North Dakota Safety Council at [www.ndsc.org/rbs/establishments\\_servers/training/](http://www.ndsc.org/rbs/establishments_servers/training/) for a cost of \$20 per individual completing the training. Cavalier County Health District will reimburse each Cavalier County server, manager or owner \$50 to cover the cost of the course and their time to take it upon providing proof of completion of the North Dakota Safety Council online course.

Both trainings require around 2 hours to complete. Following either training participants will receive a certificate of completion which is good for 3 years and is transferrable.

For more information about this training or to schedule attendance at a class contact Greg Fetsch at 256-2555 or Cavalier County Health



## Local Officer Attends Training

Cavalier County Deputy Gabe Johnston recently attended a class in Grafton to become certified in Responsible Beverage Server (RBS) Training. The North Dakota Safety Council provided the certification, and the "Train-the-Trainer" class instructed the officers in attendance how to conduct Server Training. The officers can then provide local training programs to owners, managers, and staff of establishments that serve alcohol.

## After Prom Party Held

According to the National Highway Traffic Safety Commission about a quarter of car crashes with teens involve an underage drinking driver. Ninety-five percent of the 14 million people who are alcohol dependent began drinking before the legal age of 21. As a community, we don't like those odds, and a group of local parents is determined to do something about it. Because the safety and well-being of our high school students is our first priority, Langdon High School After Prom Committee hosted a no cost, substance free, supervised After Prom party for Langdon, Edmore and Munich students and their guests who attended the Langdon High School Junior Senior Prom. Scheduled immediately after the Prom, the party took place at the Langdon High School. Festivities included a DJ, games, door prizes and a pancake and sausage breakfast. Over fifty students attended. The event was a great way for youth to enjoy an after-prom party without having to deal with the chance alcohol might be present. The LHS after prom committee would like to thank all the volunteers and donors who made this event possible.







YOU  
WOULDN'T  
**EAT**  
22 PACKS  
OF  
**SUGAR\***

\* sugar in a 20-oz. soda

WHY ARE YOU  
**DRINKING**  
THEM?

CHOOSE  
**WATER**



**reTHINK**  
your drink!  
every sip counts •



This project is supported by the Minneapolis Health Department  
with Statewide Health Improvement Partnership funding, Minnesota Department of Health.

The U.S. Dietary Guidelines for Americans recommend that you limit added sugar to a very small amount – less than 10 percent of the calories you eat and drink every day. That means just one sugary drink can have more sugar than you should have in one day.

## EVERY SIP COUNTS!

20 oz.  
Soda



**30 min** JUMPING JACKS

32 oz.  
Sports Drink



**25 min** JOG OR RUN

16 oz.  
Energy Drink



**20 min** JUMPING ROPE

CHOOSE



**WATER**



**reTHINK**  
your drink!  
every sip counts •



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\* Numbers may vary based on weight, height,  
and the amount of energy expended.

Choose healthy  
drinks such as  
water and low-fat  
milk.



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### **Cavalier County Health District**

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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.**

## **Benefits of Responsible Beverage Service Training**

This training assists employees and managers in understanding North Dakota state and local laws surrounding alcohol use, consequences for failing to comply with laws, and prepares servers for situations in which these laws apply. This type of training provides a line of liability defense for alcohol sales and service providers and can even result in a discount in liability insurance for establishments (contact your insurance carrier for more information).

RBS Training programs for servers focus on 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

For more information about RBS training contact Cavalier County Health District at 256-2402 or Cavalier County Sheriff's Department at 256-2555.

