



Public Health
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Cavalier County Health District Newsletter

JUNE 2019

Alcohol Free Graduation Events Held

Langdon High School and Munich School held alcohol free, substance free events to celebrate area graduates. The events gave the graduates and their peers a chance to celebrate without having to be exposed to alcohol use or other illegal activities.

The events were held at Munich High School (May 19) and Langdon High School (May 26) and had games, food and prizes to keep attendees busy throughout the night.



Take Back Event Held



Cavalier County Sheriff's Department and Langdon Ambulance held a Medication Take Back event from 5:00-7:00 PM on Monday, May 20th at the Langdon Ambulance building as part of celebrating EMS Week. Attendees were able to bring unused, unwanted or expired medications to be safely disposed of at no cost. Medication TakeBack events are part of a county wide strategy to prevent opioid misuse by removing unused or unwanted medications from homes as studies show 54% of people who abuse prescription pain relievers obtain them from a friend or relative. *NSDUH National Findings 2015*

Key facts about e-cigarettes include:

- Juul, which looks like a computer flash drive, is small and easy to hide, delivers a powerful dose of nicotine, and comes in kid-friendly flavors like mango, fruit and mint. Each Juul“pod” (cartridge) delivers as much nicotine as a pack of 20 cigarettes.
- The U.S. Surgeon General has found that youth use of nicotine in any form – including e-cigarettes – is unsafe, causes addiction and can harm the developing adolescent brain, affecting learning, memory and attention.
- Studies also show that young people who use e-cigarettes are more likely to become cigarette smokers.

Kick Butts Day Activities Held

Students at Langdon Area Schools united against tobacco use on March 20 as they joined thousands of young people nationwide to mark Kick Butts Day, an annual day of youth activism sponsored by the Campaign for Tobacco-Free Kids. This year, kids focused on kicking Juul, the e-cigarette that has become enormously popular among youth across the country. While cigarette smoking among high school students nationwide has fallen to 8.1 percent, e-cigarette use among high schoolers rose by an alarming 78 percent in 2018 alone. U.S. public health leaders have called youth e-cigarette use an “epidemic” that is addicting a new generation of kids. In North Dakota, 20.6 percent of high school students use e-cigarettes, while 12.6 percent smoke cigarettes.

On Kick Butts Day, youth called for strong action to reverse the youth e-cigarette epidemic. They encouraged the Food and Drug Administration, states and cities to ban all flavored tobacco products, raise the tobacco age of sale to 21, increase tobacco taxes, support smoke-free laws and fund tobacco prevention programs.

Area youth joined in events including signing pledges to be tobacco-free, learning about the harmful chemicals in tobacco products and photo campaigns to show tobacco companies they will not be replacement customers for those who die from tobacco use.





CCMH Encourages Quitting on Kick Butts Day

On March 20, 2019 Cavalier County Memorial Hospital and Clinic used Kick Butts Day as an opportunity to encourage tobacco users to “kick” their addiction to nicotine. Resources available to provide support to those ready to quit included personal coaching and nicotine replacement therapy medication.

“It is our goal to educate North Dakotans about making healthy lifestyle choices and provide smokers with the tools they need to quit.” said Sheila Beauchamp, Certified Tobacco Treatment Specialist with Cavalier County Memorial Hospital.

Beauchamp went on to say while Kick Butts Day was a great day to raise awareness about resources available to help tobacco users quit, help is available year round.

“You can participate by giving us a call or by encouraging someone you know to contact us for help to start living tobacco-free,” said Beauchamp.

To learn about resources available to quit tobacco, contact Sheila Beauchamp at 701-256-6100, Elizabeth Sillers or Nancy Boe at 256-6120 or go to www.nquits.health.nd.gov.



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901 3rd St. Suite #11
Langdon, ND 28249

Phone: 701-256-2402

Fax: 701-256-5765

E-mail: tgustafs@nd.gov
stwelsh@nd.gov

www.cavaliercountyhealth.com

www.facebook.com/cavaliercountypublichealth/

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.

Healthy Beverage Booth

On March 21, 2019 Cavalier County Health District participated in the Cavalier County Memorial Hospital Health Fair with a booth featuring education on how to make healthy beverage choices. The display featured the amount of sugar and calories in many beverages and encouraged the consumption of low and no calorie beverages such as milk and water. Participants were also provided a reusable water bottle to encourage water consumption.

Langdon High School Health Careers students, Madison Pritchard and Rylan Rueger, also displayed the booth, spoke to classes about healthy drink choices and distributed water bottles at LHS on April 5, 2019. For more information on making healthy beverage choices go to: https://www.cdc.gov/healthyweight/healthy_eating/drinks.html

