



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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Newsletter

AUGUST 2015

An initiated measure approved by North Dakota Voters provides funding for Cavalier County Health District to diminish the toll of tobacco in our state by addressing the number one preventable cause of death and disease: tobacco use.

3 out of 4 Americans Support Increasing the Minimum Age to Buy Tobacco

Three out of four American adults—including seven in 10 cigarette smokers—favor raising the minimum age of sale for all tobacco products to 21, according to an article by CDC published in the [American Journal of Preventive Medicine](#).

In most states, the minimum age of sale for tobacco is 18; in Alabama, Alaska, New Jersey and Utah the minimum age of sale is 19. One state—Hawaii—recently passed a law prohibiting sales of tobacco products to youth under the age of 21. Additionally, several cities and counties across the U.S. have adopted laws raising the minimum age to 21.

“Raising the minimum age of sale to 21 could benefit the health of Americans in several ways,” said Brian King, Ph.D., acting Deputy Director for Research

Translation in CDC’s Office on Smoking and Health. “It could delay the age of first experimenting with tobacco, reducing the likelihood of transitioning to regular use and increasing the likelihood that those who do become regular users can quit.”

Age-of-sale restrictions have been shown to contribute to reductions in tobacco use and dependency among youth. In March 2015, an Institute of Medicine (IOM) [report](#) found that if all states were to raise the minimum age of sale for all tobacco products to 21, there would be a 12 percent decrease in cigarette smoking prevalence across the nation by 2100. This would translate into nearly 250,000 fewer premature deaths from cigarette smoking among people born between 2000 and 2019.

<http://www.cdc.gov/media/releases/2015/p0707-tobacco-age.html>

New E-cigarette Law

HBI 186 passed this last legislative session and went into effect August 1, 2015.

Main components of the new law include:

- No sales of electronic smoking devices, liquid nicotine, or alternative nicotine products to minors.
- Discontinued use of self-service displays for all tobacco products, electronic smoking devices, and alternative nicotine products where it is prohibited by law.
- Nicotine liquid containers must meet the standards for child-resistant packaging.

Learn more at:

<http://www.breathend.com/news/NDE-cigaretteLawTakesEffectAugust1/>



Back to School Immunizations

For many the back to school routine means shopping for the required supplies, such as pencils, books and backpacks. For kindergartners, 7th graders and college freshman these back to school preparations

also need to include making sure your child is up to date the required vaccinations. Age specific vaccinations are required for each of these grades to legally attend school in North Dakota. If you

are unsure if your child is up to date or if you would like to schedule an appointment for your child to receive their vaccinations contact Cavalier County Health District at 701-256-2402.

A Vaccine to Prevent Cancer

Who wouldn't want a vaccine to prevent cancer? Fortunately just such a vaccine exists. The Human Papilloma Virus (HPV) Vaccine has been around since 2006 and is now an option for adolescent and teenage boys as

well as girls. Despite being a proven effective tool to fight cancer North Dakota's HPV vaccination rates remain below the Healthy People 2020 goals. In an effort to reach more teens with this vaccine Cavalier

County Health District plans to offer HPV vaccine in county school settings for the 2015-2016 school year. Watch for more information to be sent home with your child.

Coming Soon: Flu Shots



Cavalier County Health District recommends all individuals 6 months of age and older receive an influenza vaccine this season to prevent getting the flu. Influenza is an illness characterized by fever, body aches, cough and sore throat, not the "stomach flu" people

often think of. Influenza illness can be particularly severe in the very young, very old, or individuals with other health conditions like heart disease, lung disease, diabetes. It is important to get vaccinated to protect not just yourself but those around you. Cavalier County Health District

is able to bill most insurances and has influenza vaccine at no cost for children not covered by insurance. Go to: <http://cavaliercounty-health.com> or call 701-256-2402 for dates and times of upcoming influenza vaccination clinics.

North Dakota Can Change Binge Drinking Culture

ND alcohol-related statistics:

ND has the 3rd highest binge drinking rate in the nation (ages 26+ NSDUH, 2009-2010).

Almost half of all adult arrests are alcohol related - over ¼ are DUI's (Crime in ND, 2011).

50% of fatalities on ND roads are alcohol-related (ND Highway Patrol, 2012).

There is 1 alcohol-related car crash every 8.6 hours (ND DOT, 2011).

We can change the ND alcohol culture.

Support community policies and enforcement efforts that reinforce healthy behaviors and choices.

Drink responsibly if you are 21 or older (know what and how much you are drinking).

Designate a driver or call a cab.

Parents role model and encourage responsible drinking habits.

What is a Standard Drink Size?

The simple answer is 0.6 fluid ounces of PURE ALCOHOL.

The not so simple answer is you can't drink pure alcohol. It's flammable and it tastes awful. Even vodka, which at 100 proof is often called hard liquor, is only 50% alcohol. Then you have to factor in the size of the pour or, in the case of beer, the size of the glass.

What is Binge Drinking?

Here's how the National Institute of Alcohol Abuse and Alcoholism (NIAAA) defines it: Drinking that brings blood alcohol levels to 0.8 g/dl. That typically occurs after 4 drinks in two hours for women and 5 in two hours for men.

Maximum Drinking Limits (NIAAA):

For healthy men up to age 65:





No more than 4 drinks in a day AND

No more than 14 drinks in a week

For healthy women (and healthy men over age 65):

No more than 3 drinks in a day AND

No more than 7 drinks in a week

STANDARD DRINK EQUIVALENTS	APPROXIMATE NUMBER OF STANDARD DRINKS IN:
BEER or COOLER	
12 oz.	12 oz. = 1
	16 oz. = 1.3
	22 oz. = 2
	40 oz. = 3.3
~5% alcohol	
MALT LIQUOR	
8-9 oz.	12 oz. = 1.5
	16 oz. = 2
	22 oz. = 2.5
	40 oz. = 4.5
~7% alcohol	
TABLE WINE	
5 oz.	a 750 mL (25 oz.) bottle = 5
	
~12% alcohol	
80-proof SPIRITS (hard liquor)	
1.5 oz.	a mixed drink = 1 or more*
	a pint (16 oz.) = 11
	a fifth (25 oz.) = 17
	1.75 L (59 oz.) = 39
~40% alcohol	*Note: Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.

<http://pubs.niaaa.nih.gov/publications/Practitioner/>

BreatheND

Saving lives, saving money. The voice of the people.



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BreatheND is the official website and logo of the Center for Tobacco Prevention and Control Policy, a division of the Tobacco Prevention and Control Executive Committee. North Dakota voters passed a statewide initiated measure that created the Tobacco Prevention and Control Executive Committee and requires a portion of the money North Dakota receives from tobacco settlement dollars to be used for tobacco prevention and control programs. The Center, along with the North Dakota Department of Health, local public health units and other partners, is charged with implementing North Dakota's comprehensive state tobacco prevention plan: *Saving Lives - Saving Money.*

Additional Pneumonia Shot

Recommended

The Advisory Committee on Immunization Practices has recommended all adults over the age of 65 years receive one dose of pneumococcal conjugate vaccine (PCV13). This is a different type of pneumonia vaccine in addition to pneumococcal polysaccharide vaccine (PPV23) which one dose has been and continues to be recommended for

all individuals over the age of 65 years.

The new recommendations are for individuals 65+ years of age who have never received a pneumonia vaccine to receive PCV13 followed by PPV23 12 months later. Individuals 65+ years of age who have already received PPV23 should receive PCV13 at least one year after the most recent

PPV23 dose.

Medicare Part B can be billed for both of these pneumonia vaccines as can most private health insurances.

Cavalier County Health District offers both types of pneumonia vaccine. Call or stop in to receive PCV13.

