

CAVALIER COUNTY
HEALTH DISTRICT



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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.

Cavalier County Health District

Newsletter

NOVEMBER 2015

Resolution Supports Increased Tobacco Tax

By Elsie Magnus, Cavalier County Commissioner

A resolution supporting a significant increase in the North Dakota tobacco tax was recently passed by the North Dakota County Commissioners Association (NDCCA) at the annual North Dakota Association of Counties conference. The resolutions committee prepares a list of proposed resolutions to be considered and voted upon at each conference. Upon acceptance, the resolutions become the official policy of NDCCA. Of the nine presented this year, the tobacco tax resolution was the only one pulled for discussion.

North Dakota's tobacco tax is one of the lowest in the nation at 44 cents per pack of cigarettes, as

compared to \$2.83 in Minnesota; \$1.70 in Montana; and \$1.53 in South Dakota. The average nationwide tax is \$1.60. During the resolution's debate, one of the commenters thought the legislature would lose respect for NDACO if this resolution once again was presented, another thought the commissioners should only be concerned with roads and bridges. Cavalier County Commissioner Magnus contacted the Cavalier County Health office and spoke in favor of the resolution using the supportive information provided. This included the incredible cost to taxpayers incurred by tobacco use as well as the proof

that higher costs for tobacco products has a profound effect on smoking rates... particularly among teenagers. Additional emphasis was presented that concerns of the county most definitely include health issues: support for county health services, county hospitals, and social services among others. This resolution is supported by the Association, and passed with a show of hands vote.

For more information contact the Cavalier County Health Office at (701) 256-2402.



Cancer Prevention Grant Awarded

The North Dakota Department of Health Comprehensive Cancer Control Program has awarded grant funds in the amount of \$7,000 to Cavalier County Health District. The funds will be used to reduce cancer rates in Cavalier County through increased HPV vaccination of county youth. Strategies used will include offering HPV vaccination at school based clinics for Langdon Area School and Munich School

students grades 7-12, educating providers on the importance of recommending HPV vaccination to area youth and local media campaigns on the HPV vaccine.

Cancer is the second leading cause of death in North Dakota. Projects such as Cavalier County Health District’s HPV vaccination campaign are vital to prevent cancer, save lives and/or improve the quality of lives of North Dakotans.

“We all want to see our youth protected from cancer. HPV vaccination has been shown to reduce the rates of HPV related cancers in both girls and boys making this project a real asset in reducing the rates of cancer for Cavalier County youth,” said Terri Gustafson. “Together, we will make the vision of a cancer-free North Dakota a reality.”

“We all want to see our youth protected from cancer.”

*Terri Gustafson, RN
Cavalier County
Health District*





Thank You

The members of **HEALTHY CAVALIER COUNTY** and the **CAVALIER COUNTY SHERIFF'S DEPARTMENT** would like to thank the following businesses for encouraging their employees to become certified servers:

- Pain Reliever in Nekoma
- Grandpa's Cabin
- Goodtimes in Osabrock
- North Forty Bar in Milton
- Eagles Aerie
- Munich Bar
- Tom's Lounge
- Sporty's
- Bottle Barn in Langdon
- American Legion – Langdon
- Calio Bar
- Sarles Bar

If you would like more information about Healthy Cavalier County, please contact the Cavalier County Health District office at 256-2402.

Responsible Beverage Server Trainings Held

Deputy Greg Fetsch of Cavalier County Sheriff Department recently held Responsible Beverage Server Training for more than 30 Cavalier County owners, managers, and staff of establishments that serve and sell alcohol. 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 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

This instruction was sponsored by Healthy Cavalier

County, a local organization that formed in 2014 to promote healthier and safer lifestyles in the area. Using a federal alcohol prevention grant through the North Dakota Department of Human Services as a catalyst, Healthy Cavalier County promotes server training as part of a broader portfolio of strategies used to target prevention in the areas of underage drinking and adult binge drinking.

For more information about Responsible Beverage Server Training or Healthy Cavalier County contact Cavalier County Health District at (701) 256-2402.

BreatheND

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



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Cavalier County Health District

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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

Time to get a Flu Vaccine

Remember it is not too late to get a flu shot. Flu season in North Dakota hasn't reached full swing yet, so there is still time to get vaccinated to protect yourself from influenza.

The Centers for Disease Control recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most

important step in protecting against this serious disease. While there are many different flu viruses, the seasonal flu vaccine is designed to protect against the top three or four flu viruses that research indicates will cause the most illness during the flu season.

Cavalier County Health District will be holding drop

in influenza vaccine clinics on Tuesday, November 3, 2015 and Monday, November 9, 2015 from 8:00 AM to 4:30 PM. Influenza vaccination can also be arranged by appointment by calling 256-2402.

Be sure to plan for a healthy and active winter by getting your influenza vaccination.

Who needs a flu vaccine?



Even healthy people can get the flu. Protect yourself and your loved ones. Get vaccinated.

www.cdc.gov/flu



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention