

CAVALIER COUNTY HEALTH DISTRICT NEWSLETTER

INSIDE THIS ISSUE:

<i>Candy Flavored Cigarettes Banned</i>	2
<i>Great American Smokeout</i>	2
<i>E-cigarettes</i>	3
<i>H1N1 Vaccine</i>	3
<i>Staying Well this Flu Season</i>	3
<i>Volunteers Sought</i>	4

LANGDON AMERICAN LEGION SHOWS LEADERSHIP BEING SMOKEFREE

American Legion Post #98 has made the health of our community a priority by making their building smoke free. Our local American Legion Post located in Langdon decided several years ago to take the lead in going smoke free. Only a handful of other American Legion posts in the state have taken this vital step in reducing the risks of secondhand smoke in their buildings. Other posts that have made this commitment to health include Fargo and Park River. According to Adjutant Leon Hiltner "It seemed like the thing to do. Other places were going smoke free and we had heard complaints about how smoky it would get, particularly at a crowded event such as wedding dances or public meetings. There was always the danger of fire in a crowded building. People just don't like their clothes smelling like cigarette smoke anymore." He reports they have had no complaints about the change

and no issues enforcing the change. "We put up signs and people pretty much took it outside. We had a few people who needed a gentle reminder but that wasn't really a problem either." By going smoke free the Legion not only protects its members, patrons and employees from the harmful effects of secondhand smoke such as heart disease, lung disease, and cancer but also encourages current smokers to quit and prevents youth from starting smoking by changing the social norm of smoking. Cavalier



Dave Gray and Leon Hiltner

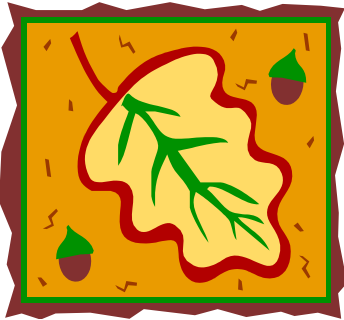
County Health District commends American Legion Post #98 in their leadership in the area of tobacco prevention and control by going smoke free.

LANGDON PARKS TOBACCO FREE SINCE 2000

As many communities in the state of North Dakota grapple with how to protect their citizens, particularly children, from the harmful effects of tobacco in their city parks, Langdon is in the unique position of having longstanding protection in the way of tobacco free parks. A tobacco

free grounds policy has been in place for the Langdon City Park for the area surrounding the swimming pool since 2000. This policy was expanded to include the entire city park in 2005. Tobacco free parks protect patrons not only from secondhand smoke but also protect children and pets from the

risk of poisoning from tobacco litter such as cigarette butts. Cavalier County Health District would like to congratulate the Langdon Park District for their visionary efforts in the area of tobacco free parks.



"Almost 90 percent of adult smokers start smoking as teenagers. These flavored cigarettes are a gateway for many children and young adults to become regular smokers,"
FDA Commissioner
Margaret A. Hamburg,
M.D.

CANDY AND FRUIT FLAVORED CIGARETTES NOW ILLEGAL IN UNITED STATES; STEP IS FIRST UNDER NEW TOBACCO LAW

The U.S. Food and Drug Administration announced a ban on cigarettes with flavors characterizing fruit, candy, or clove effective September 22, 2009. The ban, authorized by the new Family Smoking Prevention and Tobacco Control Act, is part of a national effort by the FDA to reduce smoking in America. Smoking is the leading preventable cause of death in America.

The FDA's ban on candy and fruit-flavored cigarettes highlights the importance of reducing the number of children who start to smoke, and who become addicted to dangerous tobacco products. The FDA is also examining options for regulating both menthol cigarettes and flavored tobacco products other than cigarettes.

"Almost 90 percent of adult smokers start smoking as teenagers. These flavored cigarettes are a gateway for many children and young adults to become regular smokers," said FDA Commissioner Margaret A. Hamburg, M.D. "The FDA will utilize regulatory authority to reduce the burden of illness

and death caused by tobacco products to enhance our Nation's public health." Flavors make cigarettes and other tobacco products more appealing to youth. Studies have shown that 17 year old smokers are three times as likely to use flavored cigarettes as smokers over the age of 25.¹

"Flavored cigarettes attract and allure kids into lifetime addiction," said U.S. Department of Health and Human Services Assistant Secretary for Health Howard K. Koh, M.D., M.P.H. "FDA's ban on these cigarettes will break that cycle for the more than 3,600 young people who start smoking daily."

The FDA is taking several steps to enforce the ban. A letter recently sent to the tobacco industry provided information about the law, and explained that any company who continues to make, ship or sell such products may be subject to FDA enforcement actions.

The FDA has also made available today an advisory to parents on the risks associated with flavored tobacco

products. "Youth are twice as likely to report seeing advertising for these flavored products as adults are," said Dr. Joshua Sharfstein, a pediatrician and the FDA Principal Deputy Commissioner. "Marketing campaigns for products with sweet candy and fruit flavors can mislead young people into thinking that these products are less addictive and less harmful."

The FDA encourages consumers to report continuing sales of flavored cigarettes through a special tobacco hotline (1-877-CTP-1373) and Web site (www.fda.gov/flavoredtobacco).

Parents and consumers can learn more about the risks of flavored tobacco products at www.fda.gov/ Footnote: ¹ Klein SM, Giovino GA, Barker DC, Tworek C, Cummings KM, O'Connor RJ. Use of flavored cigarettes among older adolescent and adult smokers: United States, 2004-2005. *Nicotine Tob Res.*2008;10(7):1209-14.

GREAT AMERICAN SMOKEOUT

November 19th, 2009 will mark the 34th annual Great American Smokeout. This event was started in 1976 as a way to inspire and encourage smokers to quit for at least one day. Tobacco use continues to be the number one preventable cause of disease and death in the U.S. The Great American Smokeout helps bring attention to the enormous toll tobacco takes from

individuals and our country as a whole. It also raises awareness of the resources available to assist smokers in quitting. CCHD would like to encourage individuals who smoke or have friends or family members who smoke to mark this day by abstaining from smoking.

For more information go to: www.greatamericansmokeout.org

It's Never Too Late To Quit

American Cancer Society
Great American Smokeout

Call toll free:
1.800.ACS.2345
www.greatamericansmokeout.org

E-CIGARETTES

Electronic cigarettes, or “e-cigarettes” as they are often referred to have been popping up in venues from shopping malls and fairgrounds to the internet all across the country. These metal tubes which are designed to look like cigarettes heat a cartridge filled with a nicotine containing liquid with a heating element until it is vaporized. This vapor is then inhaled by the consumer. Candy and fruit flavors are often added to the liquid making e-cigarettes appealing to youth and new smokers. Age verification laws are frequently circumvented as e-cigarettes are not a tradition

al tobacco product and are frequently sold over the internet.

Manufacturers of the “e-cigarette” often market the device as a safer alternative to cigarettes or a way to “smoke” in areas where smoking is not allowed despite the device not having been approved as a safe or effective cessation intervention.

The FDA has warned consum-



ers that laboratory analysis of these products have shown e-cigarettes to contain carcinogens such as nitrosamines and toxic chemicals such as diethy-

lene glycol. The FDA is working to block importation of these products and warn consumers of the risks as manufacturers have not submitted to any regulatory control in the areas of safety and testing. The FDA asserts that as a nicotine delivery device e-cigarettes fall under the Federal Food, Drug and Cosmetic Act.

“It’s so very important that we all do our part to stop the spread of influenza. That’s why we keep urging people to wash their hands often throughout the day, cover their coughs and sneezes, and stay home when they are sick. These simple steps make a huge difference in stopping the spread of flu.”

Terry Dwelle M.D.
State Health Officer

H1N1 VACCINE RECOMMENDATIONS

One of the best ways to protect yourself during the influenza season is to be vaccinated for influenza. This flu season we are in the unique position of having two influenza vaccines available to protect ourselves, seasonal influenza vaccine and H1N1 influenza vaccine. Due to the late season (May 2009) appearance of H1N1 virus vaccine manufacturers have been working hard to make H1N1 vaccine available in sufficient numbers to protect the population this influenza

season. This means vaccine supplies will initially be released in limited numbers which are expected to increase throughout the influenza season. This has resulted in the recommendation to vaccinate priority groups as vaccine becomes available. Priority groups include health-care workers, parents of infants under 6 months of age, children 6 months to 24 years of age, adults 25 years of age through 64 years of age with chronic health conditions, and

pregnant women. Once these priority groups have been vaccinated vaccine will be made available for other groups such as healthy adults over the age of 25 years. CCHD recommends individuals interested in receiving this vaccine check our website at www.cavaliercountyhealth.com for a listing of upcoming vaccination events. Information regarding these events will also be made available through local radio and newspapers.

WHAT YOU CAN DO TO STAY HEALTHY THIS FLU SEASON

Get Vaccinated. Vaccination is the best protection we have against the flu.

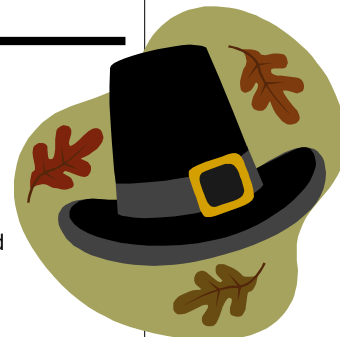
Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

Take everyday actions to stay healthy.

- Cover your nose and mouth when you cough or sneeze. Use a tissue and throw it in the trash
- when you are done. If a tissue is not available cough into your sleeve.
- Wash your hands often with soap and water. If soap and water are not available use an alcohol based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs can enter the body through those routes and can make you sick.

- Stay home if you are sick. Stay home and limit your contact with others. Stay home until 24 hours after fever resolves without use of fever reducing medicines.

Visit www.cdc.gov/h1n1flu/ for more information about staying healthy this flu season.



Cavalier County Health District

901 3rd St, Suite 11
Langdon ND, 58249

Phone: 701-256-2402
Fax: 701-256-5765
E-mail: tgustafson@nd.gov

We're on the Web
www.cavaliercountyhealth.com



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

EMERGENCY VOLUNTEERS SOUGHT

What is PHEVR/MRC?

PHEVR/MRC stands for Public Health Emergency Volunteer Reserve/Medical Reserve Corps. It is a partnership between the state and local health departments and communities throughout the state of North Dakota. The PHEVR/MRC program enhances the ability of North Dakota's health and medical system to respond in a public health emergency situation.

What is the purpose of PHEVR/MRC?

PHEVR/MRC's mission is to provide medical and non-medical personnel to assist in a public health emergency. The purpose of the PHEVR program is to recruit volunteers (medical and non-medical) and train them before an event occurs to save time in the response phase of a public health emergency. A database of PHEVR/MRC volunteers will be maintained by the North Dakota Department of Health Emergency Preparedness and Response Section. It should help minimize the number of spontaneous volunteers and maximize the response capacity in the event of an emergency.

Why is PHEVR/MRC necessary?

Every disaster has a public health component. A public health emergency situation could range from a flood to an influenza epidemic. Having a pool (database) of identified and pre-screened volunteers will aid in the response time, and thus enable officials to help the community recover from the disaster quicker.

What are the eligibility requirements to sign up for PHEVR/MRC?



Volunteers must be at least 16 yrs old and live, work, or go to school in North Dakota.

What volunteer roles are available for individuals with medical backgrounds?

Triage
Medical screeners
Patient education
Physician evaluators
Vaccinator
EMT

What volunteer roles are available for individuals with non-medical backgrounds?

Information distribution
Logistics/supplies
Data entry
Traffic flow
Security
Interpreter
Technology support
General volunteer assistance

Do I have to volunteer everywhere in the state of North Dakota?

When you register as a volunteer you are given options to reflect your deployment preferences. The choices are local, regional, statewide, or national response. A call for volunteers will be sent out according to deployment preferences, but if there are not a sufficient number of volun-

teers to fit the need of the response effort another call for volunteers may occur outside of deployment preferences. *Regardless of deployment preferences, all deployments are voluntary.*

What is expected of PHEVR/MRC volunteers?

PHEVR/MRC volunteers must update their contact information and volunteer profiles when information is no longer current, or at least once every six months. Volunteers are required to fulfill the training requirement by watching the PHEVR/MRC orientation video. Volunteers are also expected to participate in drills with the ND Department of Health. These drills help work out any problems in advance of an actual emergency. During these drills volunteers will be contacted by phone or email and instructed how to respond. These drills assist the ND Department of Health to know what works well and what parts of the process need minor adjustments.

What kind of training can I expect?

PHEVR/MRC volunteers will receive "Just in Time" training at the site where they are directed to report. Volunteers also have the option of participating in local, regional or state trainings. Many trainings are available at the North Dakota Department of Health website and can be completed at your convenience.

How do I register for PHEVR/MRC?

You can register online at www.ndhealth.gov/EPR/volunteer and fill out a detailed volunteer profile or for more information contact Janna Charrier at 701-328-1334 or email jacharrier@nd.gov.