



**Public Health**  
Prevent. Promote. Protect.  
Lake Region District Health Unit

## LAKE REGION DISTRICT HEALTH UNIT (LRDHU)

524 4<sup>th</sup> Avenue NE Unit 9, Devils Lake, ND 58301-2490

Ramsey County (701) 662-7040



# Health Happenings

Winter 2023

Quarterly Newsletter

Benson County \* PO Box 86 \* 330 C Avenue \* Minnewaukan 58351 (701) 473-5444

Eddy County \* 24 8<sup>th</sup> Street N \* New Rockford 58356 (701) 947-5311

Pierce County \* 240 SE 2<sup>nd</sup> Street \* Rugby 58368 (701) 776-6783

"Like" us on Facebook: Lake Region District Health Unit

Website: [www.LRDHU.com](http://www.LRDHU.com)



## CENTERING AND CELEBRATING CULTURES IN HEALTH

APRIL 3-9, 2023

National Public Health Week's theme for 2023 is "Centering and Celebrating Cultures in Health". In April we will take time to promote public health's passion, purpose and pathway for a healthier life.

Public Health celebrates the unique ways different cultures focus on health. We plan to learn from each other, with humility and openness.

We hope that you join us in this mission, as it takes working together to make the state of North Dakota, and beyond, the healthiest.

## Calendar Of Events

### February:

- 1-28<sup>th</sup> American Heart Month
- 3<sup>rd</sup> National Wear Red Day
- 20<sup>th</sup> Presidents Day—Offices Closed
- 17<sup>th</sup> Random Acts of Kindness Day

### March:

- 1-31<sup>st</sup> Colorectal Cancer Awareness Month
- 1-31<sup>st</sup> National Nutrition Month
- 12<sup>th</sup> Daylight Savings Time Begins
- 31<sup>st</sup> Take Down Tobacco Day
- 19-25<sup>th</sup> National Poison Prevention Week

### April:

- 1-30<sup>th</sup> Alcohol Awareness Month
- 3-9<sup>th</sup> National Public Health Week
- 7<sup>th</sup> Good Friday—Offices Closed
- 22<sup>nd</sup> Earth Day
- 27<sup>th</sup> Car Seat Check—Lake Chevy 3-6pm

### ILLEGAL CHILD-FRIENDLY VAPES SOLD IN US



November 16, the FDA sent warning letters to five tobacco companies for illegally marketing products to youth. These companies will stop at nothing to hook another generation of kids.

Among youth, e-cigarettes, especially the disposable kind, are more popular than any traditional tobacco product. According to the 2021 National Youth Tobacco Survey, more than 2 million U.S. middle and high school students reported using e-cigarettes in 2021, with more than 8 in 10 of those youth using flavored e-cigs.

Here are four reasons e-cigarettes may be particularly enticing to young people. 1. Many teens believe vaping is less harmful than smoking. 2. E-cigarettes have a lower per-use cost than traditional cigarettes. 3. Youth and adults find the lack of smoke appealing. With no smell, e-cigarettes reduce some of the stigma of smoking. 4. The FLAVORS!

## LRDHU RECOGNIZES EMPLOYEES FOR YEARS OF SERVICE

LRDHU shares its appreciation for milestone achievements. Loyal and dedicated employees are the foundation to any successful company.

Public Health gives **THANKS** for these 3 outstanding employees and their contributions to LRDHU's success throughout the years!

### \*Danette Schmid—25 Years !!

Eddy County Public Health Nurse

### \*Lori Stevenson—5 Years

Family Planning Nurse  
Ramsey County Public Health Nurse

### \*Samantha Wentz—5 Years

Pierce County Public Health Nurse



# Buckle Up For Kids

Child seats are checked for recalls, proper installation & right fit.  
Learn how to make your kiddos safer when you travel.

## 2023 Car Seat Check-Up Events

DATE	LOCATION	TIME
January 26 Thursday	Lake Chevrolet Buick GMC 123 5th St. NE Devils Lake	3 pm – 6 pm
April 27 Thursday	Lake Chevrolet Buick GMC 123 5th St. NE Devils Lake	3 pm – 6 pm
July 27 Thursday	Lake Chevrolet Buick GMC 123 5th St. NE Devils Lake	3 pm – 6 pm
October 26 Thursday	Lake Chevrolet Buick GMC 123 5th St. NE Devils Lake	3 pm – 6 pm



For more information contact Shelley Aabrekke at 701-473-5444  
or call your local Public Health Unit

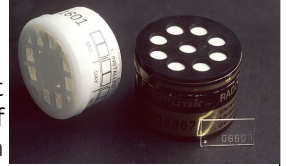
*\*If possible, please bring the car seat,  
manufacturer's instructions, vehicle owner's  
manual, and the child using the car seat.*



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## DANGEROUS LEVELS OF RADON AFFECT MAJORITY OF ND HOMES



Radon is a colorless, odorless, radioactive gas. It is created during the natural breakdown of uranium within the soil and rock. Radon is a known carcinogen, which means prolonged exposure to high levels of radon gas can cause cancer. In fact, the Surgeon General has declared radon to be the second leading cause of lung cancer after smoking.

Radon gas continually seeps into the air from the ground. Concentrations are low outside due to dilution of the ambient air. In poorly ventilated areas and enclosed spaces, radon concentrations can build up.

Four conditions must be present to enable radon to enter your home.

### Two of these are geological:

1. there must be uranium in the soil as a source material,
2. and there must be permeable soil which allows radon to move through it to your basement or crawlspace
3. **The other two conditions are determined by the house and its construction:** there must be pathways for radon to enter the basement, such as holes, cracks, plumbing penetrations or sumps
4. and there must be an air pressure difference between the basement or crawl space and the surrounding soil.

If the air pressure is lower indoors than in the soil, air and gases in the soil will enter. All four conditions must be present to have radon. If you reduce any one, less radon will enter your home.

Radon tests kits can be purchased at hardware stores, big box stores or on-line. Look for test kits that say "EPA Approved".

Should you call the  
Poison Help line or 9-1-1?

**9 1 1**

National Poison Prevention Week

**POISON  
Help**  
1-800-222-1222

Call 9-1-1 if someone  
is unconscious or has  
trouble breathing.

Smart911.com™

## Statewide Onsite Sewage Treatment System - Contractor Training

February 27 & 28, 2023 in Mandan at the Baymont Inn

All registrations are done online at [ndowra.org](http://ndowra.org)

Registration opens Monday January 16<sup>th</sup> and closes February 15<sup>th</sup>. (No walk-ins)

For more information, contact:

Candace Berg/Environmental Health Division at LRDHU @ 701.662.7039

## FOOD INSPECTOR

Brooke Kirkeide, Environmental Health Practitioner successfully completed the FDA Standardization process for retail food safety inspections.

Standardization ensures that the inspector can demonstrate, interpret, and apply the specifications of the FDA Food Code for food facility inspections. LRDHU inspects food facilities for 21 schools and 21 childcare facilities throughout the 4 counties of our health district.



## WHY NATIONAL ALCOHOL AWARENESS MONTH IS IMPORTANT

It takes more than a day to educate the American youth about the risks of getting stewed. April marks National Alcohol Awareness Month and is sponsored by the National Council on Alcoholism and Drug Dependence (NCADD) to educate the masses about America's #1 health problem: alcohol dependence. Claiming the lives of more than 90,000 people every year, this month focuses on raising awareness about alcohol abuse and dependency before it is fatal.

### Denial in alcoholism is a real disease

Anybody suffering from substance abuse or struggling with alcoholism would deny it. They underestimate their ability to control the craving or to quit, the amount of alcohol they drink, and the impact it has had on their life. Denial is a common trait or symptom of alcoholism that has to be counseled.

### There's a stigma surrounding alcoholism

What comes to your mind when you think about alcoholism? A drunk man living in rags on the streets, drinking hard liquor on the job, and appearing at the bar every night? The movies' depiction of alcoholism is only a quarter of the truth, and this is why millions of people have trouble recognizing the problem or seeking help.

### Alcoholism claims thousands of lives annually

Alcoholism is the third-leading preventable cause of death in the United States, claiming the lives of more than 90,000 people every year.

