

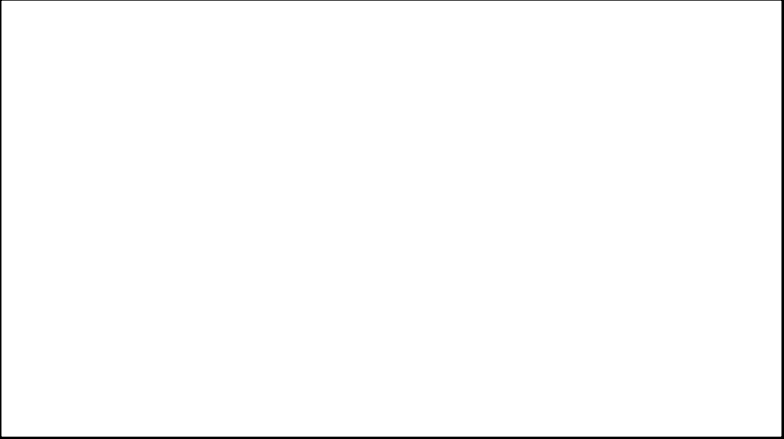


Public Health
Prevent. Promote. Protect.

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Homme Dam Adopts a Tobacco Free Policy For Their Playgrounds and Beach Area



The Walsh County Park Board adopted a tobacco free policy for the Homme Dam playgrounds and beach area. This policy will protect users from secondhand smoke and promotes positive role modeling. In ad-

dition, tobacco free policies help to decrease litter and fire risk. This policy went into effect in June. Thanks to the Board for adding this additional protection for visitors to this beautiful park and recreational area!



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SUMMER 2023

Walsh County Health District & WIC

Back to School Immunizations

Summer is here and we hope you are enjoying it. We are not quite ready to think about fall yet and getting the kids ready to go back to school. But anytime is a good time to make sure your kids are up to date on their vaccinations. Certain vaccinations are required for children entering Kindergarten, 7th grade (after they turn 11 years) and 11th grade (after they turn 16 years). Get your kids vaccinated now and so you don't have to worry about it this fall. We offer walk-in vaccination days the 2nd Wednesday of each month, however the July 12th clinic has been cancelled. If the walk-in dates do not work for your schedule, give us a call and we will schedule a time that does work for you!

Grab N' Go Community Garden Boxes

This year marks year number 2 for the Grab N' Go Community Garden project. Three additional sites have been added this season! They are: The Collette Fitness Center, ABC Daycare (Minto), and The Rocking Horse Daycare (Grafton). These three join our existing sites at The Walsh County Courthouse, Choice Bank in Grafton, First Care in Park River, Unity Medical Center

in Grafton, and NDSU Extension in Park River. We are hopeful for a wonderful growing season and bountiful harvests this year! Stay tuned on our Facebook page for updates and when produce may be harvested. If you are interested in becoming a site next season, please contact our office.



FREE STD TEST KITS

North Dakota Health and Human Services offers free at home test kits to test for Sexually Transmitted Infections (STI). The STI Chlamydia often has no symptoms. Chlamydia is most common among young people. Two-thirds of new chlamydial infections occur among youth aged 15-24 years. Many sexually active individuals should be screened for STI's at least once per year. The only way to know for sure if you have an STI is to get tested. Scan the QR code or visit the link to get your free at home test kit.

Fifty Percent of Tobacco Retailers Failed Compliance Checks

On June 15th, eight tobacco retailers in Walsh County were assessed for compliance with the youth and young adult tobacco access laws. It is concerning that 50% of the retailers assessed failed the compliance check, meaning that an individual under the age of 21 was able to purchase a tobacco product. In June of 2021, Walsh County also had a 50% failure rate, indicating that area tobacco retailers need to focus more on preventing youth access to tobacco products.

Confronting the Myths about Marijuana From Parents Lead

As efforts to legalize marijuana continue, there is an increasing perception that it does not pose risks to its users. The reality is that marijuana can cause major health, safety, social, and learning problems, especially in adolescents.

Confronting misinformation related to marijuana is essential to provide your child with an accurate view of the harm related to its use. Here are a few important facts you can use to engage in a meaningful discussion about marijuana with your child.

Marijuana Affects Your Health

The growing belief is that marijuana is harmless, but the truth is that marijuana use has adverse effects on the body and can increase heart rate and can affect blood pressure, causing additional risk for those with cardiovascular disease. The short-term effects of marijuana use include anxiety, memory loss, trouble concentrating, and sleep disruptions. At high doses, marijuana can even cause psychosis (the loss of contact with reality), which can include delusions (false beliefs about what is taking place or who you are) and hallucinations (seeing or hearing things that aren't really there). Those who start using marijuana at a young age are more likely to experience schizophrenia and other mental illnesses later in life.

Many people also believe that mariju-

ana is not addictive but recent research shows marijuana has addictive properties and that

use can lead to physical dependence. Studies show that heavy users of marijuana may develop withdrawal symptoms such as irritability, anxiety, restlessness, nausea, and insomnia when the drug is not used for a period. Many people may also develop a social dependence on marijuana and continue to use it regardless of how it interferes with activities, responsibilities, and relationships.

Specifically, Marijuana Affects Brain Health

Marijuana use can lower a person's IQ score up to eight points, on average. This is especially true for those who begin using marijuana in their teens. The brain isn't fully developed until the mid to late twenties, so, like underage drinking, marijuana use can impact the short- and long-term growth processes in the parts of the brain that impact learning, and memory, decision-making, potentially leading to poor academic performance. Many users report difficulty remembering or recalling information, increased memory loss, missing days of work or class, difficulty sleeping, procrastination, and lower productivity.

Marijuana Affects Respiratory Health

Marijuana is linked with respiratory problems and research suggests that marijuana smoke contains three to five times the amount of the toxic

chemicals hydrogen cyanide and nitric oxide; and twenty times the amount of ammonia levels.

Marijuana Affects Your Ability To Drive

Driving under the influence of marijuana is not safer than driving under the influence of any other intoxicating substance.

The chance of a car crash doubles while driving under the influence of marijuana. This is because marijuana affects concentration, perception, coordination, reaction time, and alertness—all of which are essential skills for safe driving. While marijuana affects a different driving skill set than alcohol, even moderate doses of marijuana have been shown to reduce reaction time.

Marijuana Is Still Illegal

Many people believe that because of recent law changes in the state of North Dakota, that marijuana is fully decriminalized. Those law changes state that for people over the age of 21 who possess less than half an ounce of marijuana the penalty is a non-criminal infraction with a fee. For persons under the age of 21, possessing the same amount of marijuana is still a Class B Misdemeanor and punishable by up to 30 days in jail and a \$1,500 fine. (19 N.D.C.C. § 24.1) Possession of marijuana concentrates of any variety for any age group is still a Class A Misdemeanor, with a second offense being a felony. (19 N.D.C.C. § 03.1-22.3) These concentrates include waxes, resins, oils, tinctures, and edibles, among various other forms.

For Mail-Based Syringe Services call 701-298-6900. These services are free and anonymous and sponsored by Walsh County Health for Walsh County residents. Services and supplies through Fargo Cass Public Health.

Community Health Services, Inc. in Grafton provides treatment for opioid and alcohol use disorders. Contact them at 701-352-4048 for assistance.

Treatment for Opioid and Alcohol Use Disorders And Mail Based Syringe Service Program

National Night Out

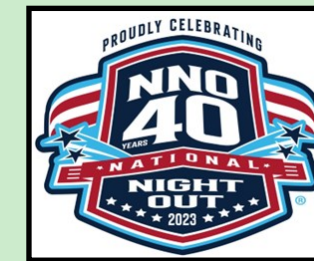
The Grafton Police Department invites you to National Night Out. This event will take the place of their Kids'N Kops event. It will be held on August 1st, from 4pm-7pm at the Heritage Village.

There will be a free supper served as well as inflatable games, a bouncy house, merry-go-round rides, archery target shooting, VisionZero impaired driving simulation go-kart, and more.

Various law enforcement agencies, emergency responders, and Walsh County Health District will be sharing

information and facilitating activities. This is a free family event that fosters positive interactions and relationships with law enforcement agencies by providing a great opportunity to bring police and neighbors together under positive circumstances.

If you or your business would be interested in helping to sponsor this event, call Todd Lerol at the Grafton Police Department at 701-352-1411.



Naloxone, for example Narcan®, is a medicine that can help people who are overdosing on an opioid. Opioids include prescription medications, heroin, and fentanyl. Naloxone temporarily reverses the effects of an overdose from opioids, including:

- Heroin
- Morphine
- Oxycodone (OxyContin®)
- Methadone
- Fentanyl
- Hydrocodone (Vicodin®)
- Codeine
- Hydromorphone
- Buprenorphine

Source: CDC

Naloxone is available for free at all Walsh County pharmacies.

ND Seat Belt Law Changes August 1st

Beginning Aug. 1, 2023, the North Dakota seat belt law becomes a primary enforcement, meaning no other violation is required for a driver to be pulled over by law enforcement and issued a seat belt citation. The law will also require all occupants to wear a seat belt, regardless of where they are sitting in the vehicle. Seat belts are the single most effective safety device to prevent death and injury in a motor vehicle crash.



Upcoming Presentation on the Dangers of Vaping and Nicotine Use

As a part of the Monday Night Speaker Series at the Carnegie Regional Library, Sharon Laxdal, RN, will be speaking on July 10th. The presentation will be held at the library and will begin at 6 pm. She will discuss the dangers of vaping and nicotine use. This event is open to the public.

Lifejackets for sale. Cost is \$20. Call us at 352-5139.



WIC Program

Did you know children from birth to age five who qualify for Medicaid or the Medicaid Waiver are eligible for WIC services regardless of their family's income? This applies to foster children in that age category also.

The WIC income guidelines are updated each year and for this year a family of four can make up to \$55,500 per year (\$4,625 per month). WIC provides healthy foods, health and nutrition assessments and nutrition and breastfeeding information and support.

Please contact the WIC staff at 701-352-5139 with questions or for information on how to apply for services.