



Health District Welcomes New Corrections Nurse



Hello, my name is Kelsey Byron, and I am excited to join the Walsh County Health District as a correctional nurse. I have a background in public health, school nursing, home health/hospice, rural clinic, and nursing home facilities.

I have 3 children, Braven (17), Bridger (15), and Berlyn (14). I spend my free time in the gym or on a field with whatever sport is in season!

I am honored to have been offered the correctional nurse position. I will provide compassion, dignity, and respect to all inmates at the Walsh County Jail. I hope to make a noticeable difference in the lives of those who often feel forgotten by society.

Digital Radon Detector Loaner Program

Did you know exposure to radon is the 2nd leading cause of lung cancer behind smoking?

63% of all North Dakota homes test over the level of 4. Over time, that exposure is equivalent to smoking 8 cigarettes a day or exposing yourself to 200 x-rays a year.



Have you tested your home for radon?

Call Walsh County Health District at 701.352.5139 for questions or stop by our office to try out one of our new digital radon detectors for free. In addition, mail in radon test kits are still available at no cost.

Tobacco Free ND Legislative Priorities

1 Promote and advance policy that would tax Electronic Nicotine Delivery Systems (aka ENDS) appropriately. ENDS products include any sort of electronic product like JUUL, PuffBar, Vuse, and all similar vaping products. These products currently have no additional tobacco tax and are only subject to state and local sales tax. These products are as addictive as other tobacco products, and are quite possibly more addictive, and need to be treated the same within North Dakota's tobacco tax structure. According to the US Surgeon General, increasing the price of tobacco products is an effective policy intervention to prevent initiation of tobacco use and promote cessation.

2 Protect, educate, and advocate for Comprehensive Tobacco Control Program Funding increases. North Dakota's CDC recommended funding level is \$9.8 million per year, however the current funding level is \$7.1 million per year.

3 Protect and defend ND's Indoor Smoke Free Air Law. In the 2023 session, the legislature passed an exemption to the State's smoke free air law to allow cigar bars.



If you have any questions on these priorities or how you can help, contact our WCHD office at (701) 352-5139.

Upcoming Events

Walk-in Immunization Clinic Schedule

- **January 8th**
- **February 12th**
- **March 12th**

8am-12pm & 1pm-4pm

Car Seat Checks Available, Please call to schedule an appointment. (701) 352-5139

Suicide & Crisis Lifeline

In crisis? Know someone who is?

988 CALL, TEXT OR CHAT



LOCAL YOUTH AT RISK

75% of Alcohol Retailers in Walsh County Fail Alcohol Compliance Checks

Preventing underage drinking is crucial to protecting the safety and well-being of our youth, yet recent alcohol compliance checks in Walsh County revealed alarming results. Six out of eight local retailers sold alcohol to someone under 18, with some failing to ask for identification and others disregarding the minor's ID. The businesses that failed included Hugo's Wine and Spirits (Grafton), Cenex Zip Trip (Grafton), The Top Hat Bar and Lounge (Park River), American Legion (Park River), Duffy's Bar (Hoople), and The Sandbar (Pisek). Harvey Avenue Saloon (Minto) and Cenex NorthStar Co-Op (Park River) passed the compliance check. Sheriff Ron Jurgens stated, "The retailers are not even trying to prevent minors from purchasing alcohol, but I am hopeful that the businesses will take the necessary steps to prevent this from happening again." Employees who sold alcohol to the minor were cited with a Class A misdemeanor and will face legal consequences in court.

To address this issue, the Walsh County Sheriff's Department plans to conduct more compliance checks to reduce youth access to alcohol. Walsh County Health District offers information on Responsible Beverage Training and forensic ID scanners to help businesses prevent illegal sales, but the scanners are only effective if IDs are consistently checked. Community collaboration is essential. Retailers must commit to preventing underage sales, and parents and community members must stay engaged in raising awareness about the dangers of underage drinking. Together, these efforts aim to safeguard the health and future of local youth.

33% of Tobacco Retailers in Walsh County Fail Tobacco Compliance Checks

Walsh County had a 33% failure rate in a recent Synar Survey conducted by the ND Department of Health and Human Services. The purpose of the Synar Survey is to randomly survey licensed tobacco retailers across North Dakota to check compliance with laws that prohibit the sale of tobacco products to minors.

Between July and September, youth inspectors conducted compliance checks across the state, resulting in a weighted retailer violation rate of 16.8%. While this rate is below the federally mandated threshold of 20%, Walsh County stood out with a concerning 33% failure rate.

The Synar amendment requires states maintain a noncompliance rate at or below 20 percent, or they could lose up to 10 percent of the Substance Abuse Prevention and Treatment block grant funding. North Dakota receives approximately \$6.0 million annually in block grant funding. These outcomes reinforce the importance of education, enforcement, and community collaboration to protect youth and reduce tobacco-related harms across North Dakota.



CDC Lowers The Age For Pneumococcal Vaccination from 65 to 50

Lowering the age for pneumococcal vaccination gives more adults the opportunity to protect themselves from pneumococcal disease at the age when risk of infection substantially increases.

Pneumococcal bacteria can cause serious illnesses, including pneumonia, meningitis, and bloodstream infections, and older adults are at increased risk for pneumococcal disease.

Adults 50 years or older should talk with a healthcare provider to make sure they're up to date with pneumococcal vaccination. Now is a great time to get vaccinated against pneumococcal disease in preparation for the winter respiratory season.



Adult Home Visit Program

Now accepting clients for home visits to assist with medication setup and management. A nurse can visit your home every 2 to 4 weeks.

Anyone can make a referral. Call WCHD at 701-352-5139.



Why is Physical Activity Important for Kids?



On the Move to Better Health

Walsh County Health District is partnering with NDSU Extension to offer the “On the Move to Better Health” program to Minto and Grafton 4th and 5th graders. This program is a 5-lesson curriculum for students in 4th-6th grade, and it’s designed to increase student knowledge of healthy lifestyle topics such as fruit and veggie consumption, calcium needs, and physical activity. The program has hands-on activities, parent newsletters, and students can chart their progress on provided maps and earn small prizes for eating healthy and being physically active.

It is not too late to receive the Flu, COVID-19, or RSV vaccines.

Fall and Winter Immunization Guide

COVID-19 and Flu Updated 2024-25 Vaccines

Everyone 6 months and older

RSV Immunization to Protect Babies

Vaccine Pregnant parents during weeks 32-36 of pregnancy September-January

OR

Monoclonal Antibodies Babies younger than 8 months entering or born during the RSV season

RSV Vaccine for Older Adults

(currently, older adults only need to get the RSV vaccine once; not annually)

People ages 60 and over at high risk of severe RSV

AND

Everyone ages 75 and older



cdc.gov/respiratory-viruses/prevention/immunizations.html



DANGERS OF NICOTINE & TOBACCO USE IN YOUTH



HARMFUL TO YOUR HEALTH



- Harmful to brain development
- Irreversible lung damage
- Lifelong nicotine addiction

NICOTINE CAN HARM THE DEVELOPING ADOLESCENT BRAIN

AFFECTS:

- Attention
- Learning
- Mood (worsening anxiety & Depression)
- Impulse control
- Memory
- Increase risk for addiction to other drugs



SIGNS OF USE

- Presence of unfamiliar technology, online purchases or packaging
- Faint sweet or fruity scents
- Behavioral & mood changes
- Increased irritability or restlessness
- Pneumonia
- Increased thirst
- Nosebleeds

VAPES CAN COST UP TO \$987 A YEAR



NICOTINE POUCHES CAN COST UP TO \$808 A YEAR

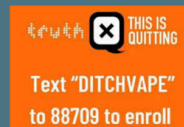
GET FREE HELP & SUPPORT TO QUIT



TEXT “START MY QUIT” to 36072
Ages 17 and under



Refunds of \$200/year for FDA approved cessation medications. 701-352-5139 All Ages



Text “DITCHVAPE” to 88709 to enroll
Ages 13-24



Ages 18+

Walsh County Health District has a new banner pictured above, that can be used to display at schools or local businesses. Call WCHD at (701) 352-5139 to reserve.

WALSH COUNTY HEALTH DISTRICT
MONDAY-FRIDAY
8:00 AM TO 4:30 PM
CLOSED 12:00 PM TO 12:30 PM DAILY

CONTACT US



638 COOPER AVE- SUITE 3
GRAFTON, ND 58237



701-352-5139



FAX 701-352-5074



www.walshcountynd.com



www.facebook.com/walshcountyhealth

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Kelsey Byron, RN, Corrections Nurse
Kaci Sharp, RDN, WIC Director
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Naloxone is a medication designed to rapidly reverse opioid overdose. It is available for free at all three Walsh County pharmacies & WCHD



Naloxone saves lives.
PREVENT OPIOID OVERDOSE DEATH.

NORTH Dakota Behavioral Health
Be legendary. HEALTH & HUMAN SERVICES



MONDAY-THURSDAY
9:00 AM TO 4:30 PM
CLOSED FRIDAYS

Register Here!



Fargo Youth Action Summit

When: 03.04.2025
Where: Avalon Event Center - Fargo
Time: 8:30 am - 2:30pm

Tobacco Free North Dakota

BREAK FREE

Fargo Cass Public Health
Prevent. Promote. Protect.

FOR MORE INFORMATION ABOUT THE SUMMIT, VISIT: [HTTPS://WWW.BREAKND.COM/YOUTH.ACTION.SUMMIT/](https://www.breaknd.com/youth-action-summit/)

Contact WCHD if you need help registering for this event or help with travel expenses for this event.