Greetings!

Enjoy the articles and news shared by our members!

From the Desk of President
Sherry Adams

Don’t Let Summer Bugs “Tick’ You Off

After a long, cold winter, everyone is excited to go outdoors and enjoy the nice weather. With that, comes the risk of coming in contact with ticks and mosquitoes. The best way to protect yourself and your family is to avoid getting bitten.

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<th>INSECT</th>
<th>DISEASES COMMON FOR NORTH DAKOTA</th>
<th>PRECAUTIONS</th>
<th>OTHER INFORMATION</th>
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<tr>
<td>Ticks</td>
<td>Lyme Disease, Tick Paralysis, Rocky Mountain Spotted Fever</td>
<td>Apply Insect repellents with DEET or Permethrin; Wear clothing that covers skin; Avoid sitting on grass and logs; Keep weeds and grass cut; Inspect body for ticks; also inspect pets</td>
<td>To remove an Embedded Tick: Clean site; Using tweezers, Grasp the tick as closely as possible to the skin pulling up with a steady even pull. Disinfect the site, and add antibiotic ointment. Document the date, and watch for signs of infection such as fever, redness muscle pain fatigue etc. See Health care provider if symptoms occur. Contact provider if person gets fatigue, aches, fever, joint pain, etc. after bitten by mosquitoes; Empty areas of pooled water where mosquitoes can breed</td>
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<tr>
<td>Mosquitoes</td>
<td>West Nile Virus</td>
<td>Wear Clothing that covers skin; Stay indoors during early morning and early evening; Use insect repellent containing DEET, Picaridin, IR3535; Oil Of Eucalyptus or Permethrin; Repair screens on windows and doors</td>
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If you take these precautions, hopefully you and your family can have a fun-filled summer free of annoying summer bugs.

Sherry L Adams
North Dakota Public Health Association (NDPHA) held a state wide jeans week event during National Public Health Week to raise funds to support NDPHA student members to attend the annual meeting and the Dakota Conference in Grand Forks. Over all NDPHA raised over $600.

The North Dakota Public Health Association has on opportunity for one MPH student to receive a $250.00 stipend to attend the ND Rural and Public Health Conference to use for registration and travel expenses.

Students will need to submit a 250 word easy by May 18, 2018, on the topic of "How they can make or have made an impact on public health in North Dakota" to Sue Kahler skahler@bismarcknd.gov.

Would you participate in other jeans week fundraisers for NDPHA?

Yes

No

Depends on how funds will be used.

North Dakota State University
Public Health Week

From the Ashes

NDSU Public Health got a head start on National Public Health Week in late March with a special screening of National Geographic’s film From the Ashes organized by Dr. Rick Jansen. The film chronicles the various impacts of the coal industry; there was also a panel discussion for viewers to pose questions for those in the industry.

Societal misconceptions among the refugee population

A discussion on societal misconceptions regarding the refugee population in the Fargo-Moorhead area was organized by Dr.
Mark Strand and student Jessica Yang. Discussion leaders from various social areas contributed with topics that included crime, social service use, the “refugee” label, and more!

American Indian Public Health Day

The Native American Student Association and NDSU Public Health organized American Indian Public Health Day, as formally declared by Fargo mayor Tim Mahoney. It opened with a traditional blessing by Willard Yellowbird and songs by Buffalo River drum group.

Dr. Avish Nagpal, keynote speaker of the week

Dr. Avish Nagpal, of Sanford Health, served as a keynote speaker of the week. A researcher in cardiovascular, health-care associated, and transplant-related infection, he addressed chronic hepatitis and its relation to women’s health in his presentation.

Health Equity and Social Justice: Bridging the Gap

Events culminated in North Dakota’s first health equity summit. The conference, Health Equity and Social Justice: Bridging the Gap, served as a forum to address systematic barriers that contribute to health inequities and ideas to build and sustain a global community working toward health equity.

Submitted by:
Weston L. Perkins-Clark, MPH Student Class of 2019
College of Health Professions, North Dakota State University

NATIONAL PUBLIC HEALTH WEEK 2018
Grand Forks, ND

This year, the entire Grand Forks public health community joined together to celebrate National Public Health Week! From the University of North Dakota (UND), the Master of Public Health (MPH) Program, undergraduate Public Health Education Program, College of Nursing and Professional Disciplines, Wellness and Health Promotion, and the Student Public Health Association participated. From the Grand Forks community, the Grand Forks Public Health Department, Community Violence Intervention Center (CVIC), and Valley Health participated. Events were held from Monday through Friday to promote health and create greater awareness of public health among all members of the community.

On Monday morning, Grand Forks Public Health Department kicked off the week with Grocery Shopping 101 with a Registered Dietitian. Dietitians provided guided tours through the store, educating shoppers on nutrition label reading and marketing ploys.

Monday evening, representatives from Grand Forks Public Health, UND College of
Nursing & Professional Disciplines, UND Student Public Health Association and UND MPH Program presented NPHW information, City of Grand Forks NPHW Proclamation and activities for the week to Grand Forks City Council and the public. Public Health Champion Awards were also presented to several community members and businesses for their contributions to the health and safety of our community.

All UND campus events started on Tuesday, April 3rd at the Gorecki Alumni Center as University President Mark Kennedy signed and proclaimed April 2-8th Public Health Week for UND.

Valley Health offered free screenings for sexually transmitted infections on Tuesday at UND’s Memorial Union. Nearly 100 students were screened for HIV, gonorrhea and chlamydia.

The Grand Forks Public Health Department hosted an ‘Ask the Expert’ event, featuring Environmental Health experts on common mold problems.

Undergraduate Public Health Education students used chalk to mark-up sidewalks on campus and spread awareness for all the NPHW events.

Wednesday, April 4th, the MPH Program hosted a Career Development Day open to all health students at UND. Presentations from UND Career Services and an employer panel moderated by North Dakota Senator Judy Lee highlighted the event. The MPH Program would especially like to thank panelists Mylynn Tufte, Debbie Swanson, and Chelsey Matter for participating in the Public Health Employer Panel.

Grand Forks Public Health collaborated with UND College of Nursing Public Health Clinical students and focused activities on the Community Health Assessment priority of obesity prevention. Wednesday’s events included education on the importance of physical activity with youth at a local elementary school and they engaged senior citizens at a nursing home in fun, physical activity. They also hosted a one mile community walk with UND College of Nursing and Professional Disciplines Dean, Gayle Roux.

Thursday, April 5th, Grand Forks Public Health held a Lunch & Learn featuring a documentary on human trafficking for staff and students. Following the film, the Grand Forks CVIC hosted

Friday, April 6th, the Public Health Education program hosted an oral health booth and sponsored a health care services panel including UND Student Health Services Director, Rosy Dub,
a “Breaking the Silence” tour of their facility to highlight all they do for injury and violence prevention and support. The Public Health Education program held a self-defense class taught by Officer Ortega of the UND Campus Police.

and Insurance Coordinator, Maureen Potucek and Valley Community Health Centers CEO, Mara Jiran. Also, winners of the scavenger hunt, public health trivia, and billion steps challenge were announced.

All participants look forward to making National Public Health Week 2019 an even bigger event!

Submitted by:
Ashley Evenson, MPH
Program Manager
Master of Public Health Program, University of North Dakota

BIG Tobacco Exposed
College Graphic Design Project Takes Flight

Recently Bismarck Burleigh Public Health (BBPH) Tobacco Prevention and Control Department and Tobacco Free North Dakota (TFND) partnered with Bismarck State College (BSC) Graphic Design Program to engage college students in tobacco prevention efforts. Students used Big Tobacco’s court mandated corrective statements as themes for poster and meme designs to be later used on BBPH, TFND, and ND Quits social media as well we Off the Wall Advertisement throughout Bismarck. To the right are the poster submissions from participating students.

University of Mary Health Pro students judged poster submissions and selected the winner. This poster will be hung up at United Tribes Technical College (UTTC), U of Mary, and BSC during Kick Butts Day.

April first through May 31st the winning poster design will be placed in Off the Wall Indoor Advertisements in local Restaurants through Bismarck. We are excited to have had the opportunity to partner with TFND, BSC Graphic Design program, University of Mary and UTTC.

Submitted by:
Jordyn Schaefbauer, BS, CHES
Tobacco Prevention Specialist
Bismarck-Burleigh Public Health Unit
Effects of evidence-based interventions on tobacco use during pregnancy and baby birth weights

The North Dakota Department of Health (NDDoH) Tobacco Prevention and Control Program (TPCP) focuses on promoting quitting tobacco, eliminating exposure to secondhand smoke, and identifying and eliminating tobacco-related inequities among specific population groups. One of the groups is women who smoke while pregnant. Women who are pregnant and use tobacco experience negative health outcomes for themselves and their baby. The TPCP has identified specific efforts in North Dakota (ND) that result in positive outcomes. An example of a positive outcome is that the percent of pregnant ND women who reported smoking in the first trimester decreased significantly from 13.8 percent in 2015 to 11.6 percent in 2016 (ND Vital Records).

For the past decade, the NDDoH has invested in the BABY & ME - Tobacco Free program (BMTF)™. This program brings evidence-based strategies into one comprehensive and tailored tobacco cessation program for pregnant women. Over half (53 percent) of enrollees in BMTF programs attend all four prenatal sessions. This is high when compared to other tobacco cessation interventions for pregnant women and is consistent with previous BMTF evaluation findings. In addition, about 1 in 3 BMTF women were referred to NDQuits, ND’s telephone and web-based tobacco cessation service, for additional support. This is a strong rate of referral.

Babies born with lower birthweight have a greater risk of complications, such as breathing and neurologic problems. Low birth weight may contribute to increased health care costs. To assess the impact of the BMTF program on birth weight, evaluators compared the birth weight of BMTF participants to the birth weight of ND smokers who gave birth in 2016. The average birth weight among BMTF participants was 7 pounds 9 ounces with a range of 3 pounds 6 ounces – 9 pounds 15 ounces. When compared to the average birthweight of pregnant smokers across ND (7 pounds 1 ounce), BMTF participants averaged 8 ounces heavier than the general population. Birth weight is the primary measure of a baby’s health in most analyses of infant health and welfare in economic research.

For additional information about the BMTF...
Creating health equity is a guiding priority and core value of APHA. By health equity, we mean everyone has the opportunity to attain their highest level of health. Health equity is a health, economic, human rights and social justice issue that calls for fairness. Health equity addresses inclusion along multiple dimensions, including race, ethnicity, class, sexual orientation and disability.

How do we achieve health equity? We value all people equally. We optimize the conditions in which people are born, grow, live, work, learn and age. We work with other sectors to address the factors that influence health, including employment, housing, education, health care, public safety and food access.

To become the healthiest nation, we must eliminate health disparities and dismantle the systems and structures that prevent individuals and communities from reaching their full potential.

APHA is uniquely positioned to galvanize and lead a national conversation on health equity. The Annual Meeting gives 12,000+ public health professionals an opportunity to be a key part of that conversation.

Learn more about APHA

American Public Health Association

APHA 2018 Theme — Creating the Healthiest Nation:
Health Equity Now

Upcoming Events

Dakota Conference June
The Dakota Conference provides an opportunity for over 300 healthcare professionals, educators, and students to share strategies for building and sustaining healthy...

Read more
ruralhealth.und.edu

"Creating the Healthiest Nation: Health Equity Now"

Creating health equity is a guiding priority and core value of APHA. By health equity, we mean everyone has the opportunity to attain their highest level of health.

Read more
www.apha.org

North Dakota Public Health Association

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