

NDPHA Newsletter

Greetings!

[Visit Our Website](#)

Here is the new format for the NDPHA newsletter. This is our Winter edition.

From the Desk of President Sherry Adams

COLD VS FLU

It is that time of year when viruses circulate in full force. Here is some information to help you with the fight against these viruses.

Colds and Influenza are similar in some ways, and very different in others. Both are viruses that can make you feel very miserable, but Influenza has a tendency to make people, especially children and the elderly, much sicker. Colds also, can actually appear anytime of the year, whereas “flu season” is usually anytime from October through May.



Another virus that can get confused with Influenza is the “stomach flu”. This is actually a gastro-intestinal illness that can cause nausea, vomiting, and diarrhea—but is not a respiratory illness. This can also occur throughout the year.

So what is the difference between a COLD and INFLUENZA?

Below are some characteristics of both:

SYMPTOM	COLD	INFLUENZA
Runny Nose	Yes	Sometimes
Sneezing	Yes	Sometimes
Cough	Yes	Yes--often Dry
Sore Throat	Yes	Sometimes
Body Aches	Mild--head and body	Severe--all over
Nausea	No	Sometimes
Fever	Sometimes--lowgrade	Usual and Higher lasting several days
Fatigue	Sometimes	Yes--can last 2-3 weeks
Complications	Sinus infection; ear infection	Sinusitis; pneumonia; bronchitis; death

Precautions that you can take that may help keep your family from getting sick:

1. **Get a Flu shot**
2. Wash Your hands, wash your hands, wash your hands
3. Disinfect your office, home, phone, keyboards etc
4. Get enough sleep
5. Stay Hydrated
6. Exercise

If you or a loved one, does get hit with a Cold or Influenza, be sure and stay home to slow the spread, and seek medical help, if needed.

Have a Happy and Health New Year!
Sherry L Adams

Long-Term Follow Up for Infants Diagnosed with a Disorder After Screening

The North Dakota Newborn Screening Program began with screening for PKU in 1964. Since that time, the program has grown to screen for almost 50 rare but serious conditions in newborns.

North Dakota Newborn Screening Program is starting Long-Term Follow Up for infants diagnosed with a disorder after screening. The purpose is to provide guidance and some care coordination to families as they adjust to the diagnosis and all the testing/treatment that may go along with this.

The Newborn Screening Program is now located within Special Health Services (formerly Children Special Health Services) and is working closely with the other programs in this section to ensure that these families have timely access to the care they need.

Click [here](#) for information on the national program.

Submitted by:

[Amy Burke, RN](#)

Newborn Screening Program Nurse
Consultant
Long-Term Follow-up Coordinator
North Dakota Department of Health



How does Newborn Bloodspot Screening work? - ND Newborn...

If there might be a problem, the lab will call your baby's health care provider. Screening can only tell if your baby MIGHT have a health problem; we won't know for sure until your baby has more testing. Your baby's health care provider will talk ...

[Read more](#)
nbs.health.nd.gov

Expanding Tobacco Treatment Services in Rural Areas

North Dakota's population is 50 percent rural. Tobacco users in rural areas are a priority population that need increased access to tobacco treatment.

West River Health Services in Hettinger and Emmons County Public Health in collaboration with Linton Hospital and Clinics have enhanced their tobacco treatment services. A nurse practitioner from each site attended a Tobacco Treatment Specialist training to counsel tobacco users. The providers will incorporate screening for tobacco

use, motivational interviewing to assess tobacco addiction, and assisting patients to develop their quit plans. Preventing relapse begins before you even stop using tobacco. Tobacco users double their chance of quitting with behavioral counseling and nicotine replacement therapy.

The training is funded by the [North Dakota Department of Health NDQuits Cessation Grant Program](#).

Submitted by:

[Kara A. Backer](#)

Health Systems Coordinator

Division of Community & Health Systems

North Dakota Department of Health

Inviting Nominations NDPHA 2018 Awards



**Nominations Due
January 26, 2018**

Submit Nominations to
Amy Burke
arburke@nd.gov

Click the button below for the
nomination form.

<https://ndpha.org/NDPHA-Awards>

[Nomination Form](#)

CALL FOR AWARD NOMINATIONS

If you know someone you would like to recognize for their excellence, outstanding service, innovation, or dedication to public health in North Dakota, please nominate them for one of the following NDPHA awards:

- **Public Health Worker of the Year:** honors a current member of NDPHA for outstanding public health contributions or achievements in the past year.
- **Public Health Team of the Year:** honors a team that worked collaboratively on a unique, creative or outstanding public health effort, program or goal in the past year.
- **Outstanding Service:** honors an individual (lay or professional) for outstanding work or achievement over their lifetime in the field of public health.

AWARDS BANQUET

2018 Dakota Conference on Rural and Public Health

June 14, 2018

6:00 PM

Upcoming Events



North Dakota Heart Disease and Prevention Program

The goal of the Summit is to share the importance of hypertension diagnosis and treatment. This year, we will cover topics including, blood pressure medications and adherence, patient ownership in treatment, the role of RN's in hypertension,...

[Read more](#)
heartstroke.health.nd.gov

Registration is open for the 3rd Annual Hypertension Summit!

The goal of the Summit is to share the importance of hypertension diagnosis and treatment.

This year, we will cover topics including, blood pressure medications and adherence, patient ownership in treatment, the role of RN's in hypertension, cardiac rehab, and treatment of multiple chronic diseases.

CME's will be offered for this FREE training opportunity!

For more information, and to [REGISTER](#), visit <https://heartstroke.health.nd.gov/events/>.

Thank you – and look forward to seeing you in March!



Dakota Conference June 13-15, 2018

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



National Public Health Week is April 2-8, 2018

We can create the healthiest nation. Let the National Public Health Week website show you how.

[Read more](#)
www.nphw.org

Do you like the new format?

Yes

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No

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**North Dakota
Public Health Association**

Stay Connected



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<http://WWW.NDPHA.ORG>