

## NDPHA Newsletter

Greetings!

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

[Visit Our Website](#)

## What you need to know...

### From the Desk of President Sherry Adams

#### Use Prescription Drugs Wisely

We are getting into cold and flu season, which could increase visits to medical providers. They may in turn prescribe various medications for your illness. Prescription drugs can help you fight infection, disease and pain. But if you don't take them properly, these medications won't work effectively for you. And if prescription drugs, such as antibiotics are overused, it can lead to serious problems for all. Talk to your doctor and pharmacist to make sure you understand your medication, and use it properly.



Here are some tips on proper prescription drug use:

- Always finish your medicine as prescribed by your doctor. Even if you feel better beforehand.
- Don't insist on antibiotics for viral infections, like a cold or flu. Antibiotics won't help and their overuse contributes to drug resistant strains of bacteria. If you are concerned about why your doctor is not prescribing an antibiotic, ask why.
- If there are any pills left when your prescription is finished, don't save them in your medicine cabinet for the next time you feel sick. Discard them properly.
- Don't share drugs or antibiotics with anyone, even if they have what appear to be the same symptoms.
- Wash your hands frequently and follow other infection-control practices.
- It's also a good idea to make sure that pre-packaged medicines are unopened, and that no protective seals or labels are missing.
- When you bring the prescription home, keep it away from children. A locked cabinet or drawer is best.

Sherry Adams, NDPHA President

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### National Network of Libraries of Medicine Puts a Focus on Public Health Funding and Outreach

Derek Johnson, MLIS, Health Professionals Outreach Specialist, National Network of

Looking for a training on evidence-based public health or health information resources in multiple languages? What about some supplemental funding to promote tobacco prevention or to develop a training on mental health resources for older adults? [Read More](#)



## Increased Referrals to NDQuits

In January 2017, [Altru Health System in Grand Forks](#) succeeded in implementing the e-Referral to NDQuits directly from its EHR. The implementation has improved patient care, increased the number of referrals, and saved staff time and resources. Providers can access updates on the patients they referred at regular intervals. Using the direct e-Referral only takes a moment, as compared to several minutes using the fax method. Staff no longer wait by the fax machine to make sure the referral went through to NDQuits. [Read More](#)

## Bismarck Burleigh Public Health Successes Summer 2017

### BisMarket Tobacco Free Outdoor Venue Policy

BisMarket has become Bismarck's first outdoor event to adopt an outdoor comprehensive tobacco-free policy. Throughout the summer there will be approximately 29 market days (weather and vendor registration permitting) with 11 agriculture vendors, 5 ready to eat food vendors, and 15 art and craft vendors. BisMarket is expected to serve about 14,000 community members that attend the market.

In late February 2017, [Bismarck Burleigh Public Health \(BBPH\) Tobacco Prevention Program](#) contacted BisMarket to see if their organization had a tobacco free policy in place for their community family farmers market. After learning that BisMarket did in fact have a policy in place, but was interested in strengthening it. The model tobacco-free event policy was provided. In May, the new policy was brought forth to the board where it was voted on and passed. BisMarket officially signed the comprehensive tobacco-free policy on May 2, 2017. [Read More](#)



## NDPHA Helping High School Student with Charity

Every year more than 23,000 babies die in America. The main causes for infant mortality are birth defects, preterm delivery, low weight, and Sudden Infant Death Syndrome (SIDS). Every baby that is born is innocent and cannot help the circumstances that he/she is born into. Every baby deserves to live. Therefore, I created a nonprofit organization, *Cradle Me Care*, aimed at reducing the infant mortality rate, specifically SIDS, in the North Dakota/Minnesota area. It has been found that babies have a high risk of SIDS if they sleep on their stomach or side, on a soft surface, or with their parents. This risk can be decreased by providing mothers with a baby bassinet and other necessary items to care for a child. *Cradle Me Care*

aims to provide a safe place for newborns to sleep by supplying baby bassinets to underrepresented mothers and families

My name is Ishika Gupta and I am a junior at Davies High School. I was born three months early and my family has seen the struggles of a premature childbirth. My mission is to make sure that all children get the same opportunity that I was so fortunate to have. If you would like to help, please visit my website [Cradlemecare.org](http://Cradlemecare.org), email me at [cradlemeccare@gmail.com](mailto:cradlemeccare@gmail.com), or contact at (701) 541-7509.



## Cradlemecare

Infant mortality rate (IMR) remains significantly high in America, particularly in underrepresented communities such as Native Americans. Despite the significant spending on healthcare, the United States ranks 44th worldwide in infant mortality...

[Read more](http://Cradlemecare.org)  
cradlemeccare.org

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## Five communities awarded grants to strengthen opioid addiction treatment and recovery and to prevent overdose deaths

BISMARCK, N.D. – The North Dakota Department of Human Services has awarded grants to five communities to strengthen local efforts to treat opioid use disorder, support recovery, and save lives by preventing overdose deaths.

Bismarck, Fargo, Grand Forks, Minot and Valley City will receive funding from the 2017 State Targeted Response to the Opioid Crisis Grant (Opioid STR). Grant recipients include the City-County Health District in Valley City, N.D.; the city of Fargo and Fargo Cass Public Health; the city of Grand Forks and Grand Forks Public Health; First District Health Unit of Minot; and the Heartview Foundation and Bismarck-Burleigh Public Health.

In June, the department invited communities to submit proposals. To be considered, communities were required to demonstrate need and the local capacity to address the opioid crisis across the continuum from prevention to recovery. Awarded communities will implement strategies to increase access to evidence-based treatment and recovery support services. Communities will also reduce overdose-related deaths through prevention efforts, specifically dissemination of the life-saving drug naloxone. [Read More](#)

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## ND Public Health at NACCHO

ND local public health representation at the [National Association for City and County Health Officials \(NACCHO\)](#) annual



Left to right: Jodi Wolf (Bismarck-Burleigh), Julie Ferry (Nelson-Griggs), Renae Moch (Bismarck-Burleigh), Deb Swanson (Grand Forks), Mary Korsmo (ND SACCHO), Robyn Iszler and Tami Dillman (Central Valley)

conference. The [2017 NACCHO Annual Conference](#), held at the Wyndham Grand Hotel in Downtown Pittsburgh, July 11-13, is the only national conference that speaks directly to the daily challenges and opportunities that local health officials and their staff face.

The theme of this year's conference, *Public Health Revolution: Bridging Clinical Medicine and Population Health*, highlights the unique opportunity local public health has to convene discussions and efforts around population health, clinical medicine, and the management of systems that measure health and healthcare outcomes.

## Upcoming Events



Please join [North Dakota Department of Health and Minnesota Department of Health](#) this September 26-28 in Fargo, ND for the [2017 STD/HIV/TB/Hepatitis Conference!](#)

[Register Today](#)

### 2017 STD/HIV/TB/Hepatitis Conference

We are honored to have presentation and workshop contributions from experts at NASTAD, NYC Health Department, Harm Reduction Coalition, local public health, local community based-organizations, and more!

Highlights include presentations exploring PrEP and TasP, MSM Health, multidrug-resistant TB, syringe exchange implementation, opioid use trends, and drug user health.

These opportunities will be submitted to the North Dakota Board of Nursing for Continuing Education Credits.

This activity has been designed to meet the Minnesota Board of Nursing continuing education requirements. However, the nurse is responsible for determining whether this activity meets the requirements for acceptable continuing education.

### Coordinated Chronic Disease Partnership Meeting

**SAVE THE DATE** – November 7, 2017 in Bismarck at the Capitol – Coordinated Chronic Disease Partnership Meeting. The coordinated chronic disease partnership is open to anyone with an interest in chronic disease prevention and management. The group meets annually in person to discuss innovative strategies to prevent and manage chronic diseases. The focus of this year's



meeting is on sharing partner success stories. For more information, contact [Krista Fremming](#).

Do you like the new format?

Yes

Select

No

Select

**North Dakota  
Public Health Association**

Stay Connected



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<http://WWW.NDPHA.ORG>