

Highlight on Health

An Emmons County Public Health Publication

Important Dates

May 1-7 - National Physical Education & Sport Week.

May 5 - Hand Hygiene Day.

May 5-11 - North American Occupational Safety and Health Week.

May 7-13 - Children's Mental Health Awareness Week.

May 9 - Bike to School Day.

May 12-18 - National Women's Health Week.

May 18 - HIV Vaccine Awareness Day.

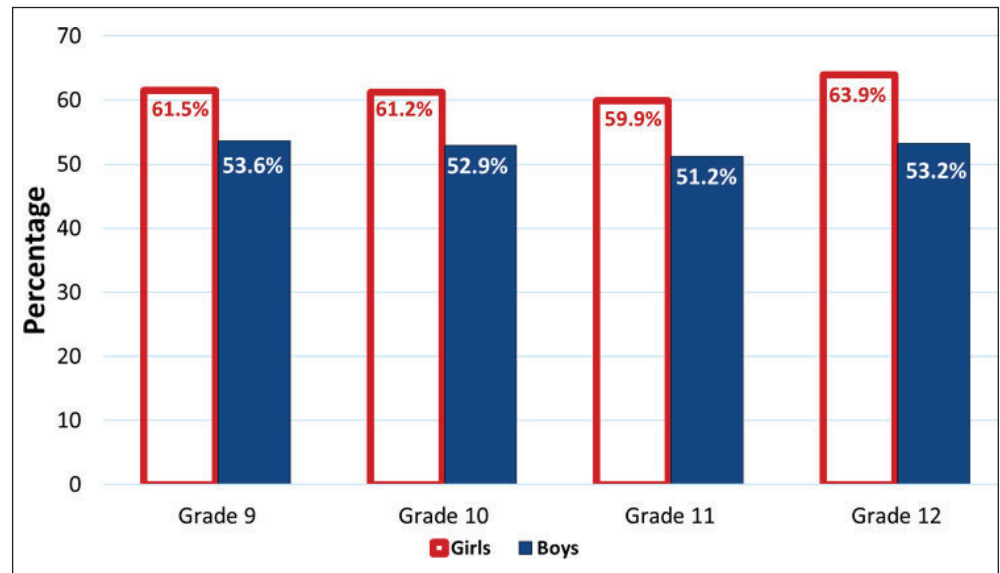
May 24 - Don't Fry Day.

May 25 - Heat Safety Awareness Day.

May 27 - Memorial Day (Office closed).

May 29 - National Senior Health & Fitness Day.

May 31 - World No Tobacco Day.



Source: CDC.gov

The latest data shows that just over half of all high school boys and more than six out of every 10 high school girls in the nation reported getting a sunburn in 2017.

Spring Brings Sun Safety Concerns

The onset of spring creates opportunity to be outdoors, but this also comes with more exposure to the sun and harmful ultraviolet rays. These rays can damage skin in as little as 15 minutes.

Men, especially individuals with lighter skin, are more likely to get skin cancer than anyone, according to the CDC. These individuals form the largest group of the 9,000 deaths caused by melanoma each year in the United States. About one-third of the nation's adults will get sunburned each year and about 5 million people are treated for skin cancer each year.

These five items can help mitigate the effects of the sun:

- **Shade** – utilize shade especially between the peak hours of sunlight (10 a.m. and 4 p.m.)

- **Clothing** – wear long-sleeved shirts and pants
- **Hat** – Wearing a wide-brimmed hat will help give you the most protection. If you prefer a baseball cap, you will likely need to also utilize sunscreen.
- **Sunglasses** – Look for glasses that block both UVA and UVB rays. Wrap-around sunglasses work the best because they block UV rays around the side.
- **Sunscreen** – Use a sunscreen of at least SPF 15 on any exposed skin, and reapply every 2 hours, as well as after swimming, sweating, toweling off, etc.

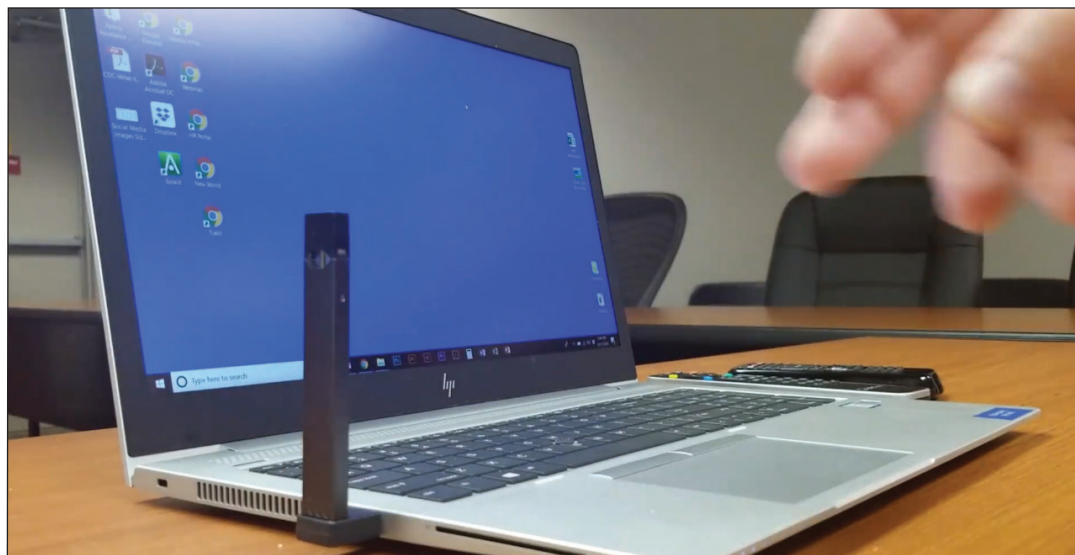
Source: CDC



Vaping Reaching Epidemic Proportions in ND

It is estimated that 12.6% of North Dakota high school students smoke. Of those smokers, 20.6% use e-cigarettes, but the actual percentage may be significantly higher. According to www.tobaccofreekids.org, smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders and suicides, combined.

Nearly every school in the state is reporting an increase in e-cigarette usage among students on their campus. E-cigarette usage passed conventional cigarette usage nationally in 2014. This is due to a number of factors, including that that products do not produce a traditional tobacco odor. Also, the vaping devices are often disguised as everyday items such as USB drives, pens or markers.



The most popular vaping device, JUUL, holds about 70 percent of the market share of vaping products. The pod that is “smoked” contains nicotine equal to one pack of cigarettes.

How prevalent is vaping? Do a Google search for “How to vape and not get caught” (4,660,000 results), “How to vape

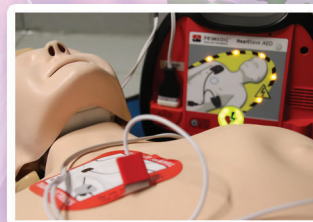
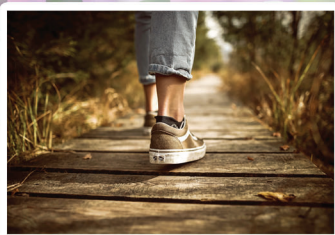
at school” (29,900,000 results), or “How to vape weed” (13,300,000 results) and you can begin to see how much information exists to help this habit go unnoticed and become destructive to a young life.

Quitting nicotine is extremely difficult. Once addicted, quitting can turn into a lifelong

battle. About 1,000 North Dakota adults die each year as a result of smoking. Presently there are about 14,000 North Dakota students who will ultimately die prematurely due to smoking.

More information is available about nicotine, e-cigarettes and addiction at <https://e-cigarettes.surgeongeneral.gov/>.

Spring Walking Kick-Off & AED Training Event



Friday, May 3, 2019

1:45 p.m. at H-M-B School

2:30 p.m. at Main Street Coffee Shop

Refreshments Provided

Event coordinated with H-M-B Color Run/Walk

Sponsored by H-M-B National Honor Society,

Emmons County Public Health & ND Department of Health Chronic Disease Grant