

Highlight on Health

An Emmons County Public Health Publication

Important Dates

February 1 - National Wear Red Day.

February 4 - World Cancer Day.

February 7-14 - Congenital Heart Defect Awareness Week.

February 14 - National Organ Donor Day.

February 14-21 - National Condom Week.

February 18 - President's Day.

February 25 - March 3 - Eating Disorder Awareness and Screening Week.

February Awareness

- American Heart Month
- National Children's Dental Health Month
- Teen Dating Violence Awareness Month



Car Seats Still Reduce Dangers

Car seats continue to be one of, if not the most, important ways to keep children safe while in a vehicle. Safe Kids Worldwide estimates that child seats that are used correctly can reduce the risk of a child's death by as much as 71 percent.

According to the CDC, 723 children aged 12 and under died in 2016 motor vehicle crashes, with more than 120,000 sustaining injuries. Of those children that died, 35 percent were not buckled up, and 40 percent of those unbuckled children were riding with an unbelted driver.

Tips for child seat safety:

1. Install and use child seats properly. Install child seats according to your vehicle's manual, or get help installing them from a certified child Passenger Safety Technician.
2. Use proper restraints every trip. Even short trips may have critical consequences if your vehicle is involved in an accident.
3. Buckle all children aged 12 and under in the back seat. Also note that children should not be placed in front of an airbag, as its deployment could cause

serious injury or death to a child.

4. Place the car seat in the middle of the back seat if possible. In the event of a crash, the middle of the back seat is the safest spot in the vehicle.
5. Ensure adults wear seat belts. Be a positive role model for your children and show them the wisdom of wearing a seat belt every time you're in a vehicle.

North Dakota child car seats laws include the following:

- All kids aged 7 and below must ride in a booster or car seat.
- Seat belts may substitute for a booster or car seat if your child weighs 80+ pounds and tops 57 inches tall.
- Lap belts may be worn instead, provided your vehicle only has lap belts and your child has outgrown his or her booster seat.
- Kids between the ages of 8 and 17 years old must wear a seat belt or be seated in a child restraint.

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Teen Dating Violence Very Real in North Dakota

Teen dating exists in every school in North Dakota. Sadly, though, so does the likelihood of teen dating violence.

A CDC survey in 2017 resulted in 8.7 percent of surveyed North Dakota high school students (Grades 9-12) experiencing sexual violence by anyone (being forced to do sexual things [kissing, touching, or being physically forced to have sexual intercourse] they did not want to do by anyone, at least once in the 12 months prior to the survey). About four percent of the males surveyed experienced sexual violence by anyone, while 13.6 percent of females responded in the survey.

According to the U.S. Department of Health and Human Services, in 2015 8 percent of students surveyed in grades 9-12 (6 percent of males and 10 percent of females) reported experiencing physical dating violence. This included being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with in the 12 months prior to the



North Dakota High School (Grades 9-12) students are reporting dating violence at — or near — national rates.

survey.

These rates were slightly below the national average, across the board. Nationally, 10 percent of students in grades 9-12 (7 percent male, 12 percent female) reported experiencing physical dating violence.

The survey also reported that North Dakota students in grades 9-12 nearly mirrored national percentages for individuals who were forced to have sexual

intercourse when they didn't want to. Six percent of North Dakota students reported being forced to have sexual intercourse (compared to 7 percent of high school students nationally). Male (3%) and female (10%) student rates were identical to the national average.

Healthy relationships include a combination of the following characteristics: trust, honesty, respect, equality and compromise. Parents can help by serving

as a role model for relationships:

1. Talk about healthy relationships prior to a teen dating.
2. Share examples of what a healthy and unhealthy relationship looks like.
3. Be a person a teen can look up to and model behavior after.
4. Speak up if you believe someone you know is a victim.

Source: HHS.gov, CDC.gov

Free Pre-Diabetes Screening Event

**Finger Stick Blood Sugar,
Blood Pressure Screening,
and Education Provided.
(Come fasting from midnight)**

Feb. 13 from 8:30-10:30 a.m.

@ BNC Bank in Linton