May is Teen Pregnancy Prevention Month. If parents, youth, schools, businesses, faith leaders and health care providers join together to address teen pregnancy, we can make a difference!

Each day in Montana, approximately two teens give birth. Teen childbearing has serious consequences on parents, children, and communities. Parenthood is the leading reason why teen girls drop out of school. Only 40% of teen mothers graduate from high school and fewer than 2% earn a college degree by age 30.

Young women who become pregnant and give birth often experience serious health effects as do their children. Compared to older parents, teens are more likely to have late or no prenatal care, babies born too small or too soon, and babies who die within the first year of life.

Teen pregnancy also has economic costs. In Montana, the cost to taxpayers associated with teen parenthood is estimated to be $18 million. The costs are greatest for younger teens. The average annual cost associated with a child born to a mother 17 years of age or younger is $3,285.

Montana youth are at risk for teen pregnancy. The YRBS shows that 43% of all Montana high school students have had sex. Among twelfth graders, 63.9% have had sexual intercourse. Statewide, 31.6% of students had sexual intercourse with at least one person during the three months before the survey. Among those students who had sexual intercourse during the past three months, 17.8% drank alcohol or used drugs before their last sexual intercourse.

The good news is that unintended teen pregnancy is 100% preventable. Take action today by promoting and engaging open and honest discussions with teens about sexuality and pregnancy prevention. Early and comprehensive teen pregnancy prevention strategies remain the best approach and are exceedingly more cost effective than the choices available once pregnancy occurs. Encourage teens to delay sex and to use contraception if they choose to have sex.
Children Are Our Future
By: Pam O'Brien

Did someone help you have a great childhood when you were young – perhaps a parent, sibling, teacher or coach? Do you help children in your life today have a great childhood – your own kids, nephews or nieces, or maybe children you mentor or babysit?

Whether you are an employer enacting policies that impact the work-life balance or a neighbor who offers parents time away from stress, we all have an effect on the lives of children. The responsibility is ours to contribute to the kind of nation in which we want to live. When all children don't have equal opportunity for healthy growth and development, we put our future as a society at risk. Every day is your call to action and an opportunity for you to recognize that we all play a role in children’s lives.

Our most basic obligation is to support the healthy development of our nation’s children. The great childhoods we want for our children require a loving and supporting environment. Children who are raised in supportive and stable environments are more academically and financially successful, and great childhoods help children grow into productive, contributing adults who help their community, and our country, be prosperous and competitive in the global economy.

When we invest in healthy child development, we are investing in community and economic development. Unfortunately, children are sometimes exposed to extreme and sustained stress like child abuse and neglect, which can undermine a child’s development. Research conducted by (Continued on page 6)

Upcoming Events

- Hepatitis Awareness Month
- Mental Health Month
- Montana Quit Month
- National Blood Pressure Month
- National Physical Fitness and Sports Month
- National Stroke Awareness Month
- National Teen Pregnancy Prevention Month

May 1
- May Day
- Cinco de Mayo
- Hand Hygiene Day
- Nurses Week
- School Nurses Day
- National Bike to School Day
- Mother’s Day

May 12-18 National Women’s Health Week
May 18
- HIV Vaccine Awareness Day
May 25
- Heat Safety Awareness Day
May 27
- Memorial Day
  (County offices are closed)
May 31
- World No Tobacco Day

Forgive people in your life, even those who are not sorry for their actions. Holding on to anger only hurts you, not them.

MAY IS MONTANA QUIT MONTH
1-800-QUIT-NOW

CELEBRATE NATIONAL NURSES WEEK
MAY 6-12, 2019

FORGE THE HEARTBEAT OF HEALTHCARE

EVERY child deserves to grow up FEELING safe and loved.
Dangers of Vaping
By: Lindsay Sadorf

I am quite certain that by now you have heard about the epidemic of teens using vape or e-cigarettes but you may still be unsure of what these contraptions are. The more I discuss with parents, the more I am made aware that there is still some gray space as to what an e-cigarette, vape or JUUL is.

Electronic cigarettes, or e-cigarettes, are now the most popular form of nicotine used among middle and high school students, with an estimated 2.1 million students reporting using them in 2017. Roughly 3.3 percent of all middle school students and 11.7 percent of all high school students in the United States have used e-cigarettes. According to the 2017 Montana Youth Risk Behavior Survey, 46% of Montana high school students and 19.1% of Montana middle school students have tried e-cigarettes. A shocking 22.5% of Montana high school students and 8.6% of Montana middle school students are current e-cigarette users. Your teenager may believe e-cigarettes are completely safe, but there are significant risks to be aware of.

E-cigarettes are a type of Electronic Nicotine Delivery System (ENDS), a class of products that includes single-use e-cigarettes that look like traditional cigarettes and a range of “vaping” or JUULing devices that look like everyday household devices such as thumb drives, pens, sticks of gum, or erasers. Today the most popular brand of e-cigarette used by teens and young adults is the JUUL. Most vaping products work by heating a liquid called an e-liquid or e-juice until it turns into an aerosol, which the user then inhales. Most of the e-liquids contain highly concentrated nicotine along with other potentially toxic chemicals.

Ok, so we know that these devices contain nicotine. Are there other things we should be concerned about? Don’t we know the effects that nicotine can have on a person? Yes, we do have more to be concerned about.

Nicotine is a highly addictive chemical that is particularly risky to teens and young adults. Adolescents are more vulnerable to addiction than adults because their brains are still developing. Did you know that the brain isn’t fully developed until a person is in their mid-twenties?

The younger someone is when they try nicotine or other addictive chemicals, the more likely you are to become addicted. Nicotine can also increase the risk of developing addiction to other drugs and various mental and physical health problems later in life. Nicotine can disrupt brain development and interfere with the cognitive functioning of a child. As a parent, would you agree to let your child disrupt their brain development??

The majority of vaping products contain high doses of nicotine, in fact the amount of nicotine contained in one pod for a JUUL, is roughly equivalent to the nicotine content of an entire pack of cigarettes.

While the addictive qualities of nicotine is one major concern, it is not the only concern. Do you remember when there was the big debate about aerosols and the ozone layer? Well… that “vapor” is not vapor at all. The substance that students think is vapor is actually aerosol. The aerosols from these products have been found to contain various toxic chemicals, heavy metals and ultrafine particles, all of which pose health risks. The aerosols produced by the chemicals in e-juice enter into the user’s lungs unfiltered and leave a chemical residue behind. This residue damages the lungs. While it is believed that e-cigarettes are less harmful than smoked cigarettes, the common misperception is that these devices are safe.

So why don’t we have laws to prohibit companies from marketing these products?

There are laws that prohibit companies from marketing traditional cigarettes to young people, but those laws don’t apply to electronic cigarettes and other vaping devices. Companies are free to use the same tactics that cigarette companies used in the past to attract young people. For example; cigarette companies are prohibited from making television commercials that glamorize smoking, but e-cigarette companies’ can and do air such ads. The loopholes in marketing regulations may explain how e-cigarettes became so popular so quickly.

The bottom line is that nicotine is a highly potent and addictive substance that is especially risky for the developing teen brain, no matter what form it comes in.

For more information please call the Health Department at 406-377-5213 or the Montana Quit line at 1-800-QUIT-NOW.
May is National Stroke Awareness Month, a good time to learn the facts about strokes:

Stroke is the fifth leading cause of death in the United States, killing about 140,000 Americans each year—that's 1 of every 20 deaths.

- A stroke, sometimes called a brain attack, occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts.
- Someone in the United States has a stroke every 40 seconds. Every four minutes, someone dies of stroke.
- Every year, about 795,000 people in the United States have a stroke. About 610,000 of these are first or new strokes; 185,000 are recurrent strokes.
- Stroke is an important cause of disability. Stroke reduces mobility in more than half of stroke survivors age 65 and over.
- Stroke costs the nation $34 billion annually, including the cost of health care services, medications, and lost productivity.

You can't control some stroke risk factors, like heredity, age, gender, and ethnicity. Some medical conditions—including high blood pressure, high cholesterol, heart disease, diabetes, overweight or obesity and previous stroke or transient ischemic attack (TIA)—can also raise your stroke risk. But the good news is there are steps you can take to help reduce your risk by making your lifestyle healthier.

First know the signs and seek medical help immediately:

- Sudden numbness or weakness of the face, arm, or leg—especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Next take these steps to make your lifestyle healthier and help reduce your risk of stroke:

- Don't smoke and avoid second-hand smoke.
- Improve your eating habits. Eat foods low in saturated fat, trans fat, sodium and added sugars.
- Be physically active.
- Take your medicine as directed.
- Get your blood pressure and cholesterol values checked regularly and work with your healthcare provider to manage high values.
- Reach and maintain a healthy weight.
- Decrease your stress level.
- Seek emotional support when it’s needed.
- Have regular medical checkups

Call 1-888-4-STROKE (1-888-478-7653) to learn more about stroke or find local support groups, or visit StrokeAssociation.org.

Sources: CDC, Stroke Association and the American Heart Association
World No Tobacco Day
By: Lindsay Sadorf and WHO

Every year, on May 31st, the World Health Organization (WHO) and partners mark World No Tobacco Day (WNTD), a day to highlight the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption.

This year the focus of World No Tobacco Day is “Tobacco and Heart Disease”. The campaign goals will be to increase awareness on the:

- link between tobacco and heart and other cardiovascular diseases (CVD), including stroke, which combined are the world’s leading causes of death;
- feasible actions and measures that key audiences, including governments and the public, can take to reduce the risks to heart health posed by tobacco.

World No Tobacco Day coincides with a range of global initiatives and opportunities aimed at addressing the tobacco epidemic and its impact on public health, particularly in causing the death and suffering of millions of people globally.

How tobacco endangers the lung health of people worldwide

World No Tobacco Day 2019 will focus on the multiple ways that exposure to tobacco affects the health of people’s lungs worldwide. These include:

**Lung cancer.** Tobacco smoking is the primary cause for lung cancer, responsible for over two thirds of lung cancer deaths globally. Second-hand smoke exposure at home or in the workplace also increases risk of lung cancer. Quitting smoking can reduce the risk of lung cancer: after 10 years of quitting smoking, risk of lung cancer falls to about half that of a smoker.

**Chronic respiratory disease.** Tobacco smoking is the leading cause of chronic obstructive pulmonary disease (COPD), a condition where the build-up of pus-filled mucus in the lungs results in a painful cough and agonizing breathing difficulties. The risk of developing COPD is particularly high among individuals who start smoking at a young age, as tobacco smoke significantly slows lung development. Tobacco also exacerbates asthma, which restricts activity and contributes to disability. Early smoking cessation is the most effective treatment for slowing the progression of COPD and improving asthma symptoms.

Across the life-course. Infants exposed in-utero to tobacco smoke toxins, through maternal smoking or maternal exposure to second-hand smoke, frequently experience reduced lung growth and function. Young children exposed to second-hand smoke are at risk of the onset and exacerbation of asthma, pneumonia and bronchitis, and frequent lower respiratory infections.

Globally, an estimated 165,000 children die before the age of 5 of lower respiratory infections caused by second-hand smoke. Those who live to adulthood continue to suffer the health consequences of second-hand smoke exposure, as frequent lower respiratory infections in early childhood significantly increase the risk of developing COPD in adulthood.

**Tuberculosis.** Tuberculosis (TB) damages the lungs and reduces lung function, which is further exacerbated by smoking. The chemical components of tobacco smoke can trigger latent infections of TB, which around a quarter of all people are infected with. Active TB, compounded by the damaging lung health effects of smoking, substantially increases risk of disability and death from respiratory failure.

**Air pollution.** Tobacco smoke is a very dangerous form of indoor air pollution: it contains over 7,000 chemicals, 69 of which are known to cause cancer. Though smoke may be invisible and odorless, it can linger in the air for up to five hours, putting those exposed at risk of lung cancer, chronic respiratory diseases, and reduced lung function. The global tobacco epidemic kills more than 7 million people each year, of that 900,000 are non-smokers dying from breathing second-hand smoke. Nearly 80% of the more than 1 billion smokers worldwide live in low- and middle income countries.

As we can clearly see there are many tactics in place to help discourage tobacco use but there is still more work to do. Help spread the message about being smoke free and help celebrate World No Smoking Day May 31. Contact your local Tobacco Prevention Specialist, Lindsay Sadorf, at 377-5213 with any questions.
How To Remove a Tick
By: CDC

If you find a tick attached to your skin, there’s no need to panic—the key is to remove the tick as soon as possible. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers work very well.

How to remove a tick
1. Use fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible.
2. Pull upward with steady, even pressure. Don’t twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.

Follow-up
If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.
Avoid folklore remedies such as “painting” the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible—not waiting for it to detach.

Quit Line 15th Anniversary

Over the past 15 years The Montana Tobacco Quit Line has helped over 95,000 Montanans with their quit attempts. Celebrate the Quit Line’s 15th anniversary by making this the year you quit tobacco for good. Give us a call to talk with a certified coach and receive free or reduced cost cessation medications. Call 1-800-QUIT-NOW.

Happy Birthday Montana Tobacco Quit Line!
JOIN US IN CELEBRATING OUR 15 YEARS OF HELPING MONTANANS BY QUITTING TOBACCO.

Children Are Our Future (Cont.)
By: Pam O’Brien

(Continued from page 2)
Prevent Child Abuse America estimates that implementing effective policies and strategies to prevent child abuse and neglect can save taxpayers $80 billion per year. The cost of not doing this is measured in increased costs for foster care services, hospitalization, mental health treatment and law enforcement, as well as loss of individual productivity and expenditures related to chronic health problems, special education and the justice system.

There are also simple things you can do every day to make a difference. Whether it’s volunteering at a local pre- or after-school program, babysitting for an overburdened family in your neighborhood, or calling your local legislators to advocate for policies like home visiting, there are many things you can do to help promote positive childhood experiences and the prevention of abuse and neglect!

Source: Prevent Child Abuse America

I googled my symptoms, turns out I just need to go camping!
Communicable Disease Report

- Strep
- Tuberculosis
- Hep C, acute possible
- Influenza
- Animal Bites
- Chlamydia

Contact Investigations: 13
Total Investigations: 13
Influenza Cases: 163 w/2 hospitalizations
Average time on case (notification to close): 5
*Includes suspected and confirmed cases

Dawson County Health Department 2019 First Quarter Report

Walk-in Data
790
Encounters

School Nursing
809
Visits
328
Health Screenings

Immunizations
161
Given

Communicable Diseases

Contact Investigations: 13
Total Investigations: 13
Influenza Cases: 163 w/2 hospitalizations
Average time on case (notification to close): 5
*Includes suspected and confirmed cases
Services Provided by the Health Department

**Immunizations:** Adults and children, Thursdays: 9:00 am - noon and 1:00-5:00. Walk-ins are welcome. To schedule an appointment call 377-5213.

**Insurance Billing:** Yes, the Dawson County Health Department does bill insurance for children’s immunizations and most adult immunizations.

**WIC (Women, Infants and Children):** Thursdays 8:00 -12:00 and 1:00-5:00. Appointments may be made by calling 377-5213.

**Family Planning:** Walk in hours are Monday—Tuesday: 1-5 pm, Wednesday: 8 am - noon and 1-5 pm, Thursday: No Clinic, Friday: 10 am-noon and 1-3 pm. Services are based on a sliding fee scale. To schedule an appointment call 377-2935.

**Blood Pressure Clinics:** Wednesday-Thursday: 8 - noon—no charge.

**Labs:** Wednesday 8:00 - noon. Some labs require 12 hour fast.

**Home Health Services:** In home services including skilled nursing. Certified Nurse Assistant, Homemaker and Meals on Wheels. Call 377-5213 for more information or to make a referral.

**Public Health Home Visiting:** Home visiting program for pregnant women, infants and children. Services help to build parental resilience, social connections, knowledge of parenting and child development, concrete supports in times of need and social and emotional competence of children.

**Tobacco Prevention:** Preventing tobacco use among youth and promote quitting among adult users. Free signs for CIAA compliance.

**Public Health Emergency Preparedness:** Planning and coordination of community resources to prepare for public health emergencies.