

PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER – June 2014

Tick Borne Disease

A recent MDH Health advisory states: “The peak risk season for tick borne disease is beginning for 2014. Heavy snowfall last winter provided protection against cold temperatures for black legged ticks (also called deer ticks) that transmit several disease agents. This year’s wetter conditions also provide the humid conditions they need to thrive.”

*Blacklegged ticks feed on blood by inserting their mouth parts into the skin.

*They are slow feeders and will feed for 3-5 days.

*If the blacklegged tick is infected, it must be attached for 24-48 hours before it transmits Lyme disease, and at least 12-24 hours to transmit human anaplasmosis.

Exposure Prevention

*Exposure to ticks may be greatest in the woods (especially along trails) and the fringe area between the woods and border.

*Blacklegged ticks search for a host from the tips of low-lying vegetation and shrubs, not from trees.

*Blacklegged ticks crawl; they do not jump or fly. They grab onto people or animals that brush against vegetation, and then they crawl upwards to find a place to bite.

*Walk in the center of the trail to avoid picking up ticks from grass and brush.

*Use a good tick repellent.

*Wear clothes that will help shield you from ticks.

If you find a tick on yourself, remove the tick promptly.

The above information is just a small amount taken from the Minnesota Dept. of Health website; check it out for more:

<http://www.health.state.mn.us/divs/idepc/dtopics/tickborne/index.html>

Pennington & RLC Wellness Coalition

The Wellness Coalition originated as a group of community members from both counties meeting to provide local input for a new Tobacco Free Communities (TFC) grant in August 2013. A decision was made to change the focus and form a wellness coalition to provide local input for TFC as well as other grant projects that Inter-County Nursing Service is working with and to provide some community wellness promotion through activities.

The coalition meets the third Monday of each month. Typical meeting topics include what’s going on with the current grants, including Tobacco Free Communities and the new SHIP grant and ideas of the members for promotion of wellness through activities and events.

Tweets from our Teens

There are three students on our Wellness Coalition. We are hoping to begin promotion of wellness and prevention of tobacco exposure on a twitter account in the future. This is a spot for those tweets.

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“I do all of my tweeting on Twitter now.”

TFC Grant--Tobacco Free Communities

The TFC grant also comes through Quin CHS and covers all five counties (Kittson, Marshall, Pennington, Red Lake and Roseau).

Goal: The goal of the Pennington County and Red Lake County TFC coalition is to reduce exposure to secondhand and third hand smoke, and to counteract pro-tobacco influences on children, youth and young adults.

There are three Strategies of focus:

- 1) Smoke-Free Foster Care and Childcare -- Hazards of 3rd hand smoke, ingestion of toxic cigarette butts
- 2) Point of Sale (Marketing and Youth Access to Tobacco)
- 3) Tobacco-Free Outdoor, School, and Community Based Settings

Helen Anderson is the coordinator. She has assistance from each county public health office. Laura McGregor and Connie Hagen assist from ICNS.

SHIP 3- Statewide Health Improvement Program

The SHIP 3 grant also comes through Quin CHS and also covers all five counties. SHIP strives to help Minnesotans lead longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition and physical inactivity. SHIP seeks to create sustainable, systemic changes in places where we live, work and play that make it easier for Minnesotans to incorporate healthy behaviors into their daily lives.

Laura Dahl is the coordinator. She has assistance from the county public health offices. Connie Hagen is the person from ICNS, and will assist with smoke-free multi-unit housing. Other topics include: Worksite wellness, Active School Day, Healthy School Food, Child Care, Healthy Food in the Community, Active Living, Community-Clinical Linkages for Prevention and Advance Community Linkages with State and Federal Health Reform Initiatives. The planning phase is concluding and the implementation phase begins on July 1.

Parenting Tips

There is a wonderful grant promoting relationships between parents and their baby to tell you about, so in the next issue there will be a few thoughts for parenting in this spot.

Through Quin CHB, ICNS is involved with another grant called: **MIECHV -Maternal, Infant, and Early Childhood Home Visiting Program.**

Visits can start during pregnancy or at birth. For your convenience, the visits can be in your home.

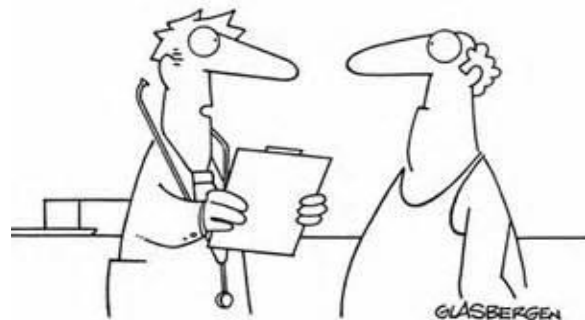
Goals include:

- Build and strengthen nurturing parent-child relationships
- Promote healthy childhood growth and development

There is no income criteria for enrollment, but there are a few items to provide for a priority qualification.

If this sounds like something you or someone you know would be interested in, give us a call!

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"The handle on your recliner does not qualify as an exercise machine."

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