

# PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER April 2015



## April is Child Abuse Prevention Month

From Minnesota Communities Caring for Children--MCCC is the Minnesota Chapter of Prevent Child Abuse America and Circle of Parents National: "There are specific research-informed protective factors that help to keep families strong. In Minnesota, we are working to educate parents and create community environments and public policies that promote these protective factors.

- Nurturing and attachment. Small acts of kindness, protection, and caring – a hug, a smile, or loving words – make a big difference to children.
- Knowledge of parenting and of child and youth development. Parents learn what to look for at each age and how to help their children reach their full potential within their own cultural identity.
- Parental resilience. Recognizing the signs of stress and enhancing problem-solving skills can help parents continue to have courage during and after a crisis.
- Social connections. Parents with family, friends, and neighbors to depend on have better support in times of need.
- Concrete supports for parents. Caregivers with access to financial, housing, and other concrete resources and services that help them meet their basic needs can better attend to their role as parents.
- Social and emotional competence of children. A child's ability to interact positively with others and communicate his or her emotions effectively helps parents be more responsive to their needs. For more see: [www.pcamn.org](http://www.pcamn.org)

### Tweets from our Teens

Twitter address: @RedPennWellness

Cigarette smoking causes an estimated 443,000 deaths per year.

88% of Adult daily smokers, smoked their first cigarette before the age of 18.

## National Public Health Week, April 6 - 12

Despite what we often hear and read, Americans are not the healthiest people in the world. In the U.S. we spend more on health care but live shorter lives and suffer more health issues than our peers in other high-income countries.

That's why, during National Public Health Week 2015, the public health community is rallying around **a goal of making the U.S. the Healthiest Nation in One Generation — by 2030.**

In the work to become the Healthiest Nation in One Generation, we can't do it all on our own. As public health professionals, we know it's not enough to ask people to make healthy choices when intractable challenges such as poverty, poor education, housing and environmental factors have such a profound impact on health. The public health community is working to expand its partnerships to collaborate with city planners, education officials, public, private and for-profit organizations – everyone who impacts our health.

**What can you do?** Take one small step each day for a healthier life. Creating a healthy me- Eat well, exercise and get regular checkups. Make healthy choices that improve your health and set an example for your family and friends.

See more at: <http://www.nphw.org>

Quin Community Health Services is putting together a "Walk Around Quin" activity to encourage walking the distance around the 5 counties Quin serves. The activity will take place over several months. Watch for more details coming soon!



## E-Cigarette Update

According to an annual government survey of more than 41,000 students, e-cigarettes have surpassed traditional smoking in popularity among teens. Many student surveys and other state surveys don't yet address e-cigarettes. We need to protect our kids and adults. E-cigarettes are

often marketed as tools to help people stop smoking and as a healthier alternative to regular cigarettes. Students may not think these devices are as harmful as regular cigarettes.

We as a community need to show the devices are harmful so they are not accepted as a healthier alternative to cigarettes.

In January, California—a leading state in tobacco research and prevention—released the State Health Officers Report on E-Cigarettes: “A Community Health Threat,” a report labeling e-cigarettes: A Community health threat. The report showed at least 10 chemicals contained in the devices are known to cause cancer, birth defects and other reproductive harm. That report also found that e-cigarette users are no more likely to quit than traditional smokers, that e-cigarette advertisements have been able to circumvent restrictions on traditional tobacco, and that companies are using old-school tactics to appeal to children and imply the products are safe.

With all the flavors being promoted it seems obvious that the tobacco companies are marketing to the younger people.

The California report suggests e-cigarette branding and lax marketing restrictions may undermine progress and educational efforts on traditional tobacco. The report reads a new generation of young people will become addicted to nicotine.

Nationwide, some schools are starting to treat e-cigarettes even more harshly than normal cigarettes because of the passivity of drug use.

The National Association of State Boards of Education doesn’t have an official ploy on e-cigarettes but the executive director, Kristen Amundsen, believes the group would recommend that the devices be treated as tobacco products. But if a school district thinks they have a particular problem with the devices, then sending a really clear message may be a good idea.

-submitted by Helen Anderson

Minnesota law requires that e-cigarettes are taxed as tobacco products, and retailers in Minnesota cannot sell e-cigarettes to minors.

## Parenting Tips – Bullying continued

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time.

There are simple steps adults can take to stop bullying on the spot and keep kids safe.

### Do:

- Intervene immediately. It is ok to get another adult to help.
- Separate the kids involved.
- Make sure everyone is safe.
- Meet any immediate medical or mental health needs.
- Stay calm. Reassure the kids involved, including bystanders.
- Model respectful behavior when you intervene.

### Avoid these common mistakes:

- Don’t ignore it. Don’t think kids can work it out without adult help.
- Don’t immediately try to sort out the facts.
- Don’t force other kids to say publicly what they saw.
- Don’t question the children involved in front of other kids.
- Don’t talk to the kids involved together, only separately.
- Don’t make the kids involved apologize or patch up relations on the spot.

### Get police or medical help immediately if:

- A weapon is involved.
- There are threats of serious physical injury.
- There are threats of hate-motivated violence, such as racism or homophobia.
- There is serious bodily harm.
- There is sexual abuse.
- Anyone is accused of an illegal act, such as robbery or extortion—using force to get money, property, or services.

Source: [www.stopbullying.gov](http://www.stopbullying.gov)



Public Health & Home Health Care  
Serving Pennington & Red Lake Counties  
218-681-0876 TRF or 218-253-4378 RLF  
[www.intercountynursingservice.com](http://www.intercountynursingservice.com)