

# PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER September 2015

September has:

**Child Passenger Safety Week-September 13-19, 2015.**



Is your child correctly buckled up on every trip, every time, in the back seat, using the best possible safety restraint for your child's size?

Unfortunately, car crashes are a leading cause of death for children. On average, nearly 2 children under 13 were killed and 345 children were injured every day in 2013 while riding in cars, SUVs, pickups, and vans. It's hard to overstate the toll this takes on families, but we can help put an end to this tragedy by taking some important steps.

Today, all 50 States require the use of car seats for children traveling in motor vehicles. Car seat laws were enacted because they save lives and prevent injuries. In 2013, 637 children under age 13 could have lived if all of these children had been buckled. Tweens are at risk, too: Among 13-year-old car, van and SUV occupants who died in crashes between 2009 and 2013, almost half were not wearing their seat belts. By working together, we can prevent these deaths and injuries. [www.nhtsa.gov](http://www.nhtsa.gov)

Inter-County Nursing Service is committed to help ensure children arrive safe and alive. Our goal is to educate parents and caregivers about the best ways to keep kids safe while traveling, no matter how short or long the trip. We offer car seat checks by appointment with one of our two Child Passenger Safety Technicians. Please give us a call if you have questions or if you would like your child's car seat checked.

## INTER-COUNTY NURSING SERVICE



### National Preparedness Month

We are encouraging everyone to take part, make a plan and know what to do during an emergency.

**DON'T WAIT. COMMUNICATE.  
MAKE YOUR EMERGENCY PLAN TODAY.**



Have an up-to-date contact list for those you may need to reach during a disaster and establish alternate methods of communication in case traditional means are not available.

Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

Unless you are in immediate danger, send a text. Texts often have an easier time getting through during emergencies.

Pick a Meeting Spot. Where will you meet up with your family if you have to get out of your house quickly?

#### **Prepare a Basic Emergency Supply Kit:**

- \*Water one gallon per person per day, for drinking and sanitation
- \*Non-perishable Food, at least a three-day supply
- \*Battery-powered or hand crank radio and a NOAA weather radio with tone alert and extra batteries
- \*Flashlight and extra batteries
- \*First Aid kit
- \* Whistle to signal for help
- \*Filter mask or cotton t-shirt, to help filter the air
- \*Moist towelettes, garbage bags and plastic ties for personal sanitation
- \*Wrench or pliers to turn off utilities
- \*Manual can opener if kit contains canned food
- \*Plastic sheeting and duct tape to shelter-in-place
- \* Important Family Documents
- \* Items for unique family needs, such as daily prescription medications, infant formula or diapers

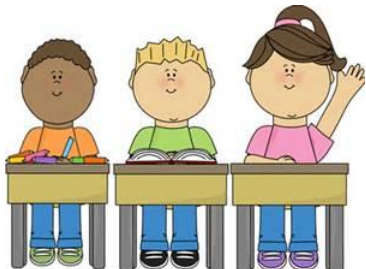
## Feelin' Fit N' Fine & Walk Around Quin

**Congratulations** to the winners of Feelin' Fit N' Fine and "Walk Around Quin"! These were summer activities from Quin Community Health Services to encourage healthy behaviors. We want to continue to encourage both you and your children in healthy behaviors. Keep walking!



**5.6 MILLION**  
CHILDREN ALIVE TODAY  
WILL ULTIMATLY  
DIE EARLY FROM SMOKING  
IF WE DO NOT DO MORE  
TO REDUCE CURRENT  
SMOKING RATES

THAT'S EQUAL TO  
**1 CHILD**  
OUT OF  
**EVERY 13**  
ALIVE IN THE U.S. TODAY  
—OR—  
**2 OF THE 27**  
**CHILDREN** IN THE AVERAGE  
**3<sup>RD</sup> GRADE**  
**CLASSROOM**



[www.surgeongeneral.gov/priorities/tobacco/index.html](http://www.surgeongeneral.gov/priorities/tobacco/index.html)

**Tweets from our Teens**  
Twitter address: @RedPennWellness

## Parenting Tips

### National Childhood Obesity Awareness Month

Sponsor: American College of Sports Medicine  
(<http://www.acsm.org/>)

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news? Childhood obesity can be prevented.

Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and get more active.

### How can National Childhood Obesity Awareness Month make a difference?

We can all use this month to raise awareness about the obesity epidemic and show people how they can take steps toward a solution.

Here are just a few ideas:

- Encourage families to make small changes, like keeping fresh fruit within their children's reach or going on a family walk after dinner.
- Motivate teachers and administrators to make schools healthier. Help them provide healthy food options and daily physical activities for students.
- Ask doctors and nurses to be leaders in their communities by supporting programs to prevent childhood obesity.

How can I help spread the word?

- Add information about obesity prevention to a newsletter.
- Tweet about National Childhood Obesity Awareness Month.

Two of the best ways to prevent your child from becoming overweight or obese are to:

- Help your child eat healthier foods
- Be more physically active as a family

The healthy habits your child learns now can last a lifetime.

<http://healthfinder.gov>

**INTER-COUNTY  
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SERVICE** 

Public Health & Home Health Care  
Serving Pennington & Red Lake Counties  
218-681-0876 TRF or 218-253-4378 RLF  
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