



Bringing Communities Together

Working Together for a Healthier Tomorrow

# SOUTHEASTERN MONTANA TOBACCO USE PREVENTION PROGRAM

Southeastern Montana Tobacco Use Prevention Program Newsletter

May 2019

Big Horn, Custer, Rosebud and Treasure County Newsletter



**Wednesday, May 8<sup>th</sup>, 2019**

**4:00pm-6:00pm**

**St. Labre Gym in Ashland**

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**Health & Wellness Vendors**

**Utility & Safety Demonstrations**

**Community Resources**

**Lunch will be provided**

**Bighorn Valley Health Center-Ashland**

**(406) 784-2346**

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**DID YOU KNOW?**

**CONTACT INFORMATION**

**#TobaccoFree**

**#NicotineFree**

# FAMILY FUN DAY

Join us in the JUNGLE

May 11  
2-4 pm

MSU Extension Office  
317 N. Center

- Family Photos
- Mother's Day Craft
- Gifts & Games
- Face Painting
- Yummy Snacks
- Women's Health



*"Traditions live inside of me. I respect those traditions by keeping my body free from the damages, diseases and cancers that commercial tobacco causes."*



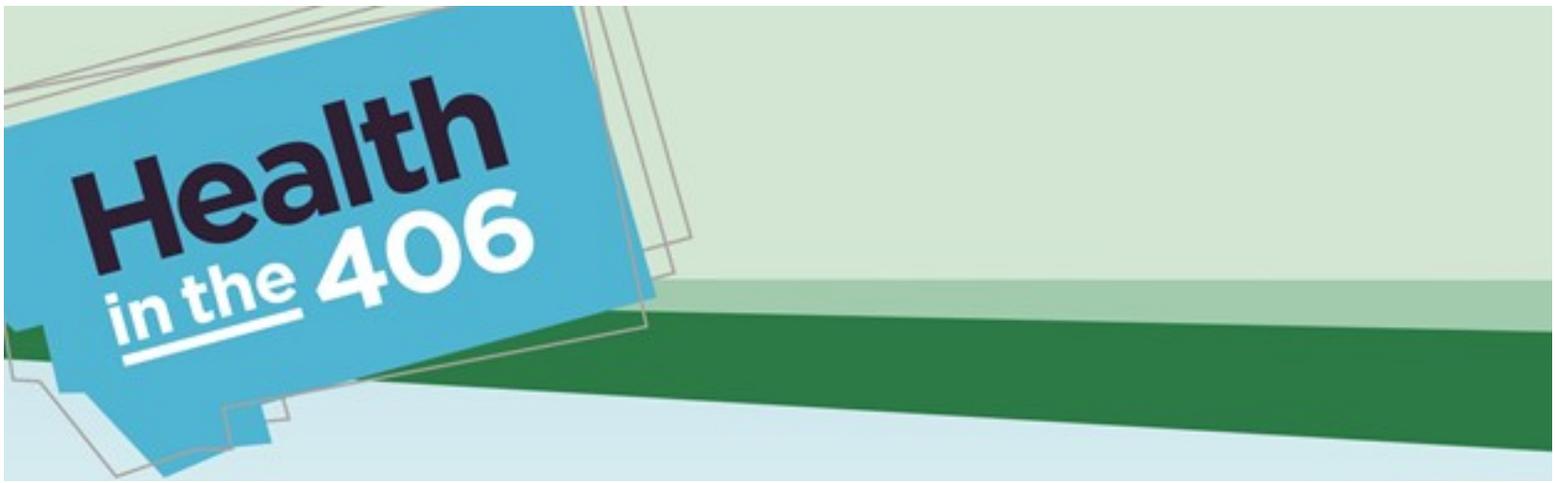
Smoking & Pregnancy

**QUITTING SMOKING MEANS A HEALTHIER TOMORROW FOR YOU AND YOUR FAMILY.**



MONTANA TOBACCO PREVENTION PROGRAM





## Health in the 406: National Prescription Drug Take Back Day - April 27th

[In 2017, 6 million Americans misused controlled prescription drugs](#) often obtained from family and friends.

Save lives and the environment by properly disposing of unused drugs at [local take back sites](#) or [permanent drop boxes](#).

Join thousands of people across the county on April 27th, National Prescription Drug Take Back Day, in cleaning out your medicine cabinet and [turn in safely and anonymously prescription drugs](#).

## Health in the 406: Focus on Gonorrhea in Montana

Gonorrhea cases in Montana have increased more than 10 fold since 2012, however, Montanas [2018 rate](#) of 112 cases per 100,000 was lower than the most [recent national average](#) of 171.9/100,000.

Gonorrhea has progressively developed [resistance](#) to many antibiotics, making it important to treat all patients per the [CDC STD treatment guidelines](#).

Some men and most women have no symptoms, placing them at risk of unknowingly spreading the infection and for serious and permanent health problems. To find free or low-cost testing, visit [GetTested.mt.gov](#) for a location near you.

## Health in the 406: See Public Health Differently: Town in the middle of nowhere is Montanas First Cardiac Ready Community

Glasgow, Montana has been designated as [the middle of nowhere](#). In rural Montana, many places may seem like the middle of nowhere when [needing emergency care](#).

Montana communities can save the lives of their residents by coming together to form a [Cardiac Ready Community](#). Valley County and the community of Glasgow are the [first, and only, Cardiac Ready Community in the State of Montana](#).

Learn how your community can [become a Cardiac Ready Community](#).

# Normal weight ranges: Body mass index (BMI)

Body mass index, or BMI, is a way to help you figure out if you are at a healthy weight for your height. BMI is a number based on your weight and height. In general, the higher the number, the more body fat a person has. BMI is often used as a screening tool to decide if your weight might be putting you at risk for health problems such as heart disease, diabetes, and cancer.

BMI is used to broadly define different weight groups in adults 20 years old or older. The same groups apply to both men and women.

- Underweight: BMI is less than 18.5
- Normal weight: BMI is 18.5 to 24.9
- *Overweight: BMI is 25 to 29.9*

Obese: BMI is 30 or more

## What is my BMI?

There are several ways to find your BMI.

TABLE 2 Adult BMI Chart

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight in Pounds																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
	Healthy Weight						Overweight					Obese					

Source: US Department of Health and Human Services, National Institutes of Health, National Health, Lung, and Blood Institute. The Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults: Evidence Report. September 1998 [NIH pub. No. 98-4083].

## Charts and online calculators

Charts and tables, such as the one below, are one easy way to figure out your BMI. There are also several online BMI calculators, such as [this one on our website](#).

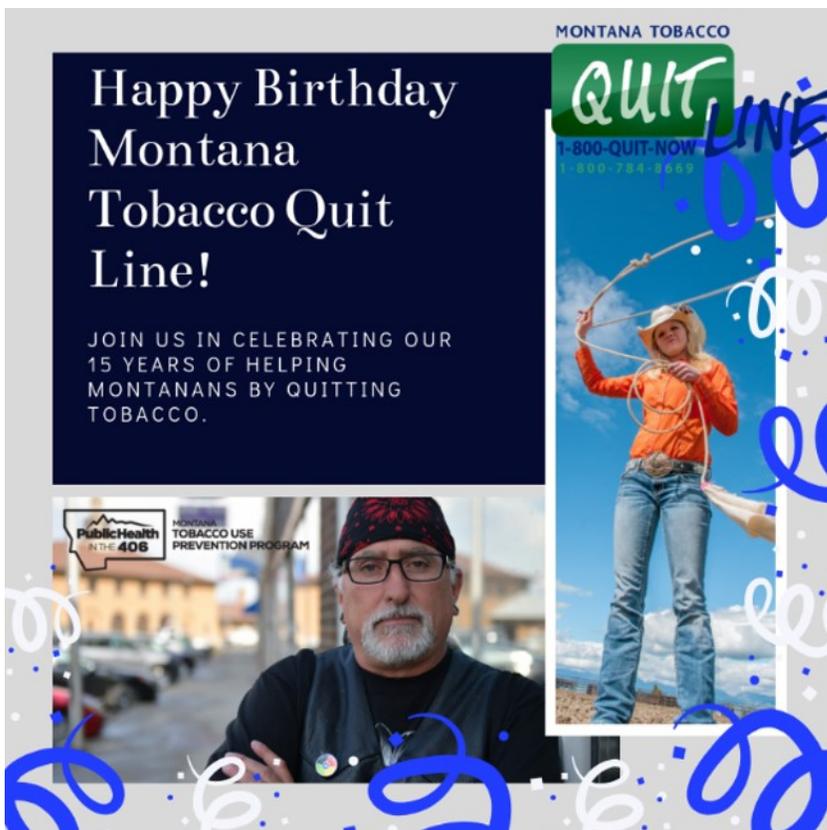
To use the table below, find your height on the left side of the chart, then go across to the weight that is closest to yours. At the top of the chart you can see your BMI, and at the bottom of the chart you can see which category you fit into – healthy weight, overweight, or obese:

<https://www.cancer.org/cancer/cancer-causes/diet-physical-activity/body-weight-and-cancer-risk/adult-bmi.html>



# SAFETY™ FIRST!

The end of the 2019 school year is fast approaching and Rosebud County Public Health is putting on their 2<sup>nd</sup> Annual Safety Carnival. It will be held on Thursday May 23, 2019, on the Public Health lawn in Forsyth. The fun begins at 8:30am and ends around noon. For more information call Kelly Potts at 346-2156.



**Happy Birthday  
Montana  
Tobacco Quit  
Line!**

JOIN US IN CELEBRATING OUR  
15 YEARS OF HELPING  
MONTANANS BY QUITTING  
TOBACCO.

**QUIT LINE**  
1-800-QUIT-NOW  
1-800-784-2689

**Public Health  
IN THE 406**

**MONTANA  
TOBACCO USE  
PREVENTION PROGRAM**

The poster features a woman in a cowboy hat and orange shirt holding a lasso, and a man in a red bandana and glasses. The background is decorated with blue and white streamers.

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.

## Did You Know?

**April 5, 2019**

Flu and other diseases can spread between animals and people in settings such as farms, [pig shows](#), [agricultural fairs](#), and [petting zoos](#).

[Washing hands](#) with soap and water after interacting with animals can help protect against germs that can lead to [variant influenza](#) and other [zoonotic diseases](#).

Public health and agricultural organizations can use [Youth in Agriculture program](#) resources such as CDC's [Junior Disease Detectives graphic novel](#) to teach youth about zoonotic infections and how to prevent them.

**April 12, 2019**

[Perfluoroalkyl and polyfluoroalkyl substances \(PFAS\)](#), a large class of approximately 5,000 man-made chemicals used in industry and consumer products worldwide, may affect people's health.

CDC/ATSDR recently announced [exposure assessments](#) in communities near current or former military installations known to have past or current PFAS contamination in drinking water.

Public health professionals can help educate communities about how to reduce their PFAS exposure with [ATSDR resources and tools](#).

**April 26, 2019**

*Campylobacter* and *Salmonella* continue to be the most commonly reported foodborne bacteria, according to a [new report](#) from [FoodNet](#)—the Foodborne Diseases Active Surveillance Network.

[Targeted interventions](#) to reduce contamination throughout the [food production chain](#) can lead to fewer foodborne illnesses.

Health department laboratories can reduce foodborne illnesses by [culturing specimens](#) that have positive culture-independent diagnostic test results, providing critical information to detect outbreaks, inform treatment, and guide interventions.

MONTANA TOBACCO

**QUIT** LINE

1-800-QUIT-NOW  
1-800-784-8669

### Contact Us:

QuitLine: 1-800-784-8669

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Visit us on the web at  
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Healthy People. Healthy Communities.

MONTANA  
**DPHHS**

Department of Public Health & Human Services