

## Broadus Community Garden



After much planning and head scratching we have broke ground! Our goal is threefold- 1. to improve access to healthy foods and improve the health of Broadus and Powder River County community members 2. develop youth skills in gardening, nutrition education and agricultural business 3. Increase awareness of the health benefits of pollinators in the food chain. We received a grant from USDA NRCS to get us started. The group settled on a spot near the nursing home. Then the work began! We had help building the raised beds and fence from high school students and community volunteers. The 1<sup>st</sup> grade class started some plants and painted on rocks to use as markers and decoration. The garden is also designated as a tobacco free area and signage has been provided by Powder River Tobacco Prevention. This will be an annual event and we are planning to add more plots next year.

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Did You Know:  
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Distress

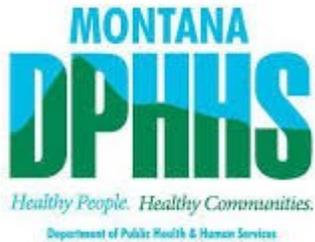
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## [DPHHS reminds Montanan's about food preparation safety](#)

– See Link for more information



Tuesday, October 8, 2019 Governor Steve Bullock directed the Montana Department of Public Health and Human Services (DPHHS) to implement emergency administrative rules to temporarily prohibit the sale of flavored e-cigarettes.

The emergency rules was filed by DPHHS on October 8, and will be effective on October 22. The emergency rules will be in effect for 120 days, the maximum time allowed by law. The ban includes the sale of all flavored e-cigarette products, including flavored nicotine, THC, and CBD vaping products, in-store and online. The ban does not require retailers to destroy their existing inventory.

The ban on flavored e-cigarettes, which are widely marketed to and used by young people, will seek to curb e-cigarette use while authorities investigate what product or chemical is causing critical illness across the country and develop an evidence-based response.

Two cases were recently confirmed in Montana, including an individual in their 20s from Gallatin County and an individual in their 30s from Yellowstone County. Nationwide, 1,080 confirmed and probable cases and 21 deaths linked to e-cigarette use have been identified in 48 states and one U.S. territory. More than half the cases involve patients under 25 years of age.

Montana joins six other states who have taken similar action including Washington, Oregon, Michigan, Rhode Island, New York and Massachusetts. In addition, Utah has passed emergency rules limiting where e-cigarettes can be sold and California's governor has issued an executive order to increase public awareness and develop warning labels. The Trump administration said last month it would ban the sale of most flavored e-cigarettes, but has yet to release specifics or commit to a timeline.

E-cigarettes are now the most commonly used tobacco product among all youth. The 2019 Montana Youth Risk Behavior Survey showed 30% of Montana high school students currently use e-cigarettes and more than 58% have tried them. In Montana, 28% of middle school students report having tried e-cigarettes, and 16% report currently using them. Approximately 43,000 Montana youth between ages 12 and 18 have tried vaping products and 22,000 Montana youth are currently using vaping products. Between 2017 and 2019, the percentage of Montana high school students using these products frequently (on 20 or more of the past 30 days) has increased by 243% and daily use has increased by 263%.

Friday October 18<sup>th</sup> a local district judge in Ravalli County issued a temporary restraining order (TRO) against MT DPHHS. The restraining order had been in effect for 10 days and it bars the Department from implementing the emergency rule on flavored e-cigarette products for that time-period. A hearing is scheduled for October 30<sup>th</sup> to address this matter. For more information and to keep up on this subject go to <https://www.ktvq.com/news/montana-news/hearing-underway-in-hamilton-over-ban-of-flavored-e-cigarette-products-in-montana>



## RISE OF E-CIGARETTES

A C C G O V D Y T A W D U A L U S E H C  
V B J X I A J R K L D I N F L U E N C E  
W K B I Q P I L L O W D A P R D D D S L  
L T H E P I D E M I C C I G A R E T T E  
K K L C I N O R T C E L E C K V R B K B  
E T R M A G E H A K O O H F T H M K M R  
K O Q L H C D A B O N C V M M I U W L I  
T X P Z E R Q N C G B Y F O R J O D Z T  
F I O P A P A C E T Y L C H O L I N E Y  
N C T W E V X N D G I G L A V X M O S C  
Z O A Y A B E C N N O E N I T O C I N I  
R L N I T R O S A M I N E F B Y G S B O  
F O R M A L D E H Y D E I J U N E I I N  
X G Q L O N E G D V S L Y C A V D V V Y  
L Y A M H T S A N L H Y Y L R W A E E R  
E X F M Z O U I O I M P A E A A Z L P T  
F G I B F W F H C R N O N A I D C E L H  
K H W V X V N I E L O R C A P W G T Z O  
H H G N I K O M S O U P U F F S Y W D U  
V T O B A C C O D O F E Q B U Z Z M X E

ACETYLCHOLINE  
ACROLEIN  
ADDICTION  
ASTHMA  
BILLBOARD  
BURNING  
BUZZ  
CARCINOGEN  
CELEBRITY  
CIGARETTE  
CONFUSED  
DUAL USE  
ELECTRONIC  
EPIDEMIC  
FORMALDEHYDE  
HOOKAH

INFLUENCE  
NERVES  
NICOTINE  
NITROSAMINE  
PILLOW  
PROPYLENE GLYCOL  
PUFFS  
RECEPTOR  
SECONDHAND  
SIGNAL  
SMOKING  
SURGEON GENERAL  
TELEVISION  
TOBACCO  
TOXICOLOGY  
VAPING

WITHDRAWAL

MY LIFE  MY QUIT™  
mylifemyquit.com  
1-855-891-9989

MONTANA TOBACCO

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



**LUNGS  
BURNING?  
IT'S YOUR  
VAPE?**

Text "Start My Quit" to 855-891-9989. Free, confidential help. Just for teens.

**MY LIFE  
MY QUIT**



# Walk Miles City

A community walking group

Monday- Wednesday- Friday

Oct 7th - Nov 15th

@ 830-930am

## RIVERSIDE PARK

- Free class open to the public
- Build a walking routine with a Certified Personal Trainer
- Learn gentle stretches
- Build stamina & endurance
- Improve overall health & Fitness

**For more information & to sign up call  
Dannelle Stone at oneHealth  
406-851-5824  
dannelle.stone@onehealthmt.com**



On September 28<sup>th</sup>- one-Voice Fun Run in Miles City for Suicide Awareness had 80 runners (plus a number of kids 11 and under not registered). The event raised over \$5000 for Suicide outreach, education and awareness. The event was a 5K with optional shorter routes available. Following the run we gathered in Riverside park for Chili and a discussion on what the community can do to impact the suicide rates. Samantha Paxson spoke about Question Persuade Refer training, and we offered a sign up for a free QPR training paid for by the Local Advisory Council in Miles City.

October 7<sup>th</sup>- Dannelle Started a new Walk With Ease 6 week course this past Monday. She had 6 walkers the first week despite the weather. The group will walk 3 days a week at Riverside park, Monday, Wednesday, and Friday at 830am.

October 10<sup>th</sup>- QPR Training with Samantha Paxson. 6 in attendance. QPR is a gatekeeper training to equip the community with the tools to handle those they may come in contact with who are in crisis.



## Powder River News:

During Red Ribbon Week-the youth coalition gave a short presentation to k-6 about making good decisions including avoiding drugs, alcohol and tobacco. They sponsored a door decorating contest and will give a pizza party to the winner.

Kris Minard who is the Program Specialist for Tobacco Use Prevention Education presented to grades 7-12 and 4-6 on vaping.

A Moonlight Walk was held to introduce the community to the new fit trail. The fit trail is a walking path with exercise stations. The project was led by the county extension office with the support of tobacco prevention and others.

Carter County-Tobacco Prevention Specialist presented on vaping and e-cigarettes October 24th to grades 7-12.

Thanks to Powder River for the word search that is available to print out and use from page 3. Logo images take you to webpages for more information and education.

Provided by CDC's CENTER FOR STATE, TRIBAL, LOCAL, AND TERRITORIAL SUPPORT

### Did You Know?

Pregnant women who get vaccines for [flu](#) and [whooping cough](#) (Tdap) pass on disease-fighting antibodies to their babies, [protecting them](#) for several months after birth.

Even though flu and Tdap vaccines are [safe](#) to receive during pregnancy, about 2 in 3 moms-to-be do not receive both.

A [healthcare provider's](#) strong recommendation and offer of flu and Tdap vaccines is one of the strongest motivators for pregnant women to get vaccinated—according to the latest [Vital Signs](#).

[Handwashing](#) can reduce the spread of diarrhea-related sicknesses and respiratory infections, such as cold or flu.

[Handwashing education](#) and access to soap in schools has been shown to reduce absenteeism among school-age children.

Health departments can use CDC's [Life is Better with Clean Hands](#) campaign resources and promotional materials to promote the importance of handwashing to their

[Depression and diabetes distress](#) often go unrecognized and unaddressed in patients with type 2 diabetes, increasing their risk for diabetes-related complications and reducing their quality of life.

Early [identification](#) and [intervention](#) for these mental health conditions can improve [diabetes self-care](#).

Healthcare providers can address depression and diabetes distress in patients with type 2 diabetes by conducting regular [mental health screenings](#) and referring them for additional care when needed.

### 1-800-QUIT-NOW: 15 Years of Helping People Quit Tobacco

[1-800-QUIT-NOW](#) is the national portal to a network of state quitlines. Quitlines offer evidence-based support—like counseling, referrals to local programs, and free medication—to people who want to quit tobacco.

Although California established the first state quitline in 1992, and many states followed suit in subsequent years, quitlines only went nationwide in 2004, when CDC and the National Cancer Institute (NCI) launched the National Network of Tobacco Cessation Quitlines. This initiative had two parts: the 1-800-QUIT-NOW portal, set up by NCI, and dedicated funding for state quitlines from CDC. The National Network has made quitline services available to people in every state, the District of Columbia, Guam, and Puerto Rico, and millions of callers have taken advantage of these services. In fact, since its launch, 1-800-QUIT-NOW has received more than 10 million calls. The creation of 1-800-QUIT-NOW meant that people could call one centralized number to connect to their state quitline. Among other things, this made it possible to promote state quitline services in national tobacco education media campaigns. Even as quitlines evolve, data continue to show that they are effective in helping people quit smoking, and in reaching many different groups of people. Key to the success of quitlines are trained coaches, who build a relationship with callers, listen closely to them, and help them develop their own personalized quit plan.

# Underage Substance Abuse: Custer County

The Prevention Needs Assessment is a survey given to youth in 8th, 10th and 12th grades every other year. Students self-report their substance usage and their thoughts on the risks of drugs and alcohol.

245 students took this survey in 2018 and reported the following drug and alcohol use in the past 30 days:



**29%** of youth have used alcohol



**9%** of youth have used marijuana

**63%**

Intend to use alcohol or drugs when they're an adult

**29%**

Report parents' attitude toward their alcohol/drug use is favorable

**19%**

Of youth say there is NO risk of using marijuana once or twice per week.



**43%** of students are considered high risk in Custer County

These students have a higher likelihood of engaging in problem behaviors, such as drug use, drinking, school dropout and/or violence.



SOURCE: 2018 Montana Prevention Needs Assessment Survey- 10th Judicial District Court

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**More Health In The 406**

[Sudden Cardiac Awareness Month](#)

[National Prescription Take Back Day](#)

[Binge Drinking and Opioid Misuse](#)

# Health IN THE 406

[Severe bleeding can lead to death in 5 minutes.](#) In Montana, the average time from a 9-1-1 call until EMS arrives on the scene is 14 minutes.

Bystanders are often the first to step in and help; everyone should be trained on how to *Stop the Bleed*. Find out more about [classes in your area](#) and how to get a [Bleeding Control Kit](#).

Montana ranks in the [top 10 nationally](#) for the percent of Stop the Bleed instructors per person. [Missoula and surrounding area](#) have been the trendsetters offering 40 classes and training approximately 1,000 Montanans.