





**HEALTHY
TREASURES
MONTHLY
NEWSLETTER**
Montana



BIG HORN, CUSTER, ROSEBUD, AND TREASURE COUNTY
BRINGING COMMUNITIES TOGETHER



MERRY CHRISTMAS



**QUITNOW
MONTANA**
QuitNowMontana.com
SMOKING | VAPING | CHEW

#TREASUREYOURHEALTH
**SOUTHEASTERN MONTANA TOBACCO USE
PREVENTION PROGRAM**

UPCOMING EVENTS

**DECEMBER MAMMOGRAM
BUS SCHEDULE**

**HOLIDAYS IN HYSHAM
DECEMBER 6, 2 - 7 PM**

**CHRISTMAS FAMILY FUN
NIGHT DEC. 6, 6-7 PM**



Mammogram Bus is Coming to Town

Call Yellowstone Breast Center to schedule a mammogram
@ 406-237-4373

DECEMBER 2024 ST VINCENT MOBILE MAMMOGRAPHY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 YELLOWSTONE COUNTY YOUTH SERVICE CENTER	3 LAME DEER	4 CROW AGENCY	5 IMH LAUREL CLINIC	6 BIG TIMBER PIONEER MEDICAL	7 IMH BROADWATER CLINIC
8	9 IMH WESTEND CLINIC	10 1 ST INTERSTATE BANK-TOWER	11 FORSYTH ROSEBUD HEALTHCARE	12 IMH ABSAROKEE CLINIC	13 LODGE GRASS	14 IMH NORTH SHILOH CLINIC
15	16 BRIDGER RIVERSTONE HEALTH	17 JOLIET SCHOOLS	18 CROW AGENCY	19 HIGHGATE SENIOR LIVING (am) ADVANCED CARE HOSPITAL (pm)	20 BLOCKED MAINTENANCE	21 IMH LOCKWOOD CLINIC
22	23 BILLINGS OB/GYN	24 HOLIDAY	25 HOLIDAY	26 IMH HEIGHTS CLINIC	27 CROW AGENCY	28 IMH LAUREL CLINIC
29	30 IMH RED LODGE CLINIC	31 LAME DEER				

FREE MAMMOGRAM

No Insurance or can't afford a mammogram?

Montana Cancer Control Program is here to help.



2024 Income Guidelines


- 1 person in home \$37,650
- 2 people in home \$51,100
- 3 people in home \$64,550
- 4 people in home \$78,000
- 5 people in home \$91,450

Easy Enrollment QR Code:



Contact MCCP:

Melanie Frame email: melanie.frame@onechc.org or call 406-874-8705



Holidays
in
HYSHAM

FRIDAY DECEMBER 6, 2024

VENDOR BOOTHS

2:00-7:00

HYSHAM SCHOOL
MULTI-PURPOSE ROOM
...MAIN ST ENTRANCE...

Vendors,
\$20 per table. Call/message
Renee Zent 406.670.6677 to
reserve your table.

TREE LIGHTING

6:00 pm
SCHOOL TREE

PARADE

6:00 pm
MAIN STREET

Parade route starts at the
Yucca Theater, goes west down
Main Street, then returns.

SPONSORED BY HYSHAM CHAMBER OF COMMERCE
hyshammt.org

Sponsored by the YES Coalition

Christmas FAMILY FUN NIGHT

Date: Monday, December 16th

Time: 6 PM to 7 PM

Location: Hardin High Schools Commons Area



BRING YOUR FRIENDS AND FAMILY!

Experience the joy of the holiday season with our Gingerbread Decorating Event! It's a wonderful opportunity to unleash your creativity, bond with loved ones, and indulge in the festive spirit.

Activities for all!

- Hot coco
- Gingerbread houses
- Cookies

Prizes for the contest in 2 categories. Along with awesome doors prizes.

CATEGORIES & PRIZES:



TRADITIONAL MASTERPIECE:

For those who love classic gingerbread designs.



BEST EFFORT:

Everyone's effort is celebrated here!

WHY YOU SHOULD COME:



Family-Friendly Fun: A perfect way to spend quality time with your family.



Win Exciting Prizes: Prizes for the best traditional design and best effort.



Holiday Cheer: Enjoy the holiday atmosphere with festive music and decorations.



Gingerbread & More: We provide the gingerbread and decorating supplies.



Open to All: We welcome everyone to join in the holiday cheer.

POSITIVE CHILDHOOD EXPERIENCES IN ACTION

Positive Childhood Experiences (PCEs), are crucial for a child's emotional and psychological development. They include feeling safe and supported in the family, especially during tough times, and having open communication about emotions. However, not all children have such nurturing family environments. In these cases, PCEs can also come from friends, community groups, and supportive relationships with non-parent adults. These experiences, help children learn to trust and cope with life's uncertainties by fostering open, honest conversations about difficult topics. This approach helps children feel less alone and find meaning in their challenges.

Sponsors:

- Big Horn Insurance
- Mental Health Center
- Best Beginnings
- Lammers
- S Ranch
- Town & Country
- Dean & Janie Delp
- Hardin New Life Church
- ACT - Advancing Community Transformation
- Shiptons

For more information, contact:

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Giselle: giselle.perez@onechc.org

Montana Youth & Zyn Pouches

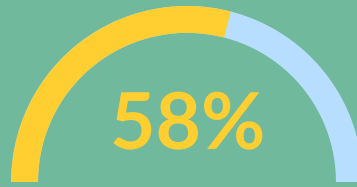


NICOTINE POUCHES, SUCH AS ZYN, ARE ORAL TOBACCO PRODUCTS THAT DISSOLVE NICOTINE SALT-BASED POWDER IN THE MOUTH WITHOUT REQUIRING SPITTING.

WHY ARE NICOTINE POUCHES A PUBLIC HEALTH CONCERN?

- 1** Zyn and other nicotine pouches come in a variety of youth-appealing flavors and colorful packaging. Flavors are a primary reason youth start using tobacco products.
- 2** Any form of nicotine is highly addictive and can harm brain development through age 25. Nicotine can worsen symptoms of depression and anxiety in youth.
- 3** Many products are marketed as "tobacco-free" alternatives to smoking which may seem low-risk and safe, however, these claims are not authorized by the U.S. Food & Drug Administration (FDA).
- 4** Nicotine pouch and lozenges product sales have more than doubled in 2022 from 2020 and increased more than six-fold from 2019 to 2022 with sales reaching 808.1 million units.

22% of Montanans aged 15-25 have tried nicotine pouches; 9% currently use them.



A top reason why the majority (58%) of Montana youth/young adults started using nicotine pouches, such as Zyn, was because **friends or household members were using them.**

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The ability to use nicotine pouches unnoticed at work, home, or school, was listed by **almost a quarter (24%)** of Montana youth/young adults as a top reason for using.

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WHAT SHOULD MONTANA YOUTH KNOW?

My Life, My Quit™ is available as a free and confidential way for youth to quit nicotine products. My Life, My Quit™ also offers resources for parents and guardians, educators, and health care professionals. To learn more, visit mylifemyquit.com or text "Start My Quit" to 36072.



MONTANA TOBACCO USE PREVENTION PROGRAM

Updated 02/15/2022

1. Marynak KL, Wang X, Borowiecki M, et al. Nicotine Pouch Unit Sales in the US, 2016-2020. JAMA. 2021;326(6):566-568. doi:10.1001/jama.2021.10366

2. University of Nebraska-Lincoln, University Health Center. Nicotine pouches: Are they safer than chewing, smoking or vaping? Accessed November 2022 from <https://health.unl.edu/nicotine-pouches-are-they-safer-chewing-smoking-or-vaping>.

3. Truth Initiative. Colliding crises: Youth Mental Health and nicotine use. (2021, September 19). Retrieved November 2022 from <https://truthinitiative.org/research-resources/emerging-tobacco-products/colliding-crises-youth-mental-health-and-nicotine-use>

4. Truth Initiative. Oral nicotine products entice customers with "tobacco free" claims, falsely implying lower risk. (2021, May 7). Accessed November 2022 from <https://truthinitiative.org/research-resources/tobacco-industry-marketing/oral-nicotine-products-entice-customers-tobacco-free>.

5. MTUPP Youth and Young Adult Survey, 2022

6. How popular are oral nicotine pouches and lozenges, (December 20th, 2023) Retrieved February 2024 from <https://truthinitiative.org/research-resources/tobacco-industry-marketing/how-popular-are-oral-nicotine-pouches-and-lozenges>

PREGNANT AND WANT TO QUIT TOBACCO?

*We're here for you. Enroll
today.*



QuitNowMontana.com

CASH INCENTIVES AVAILABLE



CONTACTS:

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PAST AND CURRENT NEWSLETTERS
ARE ON THE
[TREASURECOUNTYHEALTH.COM](https://www.treasurecountyhealth.com) WEBSITE

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HYSHAM, MT. 59038



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