



Caring for our communities,
one person at a time.



Colstrip Medical Center
"Quality Life Through Quality Medicine"



Bringing Communities Together: Healthy Treasures Newsletter

October 2024

Big Horn, Custer, Rosebud and Treasure County Newsletter

FREE Mammogram and Pap/HPV Screening for eligible women



Pap Test

For Women with Cervix

Age 21 – 64

Age 65 & older - High Risk patients without Medicare part B

Mammogram

Age 40-74

Age 39 & younger - State MCCP prior authorization required.

MCCP is for women WITH or WITHOUT Insurance

Without Insurance - MCCP will cover screening & approved diagnostic exams for qualifying women.

With Insurance - MCCP may be able to assist with covering co-pays & deductibles for approved diagnostic exams after.

MCCP 2024 Income Eligibility

Family Size	Income
1	\$ 37,650
2	\$ 51,100
3	\$ 64,550
4	\$ 78,000
5	\$ 91,450
6	\$104,900
7	\$118,350
8	\$131,800

Income is self-reporting

For easy enrollment use QR Code



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Mammogram Bus Schedule is on the Calendar of Events page. The calendar image is linked to the page also.

NEW

Check out our [Calendar of Events](#) page

Find Us On:



#TreasureYourHealth

#TobaccoFree
#NicotineFree

Youth E-Cigarette Use Drops to Lowest Level in a Decade

Half a million fewer U.S. youth reported current use of e-cigarettes in 2024 compared to 2023, according [to new data from the National Youth Tobacco Survey \(NYTS\) released today](#) by the U.S. Food and Drug Administration and the U.S. Centers for Disease Control and Prevention. The nationally representative data featured in *Morbidity and Mortality Weekly Report* (MMWR) includes findings on e-cigarette and nicotine pouch use among U.S. youth, two categories of tobacco products the FDA and CDC are monitoring closely, particularly regarding youth use and appeal.

[NYTS](#) is an annual school-based, self-administered survey of U.S. middle (grades 6–8) and high school (grades 9–12) students conducted Jan. 22 to May 22, 2024. Findings showed there was a significant drop in the number of U.S. middle and high school students who reported current (past 30 days) e-cigarette use – a decrease from 2.13 million (7.7%) youth in 2023 to 1.63 million (5.9%) youth in 2024. This decline was largely driven by reduced e-cigarette use among high schoolers (1.56 million to 1.21 million), with no statistically significant change in current e-cigarette use among middle school students within the past year. The number of youth who used e-cigarettes in 2024 is approximately one-third of what it was at its peak in 2019, when over five million youth reported current e-cigarette use.

"The continued decline in e-cigarette use among our nation's youth is a monumental public health win," said Brian King, Ph.D., M.P.H., director of the FDA's Center for Tobacco Products. "This progress is a testament to the relentless efforts by the FDA, CDC and others, particularly over the past half decade. But we can't rest on our laurels, as there's still more work to do to further reduce youth e-cigarette use."

Among youth who currently used e-cigarettes, 26.3% reported using e-cigarettes daily. The vast majority of youth who currently used e-cigarettes used flavored products (87.6%), with fruit (62.8%), candy (33.3%) and mint (25.1%) being the top three most commonly used flavors. Disposable e-cigarette products were the most common product type used; however, the most popular brands included both disposable and cartridge-based products. Among youth who currently used e-cigarettes, the most commonly reported brands were Elf Bar (36.1%), Breeze (19.9%), Mr. Fog (15.8%), Vuse (13.7%) and JUUL (12.6%).

Over the past year, a substantive drop occurred in youth reporting use of e-cigarette products under the Elf Bar brand – from 56.7% in 2023 to 36.1% in 2024. Elf Bar is not authorized by the FDA and has been the subject of focused compliance and enforcement actions by the agency since early 2023, including more than 1,000 warning letters and 240 civil money penalties to retailers and others in the supply chain. The FDA has also issued import alerts that include products under the Elf Bar brand, which places them on the "red list" and allows the agency to detain products without conducting a full inspection at the time of entry.

"Youth use of tobacco products in any form—including e-cigarettes and nicotine pouches—is unsafe," said Deirdre Lawrence Kittner, Ph.D., M.P.H., director of CDC's Office on Smoking and Health. "It's essential that we remain vigilant and committed to public health efforts to ensure all youth can live healthy, tobacco-free lives."

Youth nicotine pouch use did not show a statistically significant change from 2023 (1.5% in 2023 and 1.8% in 2024). Of the nearly half a million middle and high school students who reported current nicotine pouch use, 22.4% used them daily. The most commonly reported brands among that group were Zyn (68.7%), on! (14.2%), Rogue (13.6%), Velo (10.7%) and Juice Head ZTN (9.8%). Among those who currently used nicotine pouches, the vast majority used flavored products (85.6%), with mint (53.3%), fruit (22.4%) and menthol (19.3%) being the most commonly used flavors.

"While it's encouraging to see these numbers currently remaining relatively low, the bottom line is that we are concerned about any youth appealing tobacco product," King said. "Our guard is up. We are aware of the reported growing sales trends for nicotine pouches and are closely monitoring the evolving tobacco product landscape for threats to public health, particularly when it comes to kids."

Keeping tobacco products out of the hands of youth remains a top priority for the FDA and CDC. As students head back to school, it is important for educators and parents to talk to teens about tobacco product use. The FDA and CDC have free information and resources available to assist these and other groups. For example, the FDA's Vaping Prevention and Education Resource Center is an [online](#) hub with free science-based lesson plans and materials for teachers and parents to promote learning and conversations about youth tobacco product use. The FDA's ["The Real Cost"](#) Youth E-Cigarette Prevention campaign also continues to reach approximately 90% of U.S. teens with its [effective](#) prevention messages. Additionally, CDC offers a suite of [resources](#) to help protect youth from the harms of vaping and other tobacco product use, including its "Empower Vape-Free Youth" [campaign](#) for middle and high school educators.



The American Lung Association has a new youth vaping campaign, "[You're the Best Person.](#)" This public service campaign, developed in collaboration with the Ad Council, aims to raise awareness about the dangers of youth vaping and help parents with middle schoolers (ages 10-14) [have the Vape Talk](#) with their kids while they're still willing to listen. Vaping is a critical issue because it can cause irreversible lung damage and affect attention, learning, memory and brain development. The press release for the new campaign can be found here: [With 1 in 10 High School Youth Using E-Cigarettes, New Campaign Empowers Parents to Start the Conversation Early to Protect Their Kids \(prnewswire.com\)](#)



MONTANA
CANCER CONTROL
PROGRAMS

Breast Cancer is the
second most common
cause of cancer-
related death among
Montana Women.

cancer.mt.gov

Starting at age 40 talk to your medical provider about regular breast cancer screening. All women age 50-75 should have regular mammograms.

Breast Cancer Stats and Facts

When it comes to breast cancer, what you don't know can hurt you. These figures reveal the scary truth.

This year, **232,670** new cases of breast cancer will be diagnosed in women.

1 in 8 women who live to be age 70 will develop breast cancer in her lifetime.



Breast cancer accounts for about **30%** of cancers in women.

It's the most common cancer diagnosis for women

About 85% of diagnoses occur in women with no family history of breast cancer.

But there's good news.

Breast cancer's mortality rate has been declining since 1989, due to early detection and improved treatment.



Physically active women are **25% less likely** to develop breast cancer than those who are inactive.

More than **2.8 million** people living in the U.S. are breast cancer survivors.



ACT NOW
Breast

cancer education and screenings can save up to 37 lives every day in the U.S., according to the World Health Organization. Share this infographic and discuss a screening plan with your doctor.

Montana Cancer Control Program offers **FREE** mammograms to age & income eligible women.

For details call 406-874-8705 or use our QR Code:



OCTOBER
OCTOBER
OCTOBER
OCTOBER



BREAST CANCER
AWARENESS MONTH

Starting at age 40 talk to your medical provider about regular breast cancer screenings. All women age 50-75 should have regular mammograms.

cancer.mt.gov

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Past and Current Newsletters are on the website for viewing.

Visit us on the web at

treasurecountyhealth.com



Tammy Jo Douglass from Lewistown speaks about vaping facts on this podcast. Click on the (The One in Five) image to the left to listen to the podcast.



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one person at a time.*



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Logo's are linked to webpages



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES