



Caring for our communities,  
one person at a time.



Bringing Communities Together: Healthy Treasures Newsletter May 2023

Big Horn, Custer, Powder River, Rosebud and Treasure County Newsletter

**Come join us for our annual Family Fun Day/Mother's Day  
Community Event**

**Date: May 13<sup>th</sup>, 2023**

**Time: 10:00AM – 03:00PM**

**Location: Fairgrounds**

**Theme: Brown Bear, Brown Bear, What Do You See?**



**Family Fun Day**

**In This Issue:**

Family Fun Day/  
Mothers Day in Hardin  
10-3 pm

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Global Employee Health  
& Fitness Month

Cost of skipping Insulin

Family Fun Fair—  
Save The Date: June  
2nd

Tori Kester, Youth  
Tobacco Education  
Specialist

Health in the 406:  
Drinking & Driving

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Excessive Drinking

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Awareness Month

Find Us On:



**#treasureyourhealth**

**#TobaccoFree**  
**#NicotineFree**

# Rethink Your Drink

The next time you go grocery shopping, read the nutrition labels on the items in your cart to see which ones have the most added sugars. You may be surprised to see the amount of added sugars in some drinks.

Sugary drinks are the leading source of [added sugars](#) in the American diet. These sweetened liquids include regular soda, fruit drinks, sports drinks, energy drinks, and sweetened waters. The flavored coffees we grab on the way to work and sweet drinks we order when eating out also count as sugary drinks. Adding sugar and flavored creamer to coffee and tea at home counts, too.



People who often drink sugary drinks are more likely to face health problems, such as weight gain, obesity, type 2 diabetes, heart disease, cavities, and gout, a type of arthritis.

The latest [guidelines \[PDF-30.7MB\]](#) recommend that people 2 years and older keep their intake of added sugars to less than 10% of their total daily calories. For example, in a 2,000 calorie diet, no more than 200 calories should come from added sugars. Two hundred calories is about 12 teaspoons of added sugar in food and beverages combined. A 12-ounce regular soda has more than 10 teaspoons of added sugar, adding up to about total 150 calories. CDC research found about 30% of Americans ages two and older eat and drink high amounts of added sugar each day. Cutting out 2 regular sodas per day would reduce total calories by 2,100 in a week.

For more information on Rethink Your Drink go to [Rethink Your Drink | Healthy Weight, Nutrition, and Physical Activity | CDC](#)

## CARTER COUNTY PUBLIC HEALTH



**CCPH  
College  
Scholarship**

*Closes  
May 12*

Tobacco Prevention Program Scholarship

**Smiles  
Across MT**

*May 22*

Preventative dental care for any school aged child

**Mammo  
Bus**

*Multiple  
2023*

Mobile Mammography Coach Bus  
April 26 | June 27 | Sept 14 | Nov 3

**Water  
Safety Day**

*(May 1)  
June 6*

Water Safety Day. Deadline to Sign up to help ensure a FREE life Jacket available May 1.

**B2School**

*Aug 2*

Back to School Immunizations Event

Like and Follow our Facebook page for more information on these and other events and news  
*Carter County Public Health* <https://www.facebook.com/ccmtpublichealth/>





# KIDS ZONE

## BUCKING HORSE 2023

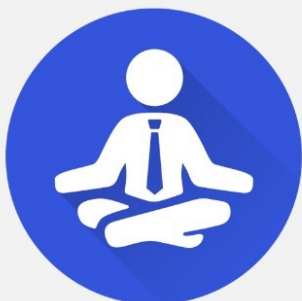


**MILES ABOVE 4 YOUTH IS BACK FOR ANOTHER YEAR OF FAMILY FUN AT THE ANNUAL BUCKING HORSE SALE. JOIN US FRIDAY AND SATURDAY NIGHT FROM 4PM-8PM BETWEEN THE CELLAR AND SILVER STAR CASINO FOR FUN THE WHOLE FAMILY WILL ENJOY!**

**\*\*WEATHER PERMITTING.\*\***

May is

**Global Employee Health & Fitness Month**



**Public Health**  
IN THE 406

MONTANA  
NUTRITION & PHYSICAL  
ACTIVITY PROGRAM

May is Global Employee Health & Fitness Month! How do you encourage your employees to live healthy lifestyles? Try setting up walking meetings to get moving with employees or encouraging healthy food options during your next training. Learn about worksite wellness in Montana at <https://bit.ly/WorksiteWellness406> #Wellness406 #Health406 CDPHP social media can be shared from [HIT406Facebook](https://www.facebook.com/HIT406)

## Skipping Insulin can cost you

Hyperosmolar  
Hyperglycemic State  
(HHS)

In Montana, the  
average charge for an  
emergency  
department visit for  
HHS in 2021 was  
\$8,041.

If it required staying  
in the hospital over-  
night the average  
charge increased to  
\$14,865.

Diabetes Self-  
Management  
Education and Support  
classes are available  
throughout the state  
to help you take  
control and live well  
with diabetes? Learn  
more at [https://  
diabetes-self-  
management-  
education-services-  
mtdphhs.hub.arcgis.co  
m/](https://diabetes-self-management-education-services-mtdphhs.hub.arcgis.com/).



NOTICE CHANGE OF LOCATION

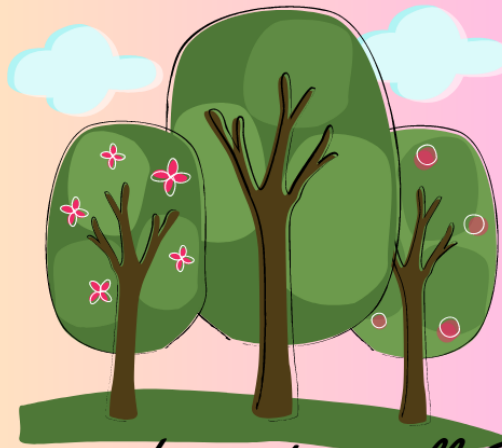
*Save the date:  
June 2nd, 2023  
Family Fun Fair  
Rosebud Co. PH Lawn  
281 Nth 17th  
Forsyth, MT*

*11 - 3pm*

*Come for free food and fun!*

*Sponsored by State Farm,  
Shan Kuntz*

*A Tobacco Free Event*

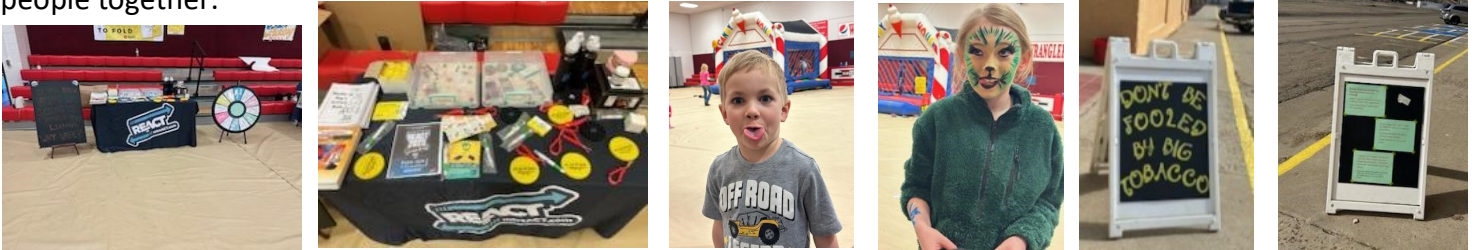


*For more information call Jane at  
(406) 351-2139*



**We couldn't ask for a better Youth, Tobacco Education Specialist Tori Kester who has been doing so many events. We want to share some of the work she accomplished in April.**

On April 1st, the Rosebud School hosted a Carnival for the community. This event, with help from all the students and faculty, was a huge success and promoted a tobacco-free lifestyle. The school came together to put on this event by applying for a grant that a Rosebud reACT student applied for through the Montana Tobacco Use Prevention Program. This student, being part of the reACT program, which is a teen-led movement against Corporate Tobacco, made a video and wrote into the state to explain the importance of bringing awareness to their community about the lies Tobacco Companies portray to youth and the actions taken to target them by tricking them into using their flavored tobacco products. This event was a huge opportunity to share an important message and to bring together a tobacco-free community. It will be a delight to see how next year's carnival grows and can bring more people together.



On April 5th, the Rosebud reACTors took a trip to a convenience store, known as the Watering Hole in Forsyth, MT. The youth took action in a "Tear Down" where they cleaned up the gas station, picked up cigarette butts, washed windows, and threw away litter that surrounded the lot. This activism was in honor of taking a stand against Big Tobacco. The teens advocated by allowing the community to view a display that was set up by the reACTors. This display had pop known as Crush, to represent "crushing" Big Tobacco and also gave away free donuts with the saying "Donut Do Drugs" written on the box. The students represented the Rosebud School in a very appropriate manner and also took a stand in displaying what they believe in, which is a generation not targeted by Tobacco Companies. The manager of the Watering Hole, DeAnne Jonas, was a wonderful host and advocate for allowing the youth to spread their message to the community.



Tori went to Hysham where she presented to 25 students in grades, 7<sup>th</sup>-12<sup>th</sup> the Blender project presentation. The students were engaged, asked questions, and were very good while she presented. Each student that asked a question received a reACT fanny pack (which they thought was the greatest). The students then came up and viewed the table that had Mr. Yuck mouth, the "Fool Me Once" boxes, and other reACT gear. I also spoke to the students about the summit happening June 23rd. With the Blender project, the students learned what type of ingredients are put into chewing tobacco and how those chemicals are harmful to our bodies.



# Health IN THE 406

## Drinking and Driving

In 2020, nearly two-thirds of crash fatalities [in Montana](#) involved an impaired driver.

1% of Montana's 12<sup>th</sup> graders reported driving after drinking during the past 30 days and almost 20% of all of Montana's 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders [reported](#) riding in a vehicle with someone who had been drinking.

Learn how to talk to your child about the dangers of binge drinking by visiting [ParentingMontana.org](#) today.

## Be Aware of the Dangers of Excessive Drinking

Excessive drinking is the [leading cause of preventable death](#) in the United States and [is responsible for](#) more than 3,900 deaths and 225,000 years of potential life lost among people under age 21 each year.

The number of high schoolers reporting they drank alcohol in the past 30 days is almost 10% higher for [Montana](#) than the [United States](#) (31.4% vs 23%). More than 16% of high school students in Montana [report](#) binge drinking during the past 30 days.

Learn how to talk to your child about the dangers of binge drinking by visiting [ParentingMontana.org](#).

## Cannabis Awareness Month

Smoking marijuana [has been shown](#) to affect a number of driving-related skills and can impair critical abilities necessary for safe driving. 40.8% of college students in Montana reported driving within 6 hours of using cannabis/marijuana in the last 30 days. This is almost 10% higher than the number of college students nationally who [report](#) (31.1%) doing the same.

Learn how to talk to your child about the dangers of driving under the influence of marijuana by visiting [ParentingMontana.org](#) today.

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Past and Current Newsletters are on the website for viewing.

Visit us on the web at [treasurecountyhealth.com](#)



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Logo's are linked to webpages

Healthy People. Healthy Communities.

MONTANA  
DPHHS  
Department of Public Health & Human Services