



Caring for our communities,
one person at a time.



Bringing Communities Together: Healthy Treasures Newsletter

June 2024

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

Planning and Preparing for a Natural Disaster

Create a family disaster plan, identify your risks, and practice the plan. Include a meeting place for your family, evacuation routes, and safe places in your home for different types of disasters.

Assemble a disaster supply kit for your home and car. Include items like:

Water: One gallon per person per day for at least three days

Food: A three-day supply of non-perishable food

Communication devices: A battery-powered or hand crank radio, NOAA Weather Radio with tone alert, and extra batteries

Safety items: Flashlight, extra batteries, whistle, dust mask, plastic sheeting, duct tape, wrench or pliers, can opener

Sanitation: Moist towelettes, garbage bags, plastic ties

Other items: Sleeping bags, warm blankets, change of clothes and shoes, eyeglasses and hearing aids, matches, waterproof container, photocopies of ID and credit cards, cash and coins

Learn first aid and CPR from your local Red Cross chapter or other community organizations. Teach everyone in your family how to shut off utilities and use a fire extinguisher.

Sign up for severe weather alerts and program emergency numbers into your phone.

Preparing for natural disasters can greatly reduce the risks to health and the environment. Hurricanes or floods can contaminate drinking water sources. Forest fires or volcanoes harm air quality. Tornadoes or earthquakes, by damaging factories or storage facilities, can release contaminants where people live or into the environment.

In This Issue:

Planning and Preparing for a Natural Disaster

Mammogram Bus Schedule

Quit Line Celebrates 20 year anniversary and new name

E-Cigarettes an Environmental Issue

My Life My Quit

New Young Adult Quit Line Program

Health in the 406:

Tobacco Quit Line Has Helped Over 36,000 Montanans Stop Tobacco Use

School Absence and Asthma

NEW

[Calendar of Events](#) page

Find Us On:



#TreasureYourHealth

#TobaccoFree
#NicotineFree



Mammogram Bus is Coming to Town

The Yellowstone Mobile Mammography bus will be in the following towns to provide mammograms for breast cancer screening:

June 2024

June 3 – IMH Lewistown Clinic	June 5 – Crow Agency
June 7 – Colstrip Medical Center	June 8 – Billings – RiverStone Health
June 11 – Lame Deer	June 12 – IMH Heights Clinic
June 13 – Chinook	June 14 – Chinook
June 15 – IMH North Shiloh Clinic	June 17 – Worden RiverStone Health
June 19 – Crow Agency	June 22 – IHM Broadwater Clinic
June 24 – Billings Plastic Surgeons	June 25 – Lame Deer
June 26 – Alzada	June 27 – Ekalaka
June 28 – Forsyth Rosebud Healthcare	June 29 – IMH West End Clinic

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

FREE MAMMOGRAM

**No Insurance or can't afford a mammogram?
Montana Cancer Control Program is here to help.**



one
HEALTH



FREE mammograms available through Montana Cancer Control Program funding for income eligible women.

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

Please contact the MCCP Representative in your area:

Ashland, Lame Deer, Crow Agency, Ashland, Lodge Grass and Hardin Chanda Richards
email: chanda.richards@onechc.org or call 406-867-8700

Forsyth, Colstrip, Hysham, Miles City, Ekalaka, Jordan, Broadus Melanie Frame
email: melanie.frame@onechc.org or call 406-874-8705

Judith Basin, Petroleum, Musselshell, Golden Valley, & Wheatland Counties Tammy Jo Douglass
email: tammy.douglass@onechc.org or call 406-535-3983

Mammogram Bus Schedules are online at [Calendar of Events](#)



Quit Line Celebrates 20th Anniversary, Announces New Logo, Name Change

[Richland County Health Department](#) | May 08, 2024

Since its launch on May 14, 2004, the Montana Tobacco Quit Line has served over 115,000 Montanans and, of those, over 36,000 have successfully quit! To celebrate its 20th Anniversary, the Quit Line is getting a new logo and new name: Quit Now Montana.

Quit Now Montana is no longer a telephone-only service to help people quit smoking. It has changed with the times, and this rebrand reflects that change. Quit Now Montana still offers free quit coaching over the phone and now also offers coaching through online chat to all Montanans and text messaging for those under the age of 25, all while continuing to offer free nicotine replacement therapy (patches, gum or lozenges) and quit medications.

Just as the times have changed, so have the types of tobacco and nicotine products that are addicting new generations of Montanans. Quit Now Montana helps with quitting all forms of commercial tobacco use, including newer products like e-cigarettes and nicotine pouches.

While cigarette smoking among Montana adults has decreased from 20% in 2004 to 15% in 2022, tobacco use continues to be the leading cause of preventable death. Each year, 1,600 Montanans die from cigarette smoking. In Montana, an estimated 128,000 adults and 18,000 youth currently use tobacco. Additionally, use of tobacco products disproportionately affects vulnerable populations such as: youth, Medicaid recipients, American Indian adults, pregnant women, and those with behavioral health conditions.

Quit Now Montana provides specialized services to those more heavily burdened by commercial tobacco: My Life, My Quit for ages under 18, an incentivized Pregnancy Program, the American Indian Commercial Tobacco Quit Program, and a Behavioral Health Program. Visit QuitNowMontana.com to learn more about each of these tailored services.

“There is no safe level of exposure to commercial tobacco products,” says local tobacco education specialist Jacklyn Damm. “These products contain known harmful toxins which can lead to health complications and diseases such as diabetes, heart disease, lung disease, cancers, and stroke. These products are also known to be incredibly addicting and quitting commercial tobacco products can be a challenge without support.”

About 70% of people who smoke report wanting to quit while 50% attempt to quit each year, according to the Centers for Disease Control and Prevention. About 4% of people who try to quit on their own succeed compared to 34% of people who successfully quit by accessing coaching and quit medications through Quit Now Montana.

Help celebrate the 20th Anniversary by quitting commercial tobacco and nicotine today!

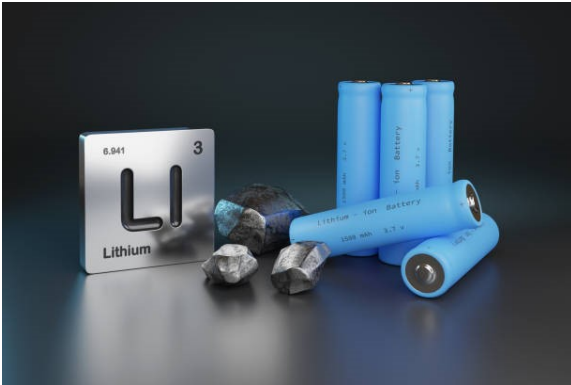
Get started today by calling 1-800-QUIT NOW or visiting <http://www.QuitNowMontana.com>.

Information can be found at: [Quit Line Celebrates 20th Anniversary, Announces New Logo, Name Change - The Roundup \(roundupweb.com\)](#)

E-Cigarettes an Environmental Issue

Vapes, e-cigarettes, e-hookahs, vape pens, mods, tanks or electronic nicotine delivery system (ENDS) are just some names of nicotine devices. These devices are harmful to the environment. Most vapes contain metals, which can take many years to decompose. Vapes also have plastic, and plastic never fully decomposes. Rather than decomposing, plastic turns into “microplastics” or tiny pieces of plastic, which continue to pollute the environment and pollute our food and drinking water.

Lithium ion batteries which are in vapes contain metals such as



cobalt, nickel, and manganese, which are toxic and can contaminate water supplies and ecosystems if they leach out of landfills. These batteries have started fires in landfills, homes, and have been known to explode while using these products.

Even though these items are hazardous for the environment there is no place to dispose of these items. Before disposing them into the landfill check with vape shops to see if they will take them back for proper disposal.



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

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

The My Life, My Quit program combines best practices for youth tobacco cessation adapted to include vaping and new ways to reach a coach using live text messaging or online chat. The program includes educational materials designed for teens created with youth input and through discussion with subject matter experts and community stakeholders.

My Life, My Quit™ is the free and confidential way to quit smoking or vaping.

Text "Start My Quit" to 36072 or click to chat with a Coach. We are here for you every step of the way. It's YOUR LIFE and we're here to help you live it YOUR WAY.

My Life My Quit is here to help anyone under the age of 18 to quit vaping.

New Young Adult Quit Line Program

The Quit Line now offers the Young Adult Program for Montanans between 18 - 24 years of age. The program has all the benefits of the general Quit Line but includes a new feature: live texting with a coach. To access the texting feature, young adults send a text to 36072 and automated interactive text messages will begin arriving. At any time during the automated text messages, a young adult can text “coach” if they want to interact with a live coach. Coaches in this program are specially trained to work with young adults and help them quit tobacco while navigating the challenges specific to their lives.

**MY LIFE
MY QUIT™**

Health IN THE 406

Tobacco Quit Line Has Helped Over 36,000 Montanans Stop Tobacco Use

The Montana Tobacco Quit Line is celebrating 20 years of helping Montanans quit commercial tobacco product use. Since its launch on May 14th, 2004, the Quit Line has served over 115,000 Montanans and, of those, over 36,000 have [successfully quit](#).

To celebrate its 20th Anniversary, the Quit Line is getting a new logo and name: Quit Now Montana! The fresh logo not only symbolizes our continued commitment to aiding individuals across Montana on their quit journey but also reflects the growth of [services available](#) to meet Montanans' needs.

Find out more about how [Quit Now Montana](#) can help you or your loved ones quit commercial tobacco product use for good.

School Absence and Asthma

Asthma is a leading cause of school absenteeism, accounting for nearly [14 million absences each school year, or one-third of all school days missed](#). [Seven percent of Montana high school students with asthma reported missing one or more days of school](#) because of their asthma during the past 30 days.

Poorly controlled asthma may [impair a child's ability to attend school, affect his or her academic performance, and cause parents to miss work to care for an ill child](#).

[School-based asthma management programs](#) can help children with asthma experience fewer symptoms, perform better at school, and decrease hospitalization and emergency department visits.



Contact Us:

[Deborah French](#), RN
Treasure County
Public Health Nurse
(406) 342-5886 - Office
(406) 342-5886 - Fax
(406) 671-9102 - 24/7

[Darlynn Williams](#), RN
Powder River
Public Health Nurse
(406) 436-2297 Office
(406) 436-2315 Fax

[Jane Lamb](#)
Tobacco Education Specialist
Newsletter Coordinator
Website Manager
(406) 351-2139

[Morgan Weller](#)
Powder River County
Community Health Coordinator
Tobacco Education Specialist
(406) 436-2297

[Tori Kester](#)
Tobacco Education
Youth Advocate
(406) 351-9143

Past and Current Newsletters are on the website for viewing.

Visit us on the we at treasurecountyhealth.com



Treasure County Public Health
P.O. Box 201
405 Pioneer Ave.
Hysham, MT 59038

Logo's are linked to webpages



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES