

# Health *Connection*

## A Message From Gov. John Hoeven



Gov. John Hoeven

Good health is a prerequisite to not only a good quality of life, but also our productivity and prosperity.

An article in this issue of the *Health Connection* details the efforts of the *Healthy North Dakota* initiative, a program that empowers North Dakotans to take control of their health. A healthy diet, exercise, positive lifestyle choices – all are essential to a good quality of life, and all are objectives of *Healthy North Dakota*.

In communities from Williston to Wahpeton, *Healthy North Dakota* is encouraging people to take better care of their health for themselves and their loved ones.

Thank you to the health professionals, business leaders and educators from across the state who are putting in place the tools and programs to help build a healthy North Dakota in the workplace, in the classroom and at home.

– Gov. John Hoeven

## Presenting the Health Connection



Dr. Terry Dwelle  
State Health Officer

Greetings from the North Dakota Department of Health. I'm pleased to present the latest edition of the *Health Connection* newsletter.

This issue contains articles that illustrate the diversity of the work we do at the Department of Health. You'll find an article highlighting *Healthy North Dakota*, Governor Hoeven's initiative that focuses on preventing disease and changing high-risk behaviors. An article by Bruce Pritschet of

the Division of Health Facilities details the results of a consumer survey. And Dennis Fewless of the Division of Water Quality explains the process of drafting revisions to the state rules for animal feeding operations.

Look for an issue of *Health Connection* to be e-mailed or mailed to you quarterly. We welcome any comments about the newsletter or any NDDoH-related issue. Please send comments and suggestions to [rfrank@state.nd.us](mailto:rfrank@state.nd.us).

## Building a Healthy North Dakota

By Dr. Terry Dwelle  
State Health Officer

The statistics are sobering. Forty-one percent of North Dakotans die from heart disease and 23 percent from cancer. The underlying factors – or true causes – of these deaths are from the “big three”: tobacco use, diet/inactivity and alcohol use. Of all the factors that contribute to premature death (before age 75), 51 percent is attributed to behavior and lifestyle choices.

Although most people know that many diseases are to some degree preventable, they often continue to make lifestyle choices that adversely affect their health. As a result, we struggle with the following question: How can we effectively incorporate wellness into our lives and the lives of all North Dakotans?

*Healthy North Dakota* is working to do just that.

In 2002, Gov. John Hoeven launched the *Healthy North Dakota* initiative. The goal of *Healthy North Dakota* is to improve the health of every citizen in the state by inspiring people to choose healthy behaviors. *Healthy North Dakota* works through innovative statewide partnerships to support North Dakotans in their efforts to make healthy choices – in schools, workplaces, senior centers, homes and anywhere people live, work and play.

In August 2002, about 130 people from more than 75 organizations from across the state met to define wellness and identify priorities for North Dakota. As a result, the



following issues are being addressed by statewide committees that meet to define goals and develop strategies:

- Tobacco use
- Substance abuse/mental health
- Healthy weight – nutrition
- Healthy weight – physical activity
- Health disparities
- Worksite wellness
- Community engagement
- Third-party payers/insurance

*Healthy North Dakota* projects already are underway. For example, the state employee tobacco cessation program was implemented in January, and the statewide tobacco quitline will be operational in the next several months. In addition, a Wellness Institute is being developed in cooperation with higher education to encourage healthy lifestyles through training, evaluation and preventive case management for businesses, schools, communities and individuals across the state.

As you can see, *Healthy North Dakota* is addressing high-risk behaviors and disease in new and innovative ways. This

*(Healthy North Dakota cont. on p. 5)*

## Department Drafts Rule Revisions for Animal Feeding Operations

By Dennis Fewless  
Director  
Division of Water Quality

In December 2002, the U.S. Environmental Protection Agency announced new federal requirements for concentrated animal feeding operations (CAFOs) under the Clean Water Act National Pollutant Discharge Elimination System (NPDES) regulations, which went into effect in 2003.

States were given one year to revise their NPDES regulations or until April 14, 2004. If legal changes were required, states were given an additional year.

Since February 2003, when the EPA rules were published in the Federal Register, the North Dakota Department of Health Division

of Water Quality has been drafting necessary revisions to the state rules for animal feeding operations.

The department will propose revisions to North Dakota Administrative Code Chapter 33-16-01, North Dakota Pollutant Discharge Elimination System, adopting the EPA regulations by reference. It also will propose extensive revisions to NDAC Chapter 33-16-03, Control of Pollution from Certain Livestock Enterprises, renaming it Control of Pollution from Animal Feeding Operations. In addition, the division has drafted a design manual for controlling

livestock waste that will be incorporated by reference in the rules.

The revised rules will address requirements for the designation of CAFOs, “no potential to pollute” determinations, permit requirements, permit application content and procedures, facility requirements, record keeping and reporting requirements, enforcement and compliance, departmental inspection, prohibited activities and public participation.



The design manual will include requirements and recommendations for site selection standards, design criteria for manure

systems, operation and maintenance plans, nutrient management plans and emergency action plans for spills.

These revisions have been sent to stakeholders for review prior to preparing final drafts for the public hearing and 60-day comment period. The public comment period began in February 2004 and will end in April 2004, with three public hearings scheduled for sometime in March.

The rule revisions and design manual are scheduled to go into effect June 1, 2004.

## Consumer Analysis Conducted for Division of Health Facilities

By Bruce Pritschet  
*Director*  
*Long Term Care Program*

In July 2003, the Division of Health Facilities contracted with the UND Center for Rural Health to conduct a consumer analysis survey. The purpose of the survey was to learn how consumers in North Dakota view the services provided by the division and to determine areas needing improvement. The Division of Health Facilities is responsible for inspecting, licensing and certifying the state's health-care facilities, including nursing homes, hospitals and basic-care facilities.

To obtain information concerning services provided by the division, the Center for Rural Health sent questionnaires to randomly selected facility administrators, family members of residents and members of the public. Responses were received from 83 of 195 nursing facility, hospital and basic

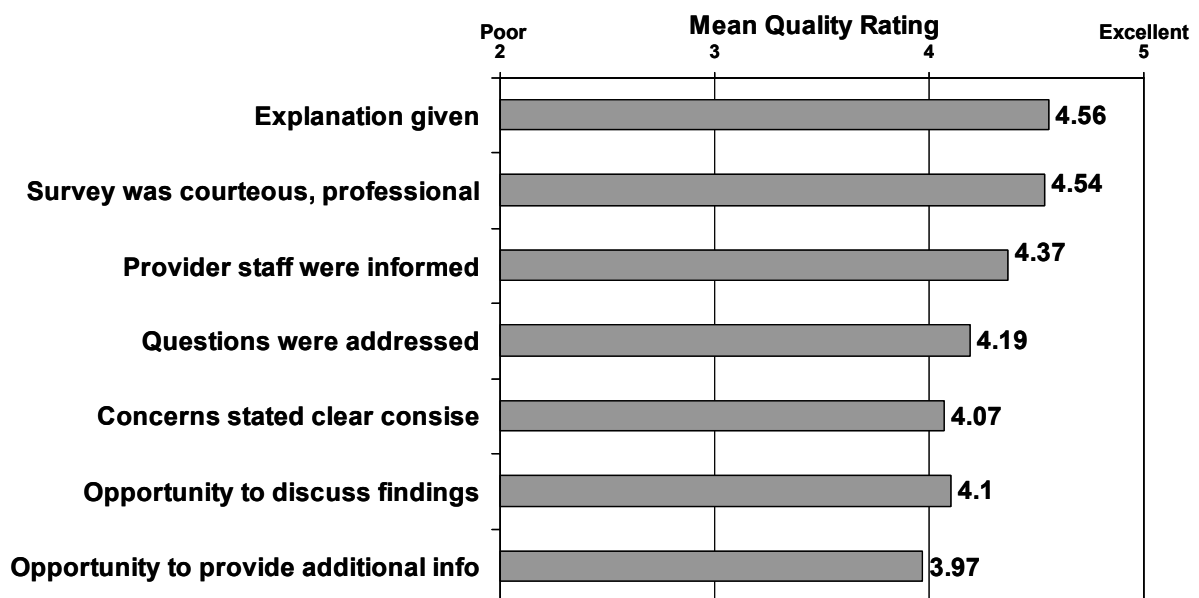
care facility administrators; from 271 family members; and from 304 members of the public.

The questionnaire asked participants about their awareness of the services provided by the division, the importance of the services provided and how they perceived the division to be doing its job. All participants were assured that their responses would remain confidential.

Overall, the results were positive, as indicated in the chart below and the summary on the following page. In both, the numbers after each statement represent the average rating on a scale of 1 to 5, with "1" indicating they strongly disagreed with the

*(Consumer Survey cont. on p. 5)*

### Long Term Care Administrators' Quality Ratings of Division of Health Facilities Survey/Inspection Services



*Healthy North Dakota*, cont. from p. 1

unified approach to wellness will raise awareness and create opportunities for our citizens to make healthy choices and break the cycle of unhealthy behavior.

By embracing this unified approach to wellness, North Dakotans ultimately will live longer and healthier lives. To join us in building a *Healthy North Dakota*, call 701.328.4908 or visit [www.health.state.nd.us/healthyND](http://www.health.state.nd.us/healthyND).

- Deficiencies are fair. (2.93)
- Deficiencies are valid. (2.73)

Family members:

- Inspections by the division are the most critical factor in ensuring quality care. (4.5)

The public:

- Satisfaction with local basic care facilities (3.69), nursing facilities (3.73) and hospitals (3.81) are rated “fairly good.”

*Consumer Survey*, cont. from p. 4

statement and “5” indicating they strongly agreed with the statement.

Recommendations based on the survey results include promoting public awareness and providing technical support for providers and consumers.

Long Term Care Administrators:

- Staff places a high value on patient care. (4.58)
- The responsibility for quality patient care resides with the facility. (4.36)
- The responsibility for patient safety resides with the facility. (4.27)
- Inspections conducted by the division are thorough. (3.93)
- The view of the Division of Health Facilities is positive. (3.69)

The Division of Health Facilities has organized a long term care advisory committee representing the LTC Association, facility administrators, the Department of Humans Services, consumers, state legislators, North Dakota Healthcare Review Inc. and the Department of Health. The committee meets quarterly to address areas of mutual concern.

In Upcoming Issues ...

- Air Quality
- Emergency Preparedness and Response
- Asthma Study
- *Healthy North Dakota*



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 North Dakota Department of Health  
 600 E. Boulevard Ave., Dept. 301  
 Bismarck, N.D. 58505  
 Phone: 701.328.2372.  
[www.health.state.nd.us](http://www.health.state.nd.us)

State Health Officer: Dr. Terry Dwelle  
 Editor: Loreeta Leer Frank