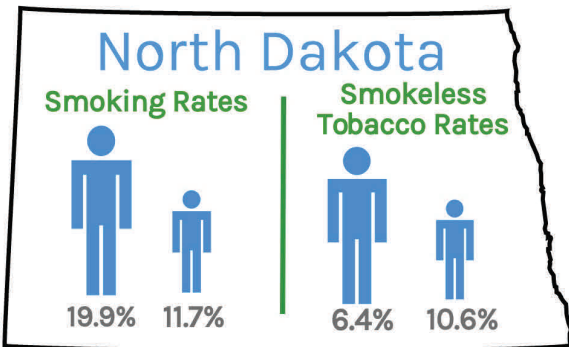


# Why Tobacco Free Parks are a Good Idea

"Tobacco use is the LEADING cause of preventable death."



Currently, there are 19 cities in North Dakota that have tobacco-free parks policies. Tobacco-free outdoor environments hold many benefits for families and community members who frequent Bismarck's city parks. Whether they are there for recreational activities or simply enjoying the beauty the parks have to offer; tobacco-free parks are a good idea for everyone.



9 out of 10 smokers start BEFORE age 18

There is **NO** safe level of exposure to secondhand smoke



Cigarette Butts are the **MOST** commonly littered item and are **NOT** Biodegradable



## BENEFITS

OF TOBACCO FREE ENVIRONMENTS



IMPROVES the safety and beauty of the park by decreasing the amount of tobacco product littering



MODELS tobacco-free behavior for kids



PROTECTS people from being exposed to secondhand smoke



LOWERS tobacco use rates among youth and adults



SUPPORTS people who want to quit or are trying to quit smoking

## Sources

(2015). *2015 YOUTH RISK BEHAVIOR SURVEY RESULTS* . Centers for Disease Control and Prevention .

(2014). *BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM NORTH DAKOTA CORE QUESTIONS DATA REPORT*. Behavioral Risk factor Surveillance System (BRFSS).

*Cigarette Butt Waste* . (n.d.). Retrieved May 10, 2016, from Americans for Nonsmokers Rights :  
<http://www.no-smoke.org/learnmore.php?id=731>

General, A. R. (2012). *Preventing Tobacco Use Among Youth and Young Adults*. Rockville, MD: U.S. Department of Health and Human Services .

General, A. R. (2014). *The Health Consequences of Smoking - 50 Years of Progress*. Rockville, MD: U.S. Department of Health and Human Services.

*North Dakota Tobacco-free Parks*. (2016, 3). Retrieved 4 28, 2016, from Breathe ND:  
<http://www.breathend.com/uploads/79/tobaccofreeparklist3.16.pdf>