



B I S M A R C K **TOBACCO**FREE C O A L I T I O N

A monthly newsletter brought to you by Bismarck-Burleigh Public Health Unit

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Great American Spit Out Teaches Youth the Dangers of Smokeless Tobacco

Great American Spit Out, held this year on Thursday February 23rd, it is an annual effort to encourage those who use smokeless tobacco to quit and discourage youth from starting. In honor of this event and with hopes to hit the message home with their students of the dangers behind smokeless tobacco; United Tribes Technical College and Light of Christ Catholic Schools 7th and 8th Grade Academy hosted two national speakers to present to their students and staff.



Ronnie Trentham, a six-time oral, head and neck cancer survivor, shared his story with students from both schools about the consequences of his personal addiction to smokeless tobacco and the effects it had on him and his family. Ronnie was accompanied by Cherokee Nation story teller Greg Bilby.

It is especially important to bring this message to our area's youth because the younger a person is when trying a tobacco product, the more likely they are to become addicted. According to the most recent Youth Risk Behavior Survey (2015), 10.6 percent of North Dakota high school students used chewing tobacco, snuff or dip, which was higher than the national average of 8.6 percent.

These events were sponsored by Bismarck Burleigh Public Health Tobacco Prevention and Control Program with funding from BreatheND.

Bismarck Youth Celebrate Kick Butts Day

On Wednesday March 15th, youth across Bismarck/Burleigh County celebrated the nationally known holiday Kick Butts Day. Despite promising to stop marketing to youth in the 1998 tobacco settlement, tobacco companies continue to find new ways to recruit new customers. Nine out of ten smokers start before age 18. Check out the Bismarck Burleigh Public Health's Facebook page at <https://www.facebook.com/BBPH.gov/> to see what youth in our area did to educate their peers and community about the dangers behind Big Tobacco.

North Dakota Voters Made a Promise to Our Youth to Protect Them from the Tobacco Industry

In 2008, ND voters promised to protect future generations from a lifetime addiction to nicotine by passing an initiated measure for a fully funded CDC Best Practices Tobacco Prevention and Control Program. Throughout the years voters continued to keep their promise with the passage of a strong smoke-free law in 2012. With these actions and continued community support youth smoking rates have been cut in half.

However, with recent decisions made by legislators during the 65th Legislative Assembly the fully funded program has been eliminated. How ND will continue to keep their promise to our youth is a question many North Dakotan's are asking.

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BreatheND
Saving lives, saving money. The voice of the people.

An initiated measure approved by North Dakota voters provides funding to Bismarck-Burleigh Public Health to diminish the toll of tobacco in our state by addressing the number one preventable cause of death and disease: tobacco use. www.breatheend.com