



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

*A regular newsletter brought to you by Bismarck Burleigh Public Health*

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*March 23, 2018*

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## ***Kick Butts Day goes off with bang!***

Kick Butts Day, a nationwide holiday held on Wednesday March 21<sup>st</sup>, is used to empower youth to stand up and speak out against Big Tobacco through activism in their schools and community. The event originated from Campaign for Tobacco Free Kids and was first held in 1996. Check out what events were going on in your community below:



*University of Mary Health Pro Students - Airing out Big Tobacco's Dirty Laundry*



*Century High School SADD students getting ready for their activity at Horizon Middle School to educate the students about the dangers of tobacco use.*

The activities for Kick Butts Day are focused around bringing awareness to the effect that tobacco has on the lives of North Dakota's youth and what can be done to prevent this generation from becoming addicted to nicotine.

***Click the links below to check out media coverage for the 2018 Kick Butts Day events in Bismarck and Burleigh County:***

***KX News Story***

<http://www.myndnow.com/news/bismarck-news/students-pledge-in-kick-butts-day/1066750913>

***KFYR News Story***

<http://www.kfyrtv.com/content/news/Bismarck-students-participate-in-Kick-Butts-Day-477560203.html>

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## ***Photo Op with Big Tobacco Exposed Project Winners***



*Listed left to right: Heather Austin (Executive Director of TFND), Witney Nielsen (Winner of the meme category design), Isaiah Lindsay (Winner of the poster design), and Jordyn Schaeftbauer (Tobacco*

Thursday March 22nd 2018, Bismarck State College (BSC) Graphic Design students Witney Nielsen and Isaiah Lindsay were presented with their checks for winning the meme and poster category of the Big Tobacco Exposed project. Both Witney and Isaiah were presented with a \$100.00 check from Tobacco Free North Dakota for their submissions. Their designs will be used for Facebook ads and local indoor advertisements in Bismarck restaurants. Way to go BSC Graphic Design students for using your creativity to expose Big Tobacco through graphic design!

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## *What is the FDA up to these days?*

There are talks of the FDA reducing the amount of nicotine in cigarettes. Could this be a major public health success story on the rise? Possibly, if it is done right. Click the link below to learn more.

[For nicotine in cigarettes, less is more](#) - an article by Truth Initiative

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## **Upcoming events**

World No Tobacco Day - May 31st

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