

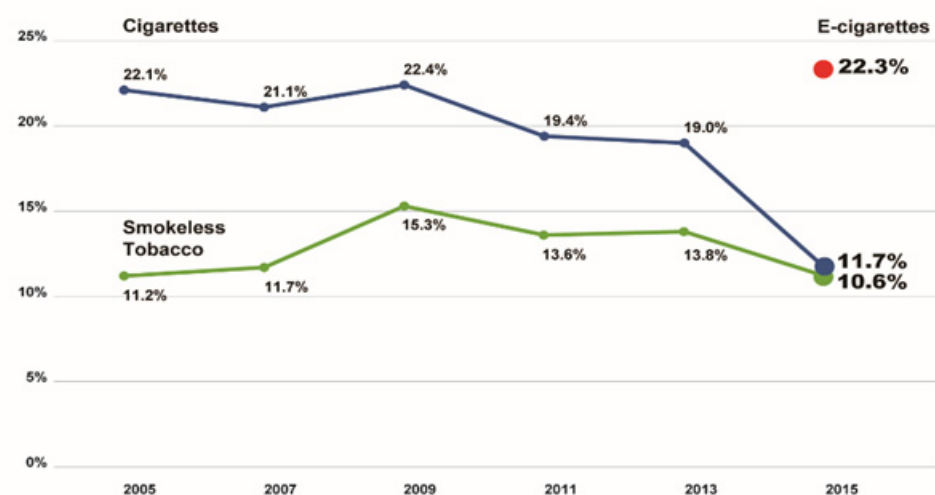


# B I S M A R C K TOBACCO FREE C O A L I T I O N

E-newsletter

## Tobacco use is a winnable battle

**BreatheND** Saving lives, saving money. The voice of the people.  
Tobacco Use by North Dakota High School Students  
2005 - 2015 Youth Risk Behavior Survey



The drop in North Dakota's high school smoking rate to 11.7% and smokeless tobacco use rate to 10.6% is a significant achievement, and it shows that North Dakota's comprehensive tobacco prevention efforts are working.

This work in every county and outreach to every school district is possible because in 2008, North Dakota voters passed a measure funding a comprehensive tobacco prevention program and agency. Since the law took effect in 2009, the new state agency, North Dakota Center for Tobacco Prevention and Control Policy, also known as BreatheND, distributed money from the state's tobacco settlement to every county for a comprehensive program funded at a level recommended by the U.S. Centers for Disease Control and Prevention (CDC).

Plus the ND Smoke Free law was implemented on December 6, 2012. By passing the smoke-free law we were able to protect the public from these toxins in the air and improve the overall health of non-smokers, encourage smokers to quit and prevent kids from starting to smoke. In addition to smoke free law, 80% of Bismarck/Burleigh schools have passed a comprehensive tobacco free policy. Many more work places and multiunit housing have adopted smoke/tobacco free buildings and grounds' policies. By looking at the chart you can see the impact of the policy work on our youth tobacco use rates.

Yes, tobacco use is a winnable battle when science-based CDC Best Practices are used to build a comprehensive prevention program that includes smoke-free laws, cigarette prices increases, access to cessation services and hard-hitting media campaigns.

We have more work to do with raising the price of cigarettes. Since, North Dakota is one of the lowest cigarette tax at 44 cents compared to the overall average cigarette tax at \$1.60. Continue educating about the need for comprehensive tobacco free policy for schools/colleges, multiunit housing and outdoor venues like parks.



### 2015 Great American SmokeOut

On the morning of Wednesday, October 7<sup>th</sup>, about 70 Bismarck area youth and their advisors gathered together in a Radisson conference room to learn about the benefits of tobacco-free parks and the importance of raising the price of tobacco products.

Raise It for Health did an interactive presentation with the students and got them thinking about the big impact, a small tax increase, would have on North Dakota tobacco use rates. There were not only local presenters working with the youth, but national presenter Char Day of Americans for Nonsmokers Rights joined the cause as well.

Char educated the students on the benefits of tobacco-free parks and provided two Bismarck park activations later that afternoon. During one park activation the students were given 300 orange construction flags, empty two-liter pop bottles, garbage bags, and plastic gloves. The students were instructed to place a flag in the ground where they found tobacco product litter and place the tobacco litter in the empty pop bottles. The students ran out of the 300 flags within the first 10 minutes of activation. This large quantity of tobacco litter demonstrates the need for a tobacco free park policy.

Recognition was given to the following schools for their hard work during the 2015 legislative session; Simle Middle School, Light of Christ 7<sup>th</sup> and 8<sup>th</sup> Grade Academy, Century High School, and St. Mary's High School. Thank you to all the coordinators who worked with their students to create positive change in their community.

Overall the summit was a huge success and gave students the tools they needed to prepare them for the upcoming Great American Smoke Out holiday on November 19<sup>th</sup>.

To view the media coverage go to [www.bismarcktobaccofree.com](http://www.bismarcktobaccofree.com) in the Local News Stories section.

For additional information, email [Susan Kahler](mailto:Susan.Kahler@bismarckburleigh.gov) or call Bismarck-Burleigh Public Health Unit at (701) 355-1597.



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

[www.breathend.com](http://www.breathend.com)