



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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Raising the Grade

Recently, the American Lung Association released the 14th annual "State of Tobacco Control" report. The report evaluates tobacco policies at the state and federal level, and assigns grades on whether laws protect citizens from the toll tobacco takes on lives. North Dakota received "A" grades in both Tobacco Prevention and Smoke-Free Air, a "C" grade in Access to Cessation Services, and lastly a grade of an "F" in Tobacco Taxes.

North Dakota's current cigarette tax is \$0.44 per pack, the 48th lowest in the nation, with not having raised the tax since 1993. The national average tax for a pack of cigarettes is \$1.61. If North Dakota were to raise the tax by \$2.00 per pack, we would decrease youth smoking by 22.9%, and prevention 6,700 youth from becoming adult smokers. Raising the tax on tobacco products saves lives, and keeps the future of North Dakota healthy. For more information on the American Lung Association state of Tobacco Control report visit: www.stateoftobaccocontrol.org/take-action-nd



NORTH DAKOTA					
Grading System	A	B	C	D	F
TOBACCO PREVENTION AND CESSATION FUNDING	✓				
SMOKE-FREE AIR	✓				
TOBACCO TAXES					✓
ACCESS TO CESSATION SERVICES			✓		

Our FAILING grade shows why it is so important for our policymakers to act boldly. We can succeed in an a passing grade by raising the state tobacco tax. If we can raise our failing grade, North Dakota will be in the running for the state with the BEST grades.

Study debunks marketing myth about e-cigarettes



Since they were introduced to consumers, e-cigarettes have been promoted as a tool to help current smokers quit. Public health officials have long debated that claim, insisting instead that e-cigarettes are just another way tobacco companies try to hook new customers. Now, it looks like health officials may have been right all along.

According to a recent study published online by The Lancet Respiratory Medicine journal, people who use e-cigarettes to quit smoking are approximately 28 percent less likely to quit than people who don't use e-cigarettes. To learn more about the study visit: <http://www.breathend.com/news/Studydebunksmarketingmythaboutecigarettes/>

Newly Elected Board Member



Jill Vollmers is our newly elected board member for Bismarck Tobacco Free Coalition. She is the school counselor at St. Mary's Central High School. Jill states "I have a passion for helping my students in whatever capacity necessary. I serve as the S.A.D.D. (Students Against Destructive Decisions) adviser at SMCHS and find that with the help of my student members, we can help teens become aware of the effects tobacco use has on them and those around them."

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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 Walsh 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