

Why Tobacco-Free Outdoors are Important for our Community

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

Cigarette Butts

are the **MOST** commonly littered item and are **NOT** Biodegradable²



Toll of Tobacco in North Dakota⁵



Every Year in ND ...

- 1,000 adults will die from their own smoking.
- 14,000 kids alive in ND and under 18 will die prematurely from smoking.
- \$326 million will be spent on health care costs due to smoking.



9 out of 10 smokers start BEFORE age 18⁴

Tobacco-Free Outdoors Promote Environments that:



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

There is **NO** safe level of exposure to secondhand smoke.³

Secondhand smoke exposure can lead to illness among children and adults including but not limited to:

-  Asthma Attacks¹
-  Respiratory Infections¹
-  Ear Infections¹
-  Cardiovascular Disease¹



Public Health
Bismarck Burleigh Public Health

For more information to make your event tobacco-free please contact Bismarck Burleigh Public Health, Tobacco Prevention and Control Program at 701.355.1594



Sources

1. Centers for Disease Control and Prevention. (2017, June 7). *Health Effects of Secondhand Smoke*. Retrieved from Centers for Disease Control and Prevention: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/
2. *Cigarette Butt Waste*. (2017, June 7). Retrieved from Americans for Nonsmokers' Rights: <http://www.no-smoke.org/learnmore.php?id=731>
3. Office of the Surgeon General. (2006). *The Health Consequences of Involuntarily Exposure to Tobacco Smoke: A Report of the Surgeon General*. U.S. Department of Health and Human Services.
4. *Preventing Tobacco Use Among Youth and Young Adults Fact Sheet*. (2017, June 7). Retrieved from U.S. Department of Health & Human Services: SurgeonGeneral.gov: <https://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/factsheet.html>
5. *Toll of Tobacco in North Dakota*. (2017, August 21). Retrieved from Campaign for Tobacco Free Kids: https://www.tobaccofreekids.org/facts_issues/toll_us/north_dakota

