



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

Table of Contents

- Youth Action Summit Summary
- TFND 3-Legged Stool
- Resolutions of Support
- Support Cards
- Upcoming Hidden in Plain Sight at Shiloh

Youth Action Summit Summary

On Tuesday October 8th, 2024, Bismarck Burleigh Public Health (BBPH) hosted the Fall 2024 Break Free Youth Action Summit (YAS) at the Bismarck Civic Center in Bismarck. The event is organized and supported by BBPH and Tobacco Free North Dakota (TFND). Approximately 178 middle and high school students and their advisors attended the summit.

There was a national speaker this year, a Legislative Fireside Chat, and presentation from Tobacco Free North Dakota. Hawaii native and Youth Ambassador, Nikkya Taliaferro from Campaign for Tobacco Free Kids was this year's keynote speaker and youth advocate. Taliaferro educated participants about the importance of national initiatives that participants can become involved in to further tobacco prevention efforts within their schools, communities, and state.

Youth participants were also able to engage with Senator Axtman and Representative Bosch during a Fireside Chat segment, and Executive Director, Heather Austin from TFND to better familiarize themselves with how bills and policies are passed at the local level. Throughout the day, students were able to showcase everything that they had learned during their Shark Tank Talent Show presentations.

Youth are becoming more aware of the harmful risks associated with vaping, thus increasing their social awareness of target marketing strategies tailored to appeal to their generation. In recent years, we have seen a slight decrease in youth smoking and vaping rates - according to the 2023 Youth Risk Behavior Survey data, current vaping rates among North Dakota high school students is 18.2%, compared to the 21.2% rate in 2021.

In the weeks and months following the summit, attending students will work with their peers to create activities for tobacco prevention awareness such as Wishing for a Tobacco Free Christmas December 18th, 2024, Day at the Capitol on February 4th, 2025, The Great American Spitout on February 20th, 2025, Take Down Tobacco: National Day of Action (April 1, 2025).



Hidden in Plain Sight

You don't want to miss this! Bismarck Burleigh Public Health's Tobacco Program will be partnering with Shiloh Christian School to host the FINAL Hidden in Plain Sight event of the year! Hidden in Plain Sight is a prevention initiative that educates parents/caregivers about the importance of spotting the risky behaviors that can indicate of harmful substance abuse occurring including vaping in adolescents.

This parent friendly event encourages attendees to engage in a physical mock bedroom display, interact with school personnel, and to learn about the helpful resources offered in the local community to support youth in making healthy lifestyle choices.



New Event Alert!

Hidden in Plain Sight

Join Shiloh Christian School and Bismarck Burleigh Public Health at the FINAL Hidden in Plain Sight Parent Initiative Event of the year! Attendees will have the opportunity to learn more about how Shiloh and community partners are revitalizing prevention efforts to ensure the safety of our youth populations.

[Read now](https://shilohchristian.org/)

<https://shilohchristian.org/>

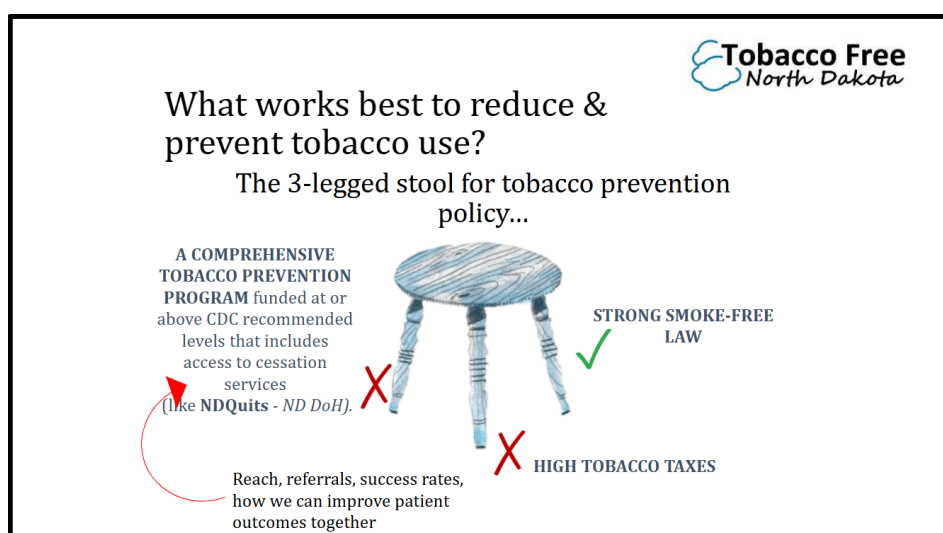



To learn more about this event, please email Alexis Raymond, TPS at araymond@bismarcknd.gov or call 701-355-1595.

TFND 3-Legged Stool

According to CDC best practices, increasing the price of tobacco products, funding a comprehensive tobacco control program and maintaining North Dakota's strong smoke-free air law can assist in decreasing youth tobacco use rates significantly.

Our community partners at Tobacco Free North Dakota (TFND), are working diligently to engage local legislators, businesses, and build community to support to fight against tobacco use in youth. This work is being accomplished through the signing of tobacco prevention resolutions, or the submission of activism support cards from fellow allies that strengthen our voices collectively to keep our communities safe and smoke-free.



Resolutions of Support

If you are a local business or organization that is interested in supporting our tobacco prevention efforts this year or next year, please consider submitting a resolution of support. This year, we have 3 resolutions that can be submitted to our local public health unit via email. A resolution of support is to reinforce the community voice on tobacco policies and strengthen our ask to ensure tobacco products aren't easily accessible to youth populations.

- 1.) Funding a comprehensive tobacco prevention program
- 2.) Increasing the prices on tobacco products collectively
- 3.) Protecting our smoke-free law ordinance

Please contact Andrew Horn, Coalition Program Director at andrew@tfnd.org to submit or request a resolution of support.

Support Cards

If you would like to support our tobacco prevention efforts as an individual, consider filling out an activism postcard to let your voice be heard. Postcards can be requested by emailing Sue Kahler at skahler@bismarcknd.gov or call 701-355-1597.

Available support cards:

- 1.) Protecting Smokefree Law
- 2.) Increasing Prices of Tobacco Products
- 3.) Fully Funding Comprehensive Tobacco Prevention Programs

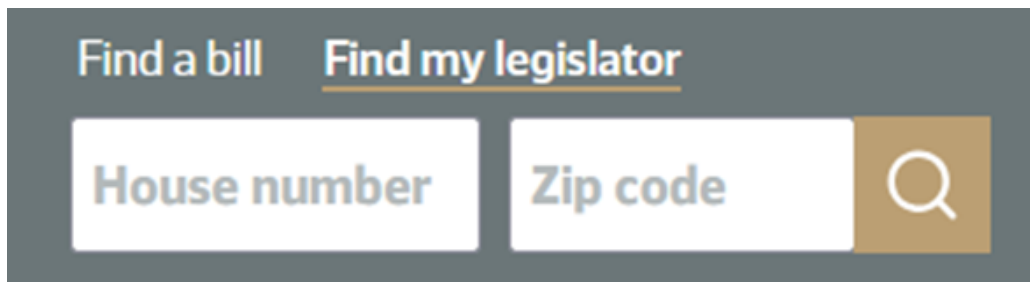


The image shows a green postcard with the "Tobacco Free North Dakota" logo at the top. Below the logo, it reads "OFFICIAL NORTH DAKOTA CITIZEN REQUEST:" followed by a quote: "I support keeping North Dakota's strong smoke-free air law". Below the quote, it states: "In 2012, 67 percent of North Dakota voters wanted to ban smoking in public places. Nonsmokers exposed to secondhand smoke have increased risks of heart disease, lung cancer and stroke. We ask our ND Legislators to honor our wishes and reject any legislation that seeks to undercut North Dakota's smoke-free air law." At the bottom, there are five light blue rectangular boxes for the following fields: NAME, SIGNATURE, ADDRESS/CITY, LEGISLATIVE DISTRICT: #, and EMAIL.

Please mail all completed postcards to the following address:
TFND Direct Mail: Tobacco Free North Dakota, PO Box 3237
Bismarck, ND 58502

Meet your 2025 Bismarck & Burleigh County Legislators!

We welcome (1) new Bismarck/Burleigh County legislator to the 2025 Session.
To find your legislator visit: <https://ndlegis.gov/>. Click on “Find my Legislator”

A screenshot of the ND Legislator website's search interface. It features a dark grey header with two tabs: "Find a bill" and "Find my legislator", with the latter being selected and underlined. Below the tabs are two white input fields: "House number" and "Zip code". To the right of these fields is a brown search button with a white magnifying glass icon.

District 7

Representative Jason Dockter (R) - jddockter@ndlegis.gov
Representative Matt Heilman (R) - heilman@ndlegis.gov
Senator Michelle Axtman (R) - maxtman@ndlegis.gov

District 8

Representative Mike Berg (R) - mberg@ndlegis.gov
Representative SuAnn Olson (R) - soloson@ndlegis.gov
Senator Jeff Magrum (R) - jmagrum@ndlegis.gov

District 30

Representative Glenn Bosch (R) - gdbosch@ndlegis.gov
Representative Mike Nathe (R) - mrnathe@ndlegis.gov
Senator Diane Larson (R) - dlarson@ndlegis.gov

District 32

Representative Pat Heinert (R) - pdheinert@ndlegis.gov
Representative Lisa Meier (R) - lmeier@ndlegis.gov
Senator Dick Dever (R) - ddever@ndlegis.gov

District 35

Representative Karen Karls (R) - kkarls@ndlegis.gov
Representative Bob Martinson (R) - bmartinson@ndlegis.gov
Senator Sean Cleary (R) - scleary@ndlegis.gov

District 47

Representative Larry Klemin (R) - lklemin@ndlegis.gov
Representative Mike Motschenbacher (R) - mmotschenbacher@ndlegis.gov
Senator Michael Dwyer (R) - mdwyer@ndlegis.gov

PLEASE NOTE: New Legislator is highlighted in yellow.



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