

# Cavalier County Health District Newsletter

## Inside this issue:

<i>FDA Tobacco Act Effective Dates</i>	2
<i>Progressive Agriculture Youth Safety Day™</i>	2
<i>FDA Issues Final Rule</i>	3
<i>Back to School Immunizations</i>	3
<i>North Dakota QuitNet</i>	4

## *Grand Forks Passes Smoke-free Ordinance*

The city of Grand Forks recently showed its commitment to protecting the health of its citizens by extending its city-wide smoking ban. The Grand Forks city council vote on April 5, 2010 extends secondhand smoke protection to the employees and patrons of city bars, casinos and truck stops. These businesses were previously exempted from the state-wide ban on smoking which covers other workplaces including restaurants. The Grand Forks ban also extends 15 feet from the door of an establishment preventing nonsmokers from having to cross a haze of smoke to enter.

Secondhand smoke, also known as environmental tobacco smoke, contains thousands of toxic chemicals including benzene, carbon monoxide, chromium, cyanide, formaldehyde, lead, nickel and polonium. Secondhand smoke is classified as a known human carcinogen by the U.S. Environmental Protection Agency. Even short exposures have been shown to increase the risk of heart attack. Longer expo-

sure increase the risks of pulmonary disease, cardiovascular disease and numerous cancers. Similar bans have been shown not only to benefit patrons and employees by reducing their exposure to secondhand smoke but also smokers themselves by increasing the number of smokers who quit after the ban is implemented. Strong smoke-free policy has also been shown to reduce the number of youth who start smoking.

The Grand Forks ban follows a survey of Grand Forks adults which showed 75 percent in favor of banning smoking in bars and 83 percent in favor of banning smoking in truck stops. A petition campaign by Grand Forks bar owners hoping to prevent the ban from taking effect was unsuccessful when they were unable to gather enough signatures to bring the ban to a public vote. The petition needed 3,815 signatures and participating bar owners were only able to gather 2,900 valid signatures.

Fargo passed a similar ban which took effect July 1, 2008.



A sampling of Fargo-Moorhead bars before and after ban showed a 98 percent reduction in indoor air pollution following the ban.

The city of Devils Lake is also looking at instituting a more comprehensive smoking ban after an April 2010 American Lung Association survey showed 67 percent of residents supported a ban similar to the one taking effect in Grand Forks. The Devils Lake City Commission voted to put the issue to an advisory vote of the people. The date for this vote has not yet been set.

Meanwhile Grand Forks continues to move forth in educating businesses about the upcoming ban. The Grand Forks ban is set to take effect August 15, 2010

## Special points of interest:

- Grand Forks strengthens smoking ban to include bars, truck stops and casinos.
- Food and Drug Administration to regulate the manufacturing, sale and marketing of tobacco.
- Progressive Agriculture Youth Safety Day™ to be held June 17, 2010.
- North Dakota QuitNet gives tobacco users another option to help them quit.

For more information about the Grand Forks smoking ban go to the Grand Forks Tobacco Free Coalition website at: <http://www.tobaccobytes.com/>

## Upcoming FDA Tobacco Act Effective Dates

The *Family Smoking Prevention and Tobacco Control Act* signed into law by President Obama June 22, 2009 granted the Food and Drug Administration (FDA) the authority to regulate the manufacturing, marketing and sale of tobacco products. Many of the provisions and rules of this law are set to take effect this month. Here is a list of some of the provisions soon going into effect and their effective dates:

**6/22/2010**-Prohibition of “light,” “low,” “mild” and all similar descriptors in all advertising, labeling and marketing of existing cigarettes and smokeless products.

**6/22/2010**-Larger, stronger warning labels required on all

smokeless tobacco packages and in advertisements.

**6/22/2010**-No vending machine sales or self-service displays of cigarettes or smokeless tobacco except in adult-only facilities.

**6/22/2010**-All advertising (including electronic and video) in magazines and at point of sale must be black text on a white background only-and all audio advertising must be only spoken words with no sound effects or music-except in adult-only facilities and in magazines with less than 15% or fewer than 2 million youth readers.

**6/22/2010**-No branded product tie-ins, such as T-shirts,

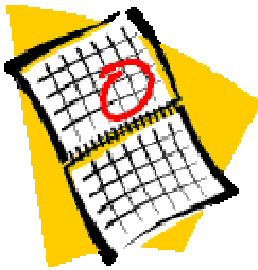
with purchases.

**6/22/2010**-No free samples of cigarettes; no free samples of smokeless tobacco, except in adult-only facilities in certain restricted situations.

**6/22/2010**-No outdoor advertising within 1000 feet of schools, parks or playgrounds.

**6/22/2010**-No branded sponsorships of athletic or cultural events by tobacco product manufacturers, distributors, or retailers.

Other provisions of the law have already taken effect such as the banning of artificial or natural characterizing flavors other than tobacco or menthol in cigarettes.



*The mission of the Progressive Agriculture Safety Days™ is simple— to make farm and ranch life safer and healthier for all children through education and training.*

For more information about the FDA Act go to: [www.tobaccofreekids.org/reports/fda/](http://www.tobaccofreekids.org/reports/fda/)

## Progressive Agriculture Safety Day

Everyone in agriculture knows someone whose life has been affected by a farm-related injury or death.

The statistics are sobering. Even more tragic is that these incidents could have been prevented if simple safety precautions had been followed. That’s why the Progressive Agriculture Safety Day™ program, formerly known as the Progressive Farmer Farm Safety Day Camp® program, was founded by The Progressive Farmer magazine in 1995. The program trains and provides the resources that

local communities need to conduct one-day safety programs that are age-appropriate, hands-on, fun and safe for children.

The mission of the Progressive Agriculture Safety Days™ is simple— to make farm and ranch life safer and healthier for all children through education and training.

Cavalier County Progressive Agriculture Safety Day™ will be held Thursday, June 17, 2010 for children entering the second grade to those entering the sixth grade. Cavalier County Progressive Agriculture

Safety Day™ will be located at the NDSU Langdon Research Extension Center and run from 12:30 PM-4:00 PM. The registration fee for this event is \$5.

Contact Cavalier County Health District at (701) 256-2402 for more information or to register your child.



## *FDA Issues Final Rule Restricting Access and Marketing of Cigarettes and Smokeless Tobacco*

The U.S. Food and Drug Administration issued a final rule containing a broad set of federal requirements designed to significantly curb access to and the appeal of cigarettes and smokeless tobacco products to children and adolescents in the United States. Published March 19, 2010, the new rule becomes effective June 22, 2010 and has the force and effect of law.

Titled *Regulations Restricting the Sale and Distribution of Cigarettes and Smokeless Tobacco to Protect Children and Adolescents*, the new rule restricts the sale, distribution, and promotion of these products to make them less accessible and less attractive to kids. Among other things, the rule prohibits the sale of cigarettes or smokeless tobacco to people younger than 18, prohibits the sale of cigarette packages with less than 20 cigarettes, prohibits distribution of free samples of cigarettes, restricts the distribution of free samples of smokeless tobacco, and prohibits tobacco brand name sponsorship of

any athletic, musical or other social or cultural events.

“This ruling is a critical piece of a coordinated effort to save lives, lower costs, and reduce suffering from heart disease, cancer and other tobacco-related illness,” said HHS Secretary Kathleen Sebelius. “today, we’re addressing a larger public health effort to prevent our children from becoming the next generation of Americans to die early from tobacco-related disease. This is a great step toward a healthier America.”

“Every day nearly 4,000 kids under 18 try their first cigarette and 1,000 kids under 18 become daily smokers. Many of these kids will become addicted before they are old enough to understand the risks and will ultimately die too young. This is an avoidable personal tragedy for those kids and their families as well as a preventable public health disaster for our country.,” said FDA Commissioner Margaret A. Hamburg, M.D. “Putting

these restrictions in place is necessary to protect the health of those we care most about: our children.”

Enforcement of the new rule will begin once it becomes effective on June 22, 2010. The FDA will work closely with States and Territories to ensure that retailers comply with the rule. The FDA will also work with the retail community over the coming months to educate them about the new requirements and assist them in understanding how to comply with them and help protect our children and adolescents from these addictive products.

Manufacturers and retailers who do not comply with the rule may be subject to enforcement action.

The rule was originally crafted in the 1990s by the Food and Drug Administration. After being set aside by the Supreme Court, it was included as key provision of the 2009 Family Smoking Prevention and Tobacco Control Act.



**“Every day nearly 4,000 kids under 18 try their first cigarette and 1,000 kids under 18 become daily smokers.” FDA Commissioner Margaret A. Hamburg, M.D.**

For more information about *Regulations Restricting the Sale and Distribution of Cigarettes and Smokeless Tobacco to Protect Children and Adolescents* go to [www.fda.gov/protectingkidsfromtobacco](http://www.fda.gov/protectingkidsfromtobacco).

## *School Immunizations*

Cavalier County Health District would like to encourage parents of children entering kindergarten, middle school, and college freshmen to take

the summer months to check on their child’s immunization records to make sure they are up to date before the upcoming school year. Immunization

records can be checked by calling 256-2402 or stopping by Cavalier County Health District. Immunization day is the third Tuesday of the month.





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

## *North Dakota QuitNet*

### *Another Option for Quitting Tobacco Use*

North Dakota residents looking to quit tobacco now have another option in addition to the North Dakota Tobacco Quitline, the North Dakota QuitNet. Both are free, confidential cessation services however the Quitline is telephone based and the QuitNet is web based. Indi-

viduals will be able to use the North Dakota QuitNet, the North Dakota Quitline or a combination of the two to get the help that is right for them.

social aspects of their lives. We wanted to offer an online tool people would be comfortable using and that would offer the social support which is so helpful when quitting tobacco.”

By signing up at [www.nd.quitnet.com](http://www.nd.quitnet.com) tobacco users will receive:

- Access to online professional cessation counselors.
- Assistance in designing a personal quit plan.
- Support from other quitters all over the world 24 hours a day, seven days a week, every day of the year.
- QuitTips e-mail messages that will offer tips about staying quit.
- Free nicotine patches, gum or lozenges to help with the quitting process.

In addition Walker reports “There are some great online tools like calculators that tell you how many days you’ve extended your life and how much money you’ve saved. And with

the active chat groups, there is always something new to keep you motivated in your quit attempt.”

Services for the North Dakota QuitNet are being provided by Healthways. Healthways has provided QuitNet online tobacco cessation services to other states since 1995 and continues to be the largest tobacco support website, with more than 600,000 participants and more than 3,700 visitors per day.

According to State Health Officer Terry Dwelle, M.D., M.P.H.T.M. “North Dakota QuitNet is a great modern tool that people can use to improve their health and quit using tobacco. People can access QuitNet anyplace and anytime. It’s the perfect option for people who prefer to get professional advice and support for their quit attempt through an online community.”

Check out the North Dakota QuitNet at:

[www.nd.quitnet.com](http://www.nd.quitnet.com)



Michelle Walker, tobacco cessation director for the North Dakota Department of Health reports “The QuitNet service is convenient and completely confidential and provides solid help with the challenging task of quitting tobacco. We know that people are connected online, using the Internet for work and the