



**Public Health**  
Prevent. Promote. Protect.

Cavalier County Health District

## District Newsletter

AUGUST 2013

### North Dakota Lags in Tobacco Taxes

*An initiated measure approved by North Dakota Voters provides funding to Cavalier 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.*

This year the Minnesota legislature voted to raise their cigarette tax a \$1.60 per pack bringing their total state tax to \$2.83 per pack. North

Dakota's tobacco tax remains at \$0.44 per pack, one of the lowest in the nation and certainly lower than our surrounding states with

Montana at \$1.70 per pack and South Dakota at \$1.53 per pack.

Cigarette taxes have  
Continued on page 2

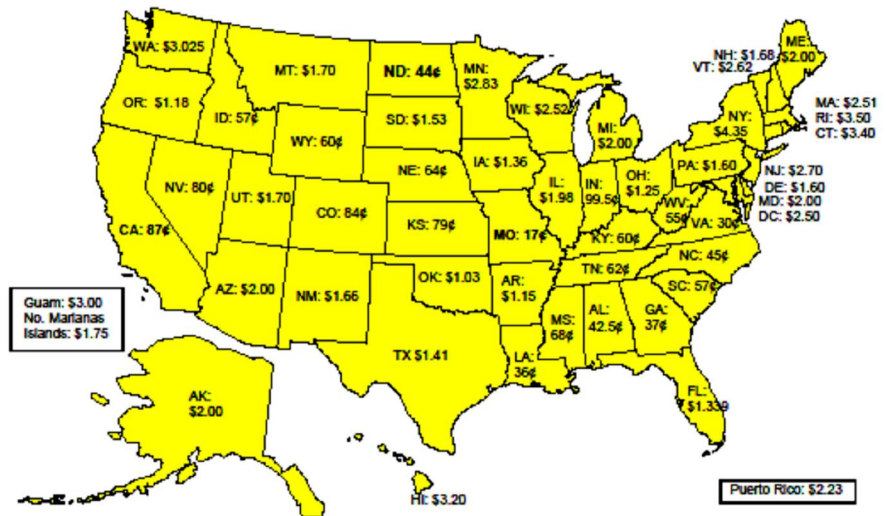


#### MAP OF STATE CIGARETTE TAX RATES

Average State Cigarette Tax: \$1.51 per Pack

Average Cigarette Tax in Major Tobacco States: 48.5 cents per Pack

Average Cigarette Tax in Non-Tobacco States: \$1.64 per Pack



Map shows state cigarette tax rates in effect by July 1, 2013 (MN on 7/1/13). The three states that have not increased their cigarette tax rate since 1999 or earlier are marked in bold. Currently, 30 states, DC, Puerto Rico, the Northern Marianas, and Guam have cigarette tax rates of \$1.00 per pack or higher; 15 states, DC, Puerto Rico, and Guam have cigarette tax rates of \$2.00 per pack or higher; five states and Guam have cigarette tax rates of \$3.00 per pack or higher; and one state (NY) has a cigarette tax rate more than \$4.00 per pack. The state averages listed above do not include Puerto Rico (with a population larger than those in 20 states) or any of the U.S. territories (such as Guam). The major tobacco states with extensive tobacco farming and, often, cigarette manufacturing, are NC, KY, VA, SC, TN, & GA. Federal cigarette tax is \$1.01 per pack. Not shown are the special taxes or fees some states place on cigarettes made by Non-Participating Manufacturers (NPMs), the companies that have not joined the Master Settlement Agreement (MSA) between the states and the major cigarette companies. Some local governments also have their own cigarette taxes, such as Chicago (88¢), Cook County, IL (\$3.00), New York City (\$1.50), and Anchorage, AK (\$2.208). The U.S. Centers for Disease Control & Prevention estimates that smoking-caused health costs and productivity losses total \$10.47 per pack sold.

Campaign for Tobacco-Free Kids, May 24, 2013 / Ann Boonn

For more information on state cigarette taxes and the benefits from increasing them, see [http://www.tobaccofreekids.org/facts\\_issues/fact\\_sheets/policies/tax/us\\_state\\_local/](http://www.tobaccofreekids.org/facts_issues/fact_sheets/policies/tax/us_state_local/).



# Schools Protect Kids with Policies

As back to school approaches it is a great time to appreciate all schools do to protect and educate our children. Cavalier County Health District would like to recognize Cavalier County schools for having Comprehensive Tobacco Free School Policies. Langdon Area

Schools and St. Alphonsus School policies have been shown to decrease the rates of youth smoking by denormalizing tobacco use through interventions such as prohibiting tobacco use by students, visitors and staff on all school property, not accepting gifts

from the tobacco industry and prohibiting the use of tobacco advertising and promotional products. Congratulations to these schools for implementing policies to protect students from tobacco use!

**State Cigarette Excise tax rates:**  
*North Dakota=\$0.44*  
*South Dakota=\$1.53*  
*Minnesota=\$2.83*  
*Montana=\$1.70*

# North Dakota Lags in Tobacco Taxes

Continued from page 1  
 been shown not only to increase the number of current tobacco users who quit but more importantly prevent new users, typically youth, from ever starting. North Da-

kota has not raised it's tobacco tax since 1993 and is currently ranked 46th in the nation. The Minnesota increase which went into effect July 1, 2013 puts their state at 6th in the nation.

For more information on the benefits of cigarette taxes go to [http://www.tobaccofreekids.org/what\\_we\\_do/state\\_local/taxes/](http://www.tobaccofreekids.org/what_we_do/state_local/taxes/)

## Celebrating Being Smoke free

**Pain Reliever in Nekoma—8 years in the Fall of 2013**

**Tom's Lounge in Langdon—3 years on July 1, 2013**

**Goodtimes in Osnabrock—2 years on April 1, 2013**

**North Forty Bar in Milton—1 year on June 1, 2013**

# Tobacco Marketing: the Deceptions Continue

The tobacco industry has a long history of deceptive marketing that continues to this day. In June, a Vermont court ordered the R.J. Reynolds Tobacco Company to pay \$8.3 million for deceptive marketing of its Eclipse cigarettes. The court found that RJR claimed the brand posed "less risk of cancer" and other deadly diseases caused by smoking. The unsubstantiated claims violated both Vermont's consumer protection laws and the 1998 tobacco settlement, which prohibits tobacco companies from misrepresenting the health consequences of tobacco use.

The "less risk" message is part of a "harm reduction" marketing strategy that tobacco companies have been using to discourage smokers from quitting and encourage new smokers to start. The so-called "light" and "low-tar" cigarettes aren't designed to mitigate harm - they're designed to sell more cigarettes, keep smokers hooked and hook a new generation. RJR also continues to target kids, most recently with a campaign for Camel Crush cigarettes running in magazines read by large numbers of young people.

The tobacco industry's

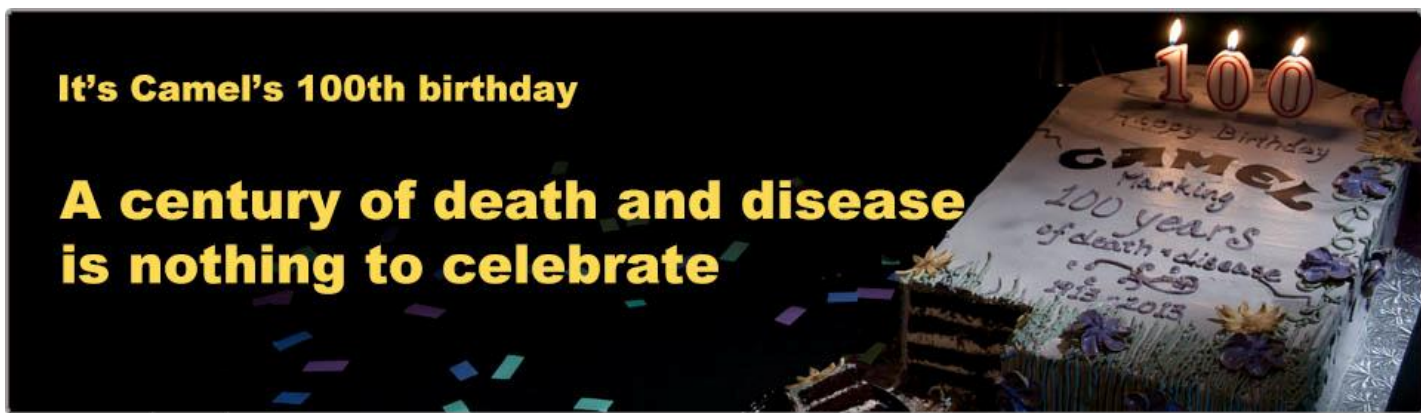
deceptive practices and its new flavored products aimed at young people make prevention efforts more important than ever. Big tobacco spends \$24 million every day in the U.S. to market its poisonous products. We need to expose their deceptions, educate the public on the harms of all tobacco products, and work to keep the next generation tobacco-free.

Reprinted from <http://www.breathend.com/newsletter/view.asp?NLID=107>



**It's Camel's 100th birthday**

**A century of death and disease is nothing to celebrate**



Artwork from <http://www.tobaccofreekids.org/>



**Public Health**  
Prevent. Promote. Protect.

Cavalier County Health District

# BreatheND

Saving lives, saving money. The voice of the people.

## Cavalier County Health District

901 3rd Street Suite #11

Langdon ND 58249

Phone: 701-256-2402

Fax: 701-256-5765

Email: [tgustafs@nd.gov](mailto:tgustafs@nd.gov)

[stwelsh@nd.gov](mailto:stwelsh@nd.gov)

**BreatheND is the official website and logo of the Center for Tobacco Prevention and Control Policy, a division of the Tobacco Prevention and Control Executive Committee. North Dakota voters passed a statewide initiated measure that created the Tobacco Prevention and Control Executive Committee and requires a portion of the money North Dakota receives from tobacco settlement dollars to be used for tobacco prevention and control programs. The Center, along with the North Dakota Department of Health, local public health units and other partners, is charged with implementing North Dakota's comprehensive state tobacco prevention plan: *Saving Lives - Saving Money.***

## NDQuits Offers Free Help with Quitting

For those looking to quit tobacco use NDQuits offers confidential counseling and advice through telephone, online and mobile services. Counselors assess the quitter's readiness to quit tobacco use and help them develop a plan, which includes setting a quit date, learning how to identify triggers and learning how to deal with withdrawal symptoms and cravings. Qualified NDQuits enrollees can get a free, two-month supply of nicotine patches, gum or lozenges to help them quit. Enrollees also

have access to the following:

- The ability to chat with other quitters online
- 24/7/365 online encouragement and support
- Access to recorded telephone messages about topics such as dealing with withdrawal symptoms and managing triggers
- Online calculators that figure out how many days a person has extended his or

her life or how much money has been saved

- QuitTips e-mail messages

For help with quitting smoking or tobacco, visit NDQuits at [www.ndhealth.gov.ndquits](http://www.ndhealth.gov.ndquits) or call 1.800.QUIT.NOW