



Smoke-Free North Dakota Starts Statewide Grassroots Effort

An independent, grassroots effort organized as Smoke-Free North Dakota recently announced a petition drive to get a statewide smoke-free law on the ballot this fall in North Dakota. If enacted, the law would make all indoor public places and all places of employment smoke-free. The group needs to gather 13,452 signatures by August 8 to get the measure on the ballot.

Currently, eight North Dakota cities - Bismarck, Cavalier, Devils Lake, Fargo, Grand Forks, Napoleon, Pembina and West Fargo - have passed comprehensive smoke

-free laws.

Chelsey Matter, chairwoman for Smoke-Free North Dakota's sponsoring committee for the initiated measure, said the smoke-free ordinances currently in effect cover 37 percent of North Dakota residents.

"That's a great start, but we want to do better."

Matter, a West Fargo respiratory therapist who works in the insurance industry and is volunteering her time for the effort, said the initiated measure is a grassroots effort that will need fundraising but also has the support of the American Lung Association.

Volunteers plan to gather signatures at events throughout the summer, including at the State Fair in Minot. She believes getting the backing of more than 13,000 people in the state in less than two months can be done. "We certainly have a lot of support out there," she said. The eight cities that have decided to go smoke-free have done so since 2008. Numerous statewide and local surveys have shown broad support for such laws. "There's certainly a lot of momentum with all the cities that have gone in the past year, year and a half," Matter said.

BreatheND

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

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.

Cigarette Butts are No.1 Littered Item

Washington, D.C. 6 Last year, according to 2011 The Tax Burden on Tobacco report, Americans purchased more than 287 billion cigarettes. A vast number of those cigarette butts, including the filters, will be flicked into the environment, landing along waterways, parks, beaches and public roads.

According to new research conducted by Legacy®, a public health non-profit located in Washington, DC, more than half of the Americans surveyed last month reported not knowing that **cigarette butts are the number one littered item every year** on U.S. roadways and beaches. Legacy is working to raise awareness about the negative impact cigarette filters

and discarded cigarette butts have on the environment. Cigarette butts contain heavy metals that can leach into waterways, posing a lethal threat to aquatic life. They are costly to local communities to clean up and dispose of as well.

According to environmental cleanup reports, nearly 2 million cigarettes or cigarette filters/butts were picked up internationally from beaches and inland waterways as part of the annual International Coastal Cleanup (ICC) in 2010, including more than one million from the United States alone. Cigarette butts account for more than three times the number of any other item found over the past 25 years of ICC cleanups. Research shows that ciga-

rette butts have potentially toxic effects on ecosystems. In one laboratory test, one cigarette butt soaked in a liter of water was lethal to half of the fish exposed.

“If more than 287 billion cigarettes were sold last year, where did all those butts go?” said Cheryl G. Heaton, DrPH, President and CEO of Legacy.

“Cigarette manufacturers acknowledge that there is no such thing as a safe cigarette and have long known that cigarette filters don’t reduce health consequences of smoking and are a major source of coastal litter.”

For more information about the environmental impact of cigarettes go:

www.legacyforhealth.org/environment.aspx

**Congratulations Tom’s Lounge on
2 years of being Smoke Free!**

City of Cavalier Goes Smoke free

On May 7, 2012 the Cavalier City Council unanimously passed a comprehensive smoke-free ordinance to protect the public from secondhand smoke. The ordinance, which takes effect on July 1, makes all indoor public workplaces, including bars and restaurants, smoke-free.

With the addition of Cavalier, North Dakota will have eight communities with comprehensive ordinances that all together protect 37 percent of North Dakota's population from the harms of secondhand smoke. The other cities

that have gone smoke free are Bismarck, Fargo, Devils Lake, Grand Forks, Napoleon, Pembina and West Fargo.

North Dakota's Center for Tobacco Prevention and Control Policy (the Center) Director Jeanne Prom said, "We've made great progress, but we have a lot more work to do to before all North Dakotans are protected from the dangers of tobacco."

The Center works with public health units across the state to promote tobacco use prevention and comprehensive smoke-free

and tobacco-free policies. Prom said that by preventing young people from starting smoking, encouraging smokers to quit, and preventing exposure to secondhand smoke, North Dakota saves lives and money.

According to the Centers for Disease Control and Prevention, tobacco use is the leading cause of preventable disease in both our nation and North Dakota. Last year, tobacco use killed 800 North Dakotans prematurely and cost the state over \$247 million in healthcare.

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Linton Citizens Vote for Smoke-free Ordinance

June 13, 2012 an overwhelming majority of Linton voters - 67 percent - cast their ballots to support a city-wide smoke-free ordinance to protect the public from secondhand smoke. This vote is considered an advisory vote, which means the Linton City Council needs to approve the ordinance for it to take effect.

If approved by the Linton City Council, Linton will be the ninth North Dakota city to pass a smoke-free workplace ordinance, joining the ranks of Bismarck, Fargo, Devils Lake, Grand Forks, Napoleon, Pembina, West Fargo and Cavalier. North Dakota's Center for Tobacco Prevention and Control Policy (the Cen-

ter) Director Jeanne Prom said, "The people of Linton have spoken with their vote, and we're hopeful the Linton City Council will do the right thing and approve a city-wide smoke-free ordinance."





Public Health
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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*.

Cavalier County Health District is on Facebook

For those wanting to keep up with what is going on in the area of tobacco prevention, immunizations or public health in general, Cavalier County Health District now offers updates via the Cavalier County Health District Facebook page at <http://www.facebook.com/cavaliercountypublichealth>.

Like our page to receive timely updates on current health topics and upcoming

events.

We also continue to offer information via our website at :

<http://www.cavaliercountyhealth.com/>.

