



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

Cavalier County Health District

# Cavalier County Health

## District Newsletter

# BreatheND

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

JUNE 2016

## ND Group Grassroots Effort to Raise ND Tobacco Tax

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

Increasing the price of tobacco has been shown to be effective in reducing tobacco use through encouraging current users to quit and keeping youth from ever starting. In fact, increasing the price of tobacco products, for example through increasing taxes on these products, is a Center for Disease Control research proven and recommended Best Practice in Tobacco Pre-

vention and Control.

A coalition of organizations and individuals from across the state of North Dakota is working to raise the price of tobacco in ND by raising the tobacco tax from \$0.44 per pack to \$2.20 per pack. North Dakota currently has the 48th lowest tobacco tax in the nation with only Georgia and Virginia having lower tobacco taxes. The



states surrounding ND have significantly higher tobacco taxes with Montana at \$1.70, South Dakota at \$1.53 and Minnesota at \$3.00 per pack. This proposed increase is projected to save the state of ND \$246.57 million in long term health care costs and prevent 5,800 North Dakota Youth from ever starting smoking.

<http://www.raiseitforhealthnd.com>

[http://www.cdc.gov/tobacco/stateandcommunity/best\\_practices/pdfs/2014/comprehensive.pdf](http://www.cdc.gov/tobacco/stateandcommunity/best_practices/pdfs/2014/comprehensive.pdf)

<https://www.tobaccofreekids.org/research/factsheets/pdf/0097.pdf>

## School Based Cancer Prevention Effort a Success

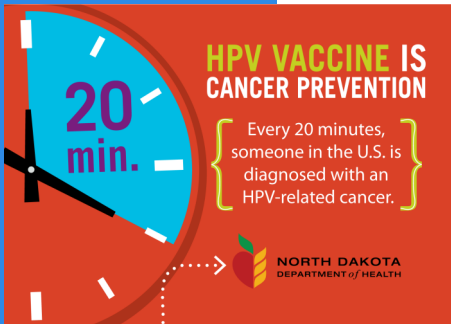
Cavalier County Health District received a grant this past year from the North Dakota Department of Health Comprehensive Cancer Control Program to

offer HPV vaccination at county high schools in order to increase vaccination rates making getting

this 3 dose cancer prevention vaccine series more convenient for teens and parents. Letters were sent

to parents of teens who had not yet received the vaccine and clinics were held in October and December 2015 and May 2016 at Langdon High and Munich High Schools.

Rates of HPV vaccination of 7-12 grade students were assessed prior to beginning this effort and after the final school based clinic.



## Progressive Agriculture Youth Safety Day

Cavalier County Health District in conjunction with the Progressive Agriculture Foundation® will be holding the annual Cavalier County Progressive Agriculture Youth Safety Day on Wednesday,

June 22 from 12:30-4:00 PM at the NDSU Langdon Research Extension Center.

This event is geared toward students entering grades 2-6 in the 2016-2017 school year. Eligible Cava-

lier County students had registration forms sent home from area schools. Registration materials are also available at Cavalier County Health District at 701-256-2402 or [www.cavaliercountyhealth.com](http://www.cavaliercountyhealth.com).



## Village Apartments offer Smokefree Living

Park Village Apartments in Langdon, ND became smoke free when their management was assumed by LSS Property Management Group in mid-2015. The statewide non-profit property manager, affiliated with Lutheran Social Services of North Dakota, has as part of its mission a commitment to ensuring that all of its tenants across the state can enjoy clean air within their rental homes.

"We manage more than 800 apartments in 20 North Dakota cities and towns and we are growing all the time - we have become one of the leading sources of affordable housing across North Dakota. We made the major decision to go 100% smoke free in every apart-

ment about three years ago, and we gave our tenants ample warning plus the offer of support in finding resources to stop smoking if they needed to. We did not want to cause undue stress for smokers, but on the other hand, we had hundreds of tenants who very much wanted to live in smoke free buildings." explains LSS Property Management Group state director Paulette Paulson (pictured). "Now, as buildings that are new to us, such as the Park Village complex, come on line...their tenants automatically inherit the smoke-free culture we have built around the state. Lutheran Social Services of North Dakota's overriding goal is to help North Dakotans thrive. A big part of thriving is simp-

ly avoiding those habits that detract from living in a vibrant, healthy way. We want to support our tenants in living smoke free and in quitting if smoking is a problem for them."

Those interested in learning more about the affordable smoke free units open at Langdon's Park Village Apartments - or about finding resources to help quit smoking - can contact LSS Property Management Group at 1-800-609-8634 or [housing@lssnd.org](mailto:housing@lssnd.org). LSS Property Management Group is an equal opportunity housing provider and employer.



*Paulette Paulson,  
LSS Property Management  
Group State Director*



## Grad Event Promotes Parents LEAD

Parents LEAD materials including backpacks, tumblers and conversation starter playing cards were recently provided to area youth attending the alcohol free Langdon High School Graduation Party

Event. This yearly alcohol free alternative sponsored by community volunteers and support meshes well with the Parents LEAD mission of reducing underage drinking by supporting parent engagement and

activities which ultimately increase the protective factors and reduce the risk factors for underage drinking. For more information go to [www.parentslead.org](http://www.parentslead.org)



# BreatheND

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.*

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



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## CCHD to Assess Walkability

Walking has been shown to be an effective way to increase physical activity and lower individual risk for chronic diseases like obesity, heart disease and diabetes. Cavalier County Health District in cooperation with the North Dakota Department of Health Division of Nutrition and Physical Activity has received grant funding to address chronic disease in our community. As part of this effort

Cavalier County Health District plans to complete a walkability study of the Langdon Area Schools, Langdon Park and Pool, Langdon Daycare Center and American Legion Baseball Diamond neighborhoods in the community of Langdon this summer. This study will look for both strengths and areas for improvement for pedestrian use and safety. If you or someone you know would like to

take part in this assessment contact Cavalier County Health District at 701-256-2402. No prior experience with walkability assessment or prior training is required to take part.

