

March 24, 2010

Kick Butts Day
Special Edition

**Stand Out. Speak up.
Seize Control Against Big Tobacco.**

Cavalier County Tobacco Coalition Newsletter

Best Practice Proven Changes Reduce Tobacco Use

The Centers for Disease Control (CDC), a federal organization dedicated to collaborating to create the expertise, information, and tools that people and communities need to protect their health, has created a list of Best Practices for tobacco prevention. This

list of best practices show research proven effective strategies to reduce

**Nearly every adult who
smokes took their first puff
before the age of 18 years!**

tobacco use. Tobacco use is the number one cause of preventable disease and disability in our nation. By using best practices the time, money and efforts spent to reduce the burden of tobacco use on our citizens will be most effective. Some examples of proven effective best practices include:

- Increasing tobacco taxes. See page 2 for information on ND's tobacco tax.
- Strengthening tobacco policy such as tobacco free laws, ordinances or other policy

For example North Dakota has a state law prohibiting tobacco use in most workplaces and public places however some workplaces and public places are exempted such as truck stops. Most open air outdoor public areas are not covered such as parks, parking lots etc. Not all policies need to be at a state level, cities, counties, schools, businesses, hospitals, and churches can choose to create policies prohibiting tobacco use in the areas they serve. These local policies are proven best practices as well.

**Tobacco companies target young
people as replacement smokers for
those customers who quit or die!**

- Media campaigns. Cigarette companies spend more than \$12.5 billion a year to promote their products. Effective media campaigns to counter this enormous marketing of a deadly product have also been proven to be effective.
- Providing resources to help current tobacco users quit. See page 3 for some of these free effective resources to help tobacco users quit.



**More than 5 million
children alive today will die
prematurely due to smoking
related illness!**

Tobacco Taxes Proven To Reduce Tobacco Use

An increase in federal cigarette taxes was enacted by Congress and signed into law by President Obama in February 2009 and took effect April 1, 2009. The tax increase raised the federal tax on a pack of cigarettes from \$0.39 to \$1.01 per pack. Following this increase calls to the North Dakota Quitline increased dramatically. Research has shown that increasing tobacco taxes prevents people from becoming tobacco users, especially youth, and encourages current users to quit.

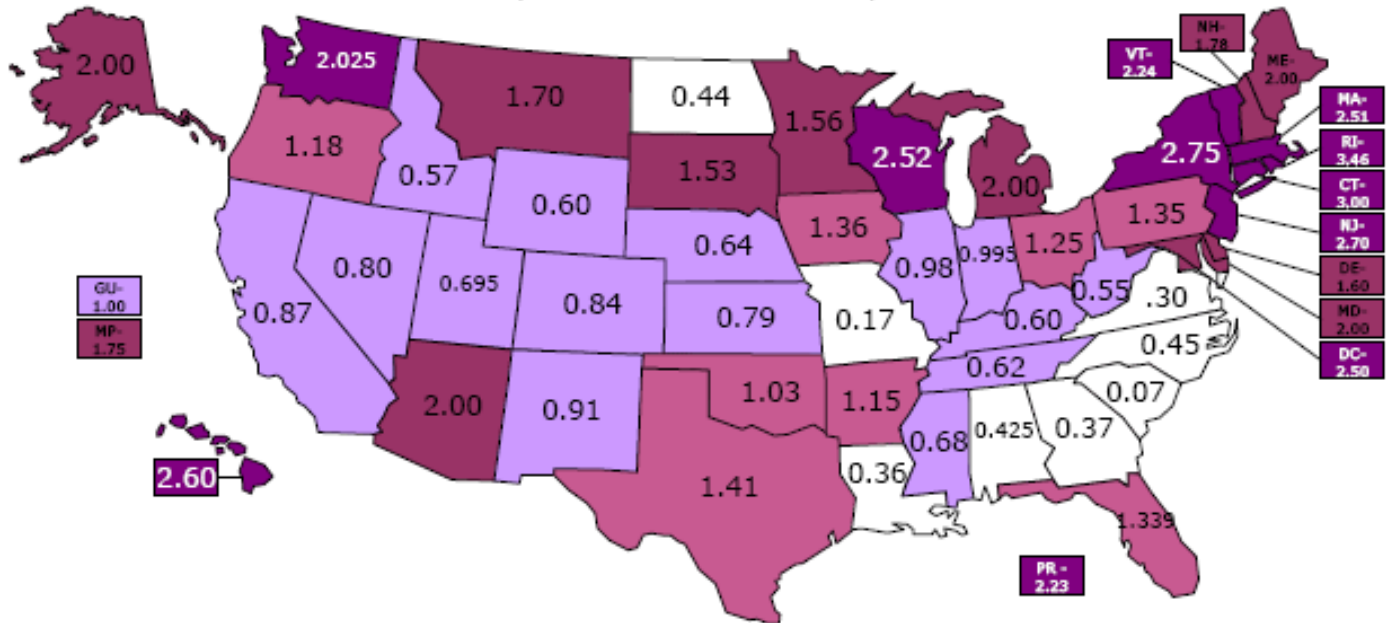
In addition to federal taxes states can also impose state taxes. Currently ND's state tax sits at \$0.44. It has not been increased since 1993 and is significantly lower than our surrounding states with Minnesota at \$1.56, South Dakota at \$1.53, and Montana at \$1.70.

A \$1.00 cigarette tax increase in ND would result in 3,800 fewer adult smokers, 5,100 fewer kid smokers and save 1,600 kids from early death.

Currently, North Dakota's cigarette tax is 44 cents per pack, which ranks 45th in the nation. The national average is \$1.34 per pack.

Research shows that that cigarette tax increases are an effective way to decrease smoking prevalence, especially for youth. For example every 10% increase in the price of cigarettes is expected to reduce youth smoking by about 7% and overall cigarette smoking by about 4%. A tax increase gives youth who typically have limited funds an additional reason not to initiate smoking. The tax increases also gives current smokers yet another reason to quit.

State Cigarette Excise Rates November 2009 (amounts in dollars)



National Conference of State Legislatures. (November 2009). *State Cigarette Excise Taxes*. Retrieved from <http://www.ncsl.org/IssuesResearch/Health/StateCigaretteExciseTaxes/tabid/14349/Default.aspx>.

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Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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**NORTH DAKOTA
QUITNET®**

www.nd.quitnet.com

Q North Dakota Tobacco QUITLINE

1•800•QUIT•NOW

The North Dakota Tobacco Quitline is a free telephone-based service available to help North Dakota smokers and spit tobacco users quit using tobacco.

The Quitline will: Help you set a quit date. Show you how to deal with withdrawal symptoms. Teach you about triggers and strategies for staying quit. Be a source a support and encouragement during your quit attempt.

Services available: Professional counseling, voice messaging (24 hours per day), Quit tip audio library

Who should call: Smokers, spit-tobacco users, family members, health-care professionals

How to enroll: Call our toll free number 1.800.QUIT.NOW (1.800.784.8669). TDD users can call toll-free at 1.866. Schedule a time to speak with a counselor. Set a quit date.

Check out these web sites :

- thetruth.com
- tobaccofreekids.org
- kickbuttsday.org



MyLastDip.com

FREE online resource to help young smokeless tobacco users quit



MyLastDip.com Program is:

- Free and available 24 hours a day
- Made specifically for teen and young adult chewers
- Developed by experts in smokeless tobacco cessation
- Based on proven and effective methods that have been tested on thousands of smokeless tobacco users

Part of a research study conducted by the Oregon Research Institute and funded by the National Cancer Institute.

Cavalier County Health District would like to invite any interested youth to join our coalition. Contact stwelsh@nd.gov for more information.