



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

Cavalier County Health District

# Cavalier County Health District Newsletter

MAY 2014

*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.*

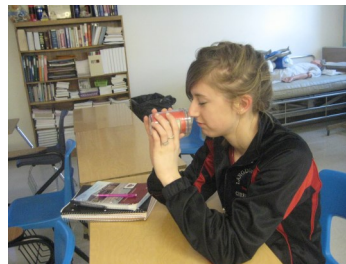
## Kick Butts Day; Local Students Raise Awareness

Kick Butts Day is a day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco at more than 1,000

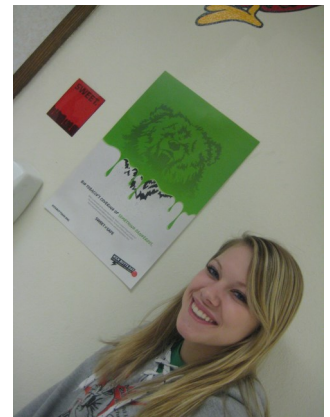


events planned by independent organizers across the United States and around the world. March 19 was Kick Butt's Day and this year's themes were SWEET is not equal to SAFE and Kick E-Butt's Day. Locally the Langdon High School HOSA chapter participated in various activities to raise

awareness about the tactics Big Tobacco Uses to entice young people to become addicted to their products. Activities included a school announcements, posters, and bulletin boards about Kick Butt's Day, tools like Mr. Dip Lip, diseased lungs versus healthy lungs, cigarette model illustrating the toxic chemicals in cigarettes, and Smokey Sue. Students also had tem-



porary tattoos and played "Target the Truth" game. Students posted messages on Facebook and Twitter. HOSA students also watched a PowerPoint regarding electronic cigarettes and



wrote a letter to the editor regarding the need to regulate e-cigarettes. A scent activity was done to draw attention to the kid-friendly flavors Big Tobacco uses in electronic cigarettes and other tobacco products. Students also completed an "I Spy" assignment to identify the advertising of tobacco products.



# BreatheND

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

# Cavalier County Courthouse

## Tobacco Free

*“It demonstrates to the clients, families and children we serve that wellness is a priority.”*

*Terri Gustafson,  
RN  
Cavalier County  
Health  
District*

On February 4, 2014 after a brief presentation by Terri Gustafson on the benefits of tobacco free policies the Cavalier County Commissioners voted to make Cavalier County Courthouse building and



grounds tobacco free. According to Terri Gustafson, RN, with Cavalier County Health District, located in Cavalier County Courthouse, “As a health care entity we are in support of tobacco free policies. It demonstrates to the clients, families and children we serve that wellness is a priority. By eliminating exposure to secondhand smoke, health is im-

proved. When children see adults smoking they see smoking as acceptable. Policies set what is viewed as acceptable behavior.”

Tobacco free policies

not only protect employees, patrons and visitors from environmental tobacco smoke but also send a strong message to youth that tobacco use is no longer the community “norm”. This denormalization of tobacco use has been shown to decrease the number of youth who ever start using tobacco.

In regards to the new policy Elsie Magnus, Cavalier County Com-

missioner said “Cavalier County Courthouse grounds are now tobacco free. Not only is secondhand smoke a health hazard, but the discarded butts and residue from tobacco users are a health hazard. Butts contain enough tar to sicken a child

and cause health issues with pets and wildlife in addition to the unsightly litter. Cigarette butts are made from a plastic like material that takes decades to decompose. This is an opportunity to teach by example as our courthouse is located across the street from both a school and a medical complex. Thank you for observing our tobacco-free grounds policy.”

# E-Cigarettes

Electronic cigarettes are devices made to deliver nicotine to the body. They appear to be designed like a cigarette but are battery powered with a vaporizer and mouthpiece attached. These products are made to look like cigarettes, cigars, or pipes. According to product manufacturers, e-cigarette cartridges are available in various flavors such as vanilla, menthol, and pina colada, as well as containing varying levels of nicotine. Using an e-cigarette is commonly referred to as vaping. Popular brands include “Blu” and “NJOY.” Preliminary U.S. Food and Drug Administration (FDA) tests of e-cigarette samples showed they contain carcinogens and some toxic chemicals such as diethylene glycol, an ingredient used in antifreeze.<sup>1</sup>

## Denormalizing every kind of smoking

- Allowing use of e-cigarettes in smoke-free areas undermines hard work done to denormalize smoking behavior.<sup>2</sup>
- Use of e-cigarettes

simulates smoking. Seeing smoking behavior can be a trigger for smokers trying to quit and glamorizes the behavior for youth.<sup>2</sup>

## E-cigarettes can be a gateway drug delivery device for youth

- E-cigarettes are very youth friendly because of their high-tech design, easy availability online or via mall kiosks, and the wide array of flavors of cartridges.<sup>1</sup>
- Experts have also raised concerns that the marketing of products such as e-cigarettes can increase nicotine addiction among young people and may lead kids to try other tobacco products. California, Minnesota, New Hampshire, New Jersey, New York, Kansas, Vermont, and Utah have prohibited the sale of e-cigarettes to minors since March



2011.<sup>1</sup>

## No Regulation

- FDA has not evaluated any e-cigarettes for safety or effectiveness.<sup>3</sup>
- When FDA conducted limited laboratory studies of certain samples, FDA found significant quality issues that indicate that quality control processes used to manufacture these products are substandard or non-existent. FDA found that cartridges labeled as containing no nicotine contained nicotine and that three different electronic cigarette cartridges with the same label emitted a markedly different amount of nicotine with each puff.<sup>3</sup>

For more information about e-cigarettes or what you can do go to: [www.breathend.com](http://www.breathend.com)

### Sources

1. “Electronic Cigarettes: Tobacco Fact Sheet” [Legacyforhealth.org](http://Legacyforhealth.org), June 2013
2. “Talking Points on E-Cigarette Regulation” [Contra Costa Health Services Tobacco Prevention Project](http://ContraCostaHealthServicesTobaccoPreventionProject.org), April 2013
3. “E-Cigarettes: Questions and Answers” [U.S. Food and Drug Administration](http://U.S.FoodandDrugAdministration.gov), September 9, 2010

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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.**

## Progressive Agriculture Youth Safety Day

Many in agriculture know 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 with a few simple safety precautions. That's why the Progressive Agriculture Foundation® is on a crusade to bring safety and health information to the farming communities who desperately need it.

At the heart of this effort is the Progressive Agriculture Safety Day® program. This educational program provides

training and resources for local communities to conduct one-day safety and health programs. Safety Days are designed to be age-appropriate, hands-on, fun, and safe for children.

Cavalier County Health District in conjunction with the Progressive Agriculture Foundation® will be holding the eighth annual Cavalier County Progressive Agriculture Youth Safety Day on Thursday, June 12 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 2014-2015

school year. Eligible Cavalier County students will have registration forms sent home from area schools. Other interested participants may contact Cavalier County Health District at 701-256-2402 or go to [www.cavaliercountyhealth.com](http://www.cavaliercountyhealth.com) to receive a registration form for this fun, educational, safety focused event.

