



Increased Cigarette Taxes Decrease Smoking

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.

While cigarette taxes have been shown to be an effective tool at helping adult smokers to quit and keeping young people from ever starting smoking, North Dakota continues to have one of the lowest cigarette taxes in the nation at \$0.44 per pack. This is much lower than our surrounding states with Minnesota at \$2.83 per pack, South Dakota at \$1.53 per pack, and Montana at \$1.70 per pack. North Dakota has not raised its cigarette tax in 20 years with the last increase in 1993 making ND one of just 12 states who have not raised their cigarette tax in the last 10 years.

Source: Office of State Tax Commissioner and Campaign for Tobacco Free Kids

Raising Cigarette Taxes Lowers Consumption, Especially Among Younger People



Source: Congressional Budget Office

Center on Budget and Policy Priorities | cbpp.org

Tobacco-Free Parks Keep Kids Tobacco-Free

Are your town's parks and playgrounds tobacco-free? While smoke-free parks are free of the harms of

secondhand smoke and toxic cigarette litter, 100 percent tobacco-free policies protect the public from the harms of all types of tobacco and set a healthy example for children.

In local communities, tobacco-free parks are an effective way to change the way youth and young adults think about tobacco use.

This change leads to fewer people ever starting to use tobacco and encourages users to quit.

The city of Coopers-town, North Dakota recently went tobacco-free in its city park. Julie Ferry, administrator of the Nelson-Griggs Health Unit, worked with the Cooperstown Park Board and its employees to enact the

tobacco-free policy.

As Ferry recently pointed out in an article in the *Grand Forks Herald*, keeping parks free of **all** tobacco products has major benefits beyond those of a smoke-free policy:

1. Chew can have second-hand damage because the spit on the ground and can be consumed by children and pets.
2. Chew and other smokeless products set a bad example for children.
3. Eliminating all forms of tobacco from parks can help to set a new, more desirable norm.

"If we adopt policies that limit places you can do something, that creates a new social norm," Ferry said. "The social norm used to be that you could smoke on airplanes. Now you can't. The consequence to others is

them seeing it and thinking it's an acceptable behavior. We need to role model for our youth."

In addition to Cooperstown's tobacco-free park policy, 12 additional North Dakota cities have chosen to make their parks tobacco-free: Beulah, Cando, Cogswell, Forman, Gwinner, Harvey, Jamestown (Peppers Dog Park), Langdon, Mayville, Milnor, Roulette and Wahpeton.

What's included in your hometown park policy? If you'd like to work toward making your parks tobacco-free, contact your local public health unit. Tobacco-free parks are cleaner, greener and safer places for families to enjoy healthy recreation, and they set an example that will help keep the next generation free of all forms of tobacco.

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NDQuits Offers Youth Free Help with Quitting Tobacco

Of North Dakota students in grades nine through 12, nearly 20 percent are current smokers and nearly 14 percent use smokeless tobacco. According to the 2012 Surgeon General's Report, nine out of 10 adult smokers started prior to age 18. Tobacco companies continue to market products that appeal to kids, teenagers and young adults.

Several products are being promoted that could hook kids into using tobacco such as electronic cigarettes (e-cigarettes), cigars, cigarillos, little cigars and snus (tobacco in pouches). The cigars, cigarillos and little cigars are often sold as a single item for about the same price as a candy bar and come in fruit, vanilla, cinnamon or mint flavors. These items contain poisonous chemicals just like regular cigarettes and could lead to an addiction to tobacco and smoking. The best thing to do is to never start using tobacco. If you do smoke or use smokeless tobacco, get help with quitting. North

Dakota residents can get help quitting tobacco, FREE, through NDQuits. NDQuits offers confiden-



tial coaching and advice through telephone, online and mobile services to adults and youth ages 14 and older. **Youth ages 14 and older are allowed to use NDQuits services without parental/guardian permission. Youth younger than 14 can use NDQuits with parental/guardian permission.**

NDQuits coaches will assess the quitter's readiness to quit tobacco use and help them develop a plan, which could include setting a quit date, learning how to identify triggers and learning how to deal with withdrawal symptoms and cravings.

NDQuits members age 18+ may be eligible to receive free medication to help them quit. NDQuits enrollees also have access to the following:

- The ability to chat with other quitters online
- 24/7/365 online encouragement and support
- Online calculators that let you figure how many days you've extended your life or how much money you've saved
- E-mail messages to encourage and inspire you in your quit attempt

If you know of a family member or peer who wants to quit smoking or smokeless tobacco, have them check out NDQuits at www.ndhealth.gov/ndquits or call 1.800.QUIT.NOW (1.800.784.8669). NDQuits is a program of the North Dakota Department of Health.

**Half of
all high
school
smokers
report
trying to
quit in
the past
year.**

[Centers for
Disease Control
and Prevention.
Youth Risk
Behavior
Surveillance—
United States,
2009.](#)

BreatheND

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



Public Health

Prevent. Promote. Protect.

Cavalier County Health District

901 3rd Street Suite #11

Langdon ND 58249

Phone: 701-256-2402

Fax: 701-256-5765

Email: tgustafs@nd.gov

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 state-wide 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.*

Did you know?

Cigarette butts are the most commonly littered item in the US and across the world.

At the International Coastal Cleanup in 2010, more than 1 million cigarette butts, were picked up from beaches and inland waterways in the U.S. alone. These are enough butts to fill 94,626 packs!

Cigarette butts are not biodegradable.

Cigarette butts are made of a plastic called cellulose acetate which will break up into smaller pieces over time but will never biodegrade completely.

Cigarette Butts are toxic to people and animals

Small children and pets are both known to ingest nonfood items, including cigarette butts resulting in toxicity. Poison control centers report hundreds of cases of cigarette butt consumption by children under 6 years each year. In addition the toxic compounds that leach out of cigarette butt litter in water have been shown to be toxic to fish and aquatic organisms.

Cigarette litter clean up is costly.

In 2009 the city of San Francisco estimated the yearly costs to clean up cigarette litter at over \$10 million per year for their city alone.

