

CAVALIER COUNTY
HEALTH DISTRICT
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Cavalier County Health District Newsletter

NOVEMBER 2010 EDITION

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Measure 3 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.

Devils Lake Residents Overwhelmingly Support Smoke-free Public Places

Bismarck, ND ó Nov. 3, 2010 ó Devils Lake voters overwhelmingly supported an advisory vote that shows voters prefer smoke-free public, indoor places, including bars, and now the right to breathe clean air is in the hands of the Devils Lake City Commissioners to pass the recommended smoke-free ordinance.

Jeanne Prom, Center for Tobacco Prevention and Control Policy executive director, said the results are typical of what has happened in the past with Fargo, West Fargo and Napoleon ó voters

overwhelmingly choose to support smoke-free policy.

“City leaders can confidently move forward with smoke-free ordinances because there is strong support from community citizens: people want smoke-free workplaces and the right to breathe clean air,” said Prom.

Secondhand smoke contains over 4,000 chemi-

cals, including at least 69 that cause cancer, including arsenic, ammonia and formaldehyde and nearly 50,000 Americans die each year from lung cancer and heart disease

attributable to secondhand smoke exposure.

For questions regarding smoke-free policy and to learn more about the harms of tobacco,

contact the Center at 701-328-5130 or visit the Center’s website at: www.breatheND.com.



South Dakotans Support Smoke-free Law

November 2, 2010—South Dakota residents sent a strong public health message on election day when they cast their vote in favor of a

comprehensive statewide smoke-free law. The new law takes effect November 10, 2010 and includes bars, restaurants, and casinos. Now

all the states bordering North Dakota have comprehensive statewide smoke-free laws in place. Congratulations South Dakota!

NORTH DAKOTA
QUITNET®

“We encourage anyone who is thinking about quitting tobacco to check out the site,”

*Michelle Walker
Tobacco Cessation
Director
North Dakota
Department of
Health*

QuitNet Helping North Dakotans Quit Tobacco

September 2010

According to Michelle Walker, tobacco cessation director for the North Dakota Department of Health, nearly 3,800 people have visited the QuitNet website

(www.nd.quitnet.com) since it launched in early February 2010, and 670 new members have signed on for services. Those 670 members have visited the site more than 5,000 times. More than 20,000 Quit-Tips emails have been sent out from QuitNet to members, offering suggestions about the quitting process and encouragement for a successful quit attempt.

North Dakota resident Michele Hancock has been using the site since March and feels it is a great help to the quitting process. “It inspires me to read about other people who have quit successfully,” Hancock said. “I would definitely recommend the service to other people. It’s easy to navigate and has good information about

how to quit. Plus, it’s encouraging when you can visit with other people who are having the same challenges as you with quitting tobacco.” When people sign up for QuitNet, they get:

• Access to online professional cessation counselors.

• Assistance in designing a personal quit plan.

• Support from other quitters all over the world 24 hours a day, seven days a week, every day of the year.

• QuitTips e-mail messages that will offer tips about staying quit.

• Free nicotine patches, gum or lozenges to help with the quitting process.

“We encourage anyone who is thinking about quitting tobacco to check out the site,” Walker said.

“Professional counseling, free medication and coming together with others who are quitting ó QuitNet offers all these options.

Plus, the service is free and completely confidential.”

The Department of Health also continues to sponsor the North Dakota Tobacco Quitline, a free telephone-based service that helps tobacco users quit. QuitNet users can use the online service in conjunction with the Quitline’s services to get the combination of help that’s right for them.

North Dakota QuitNet is a service of the North Dakota Department of Health, Tobacco Prevention and Control Program funded by the North Dakota state legislature through funds received in the Master Settlement Agreement with the tobacco industry. Funding also is provided by the U.S. Centers for Disease Control and Prevention’s Office on Smoking and Health. For more information, contact Michelle Walker at 701.328.2315 or visit the QuitNet site at www.nd.quitnet.com.



Congratulations to the following Cavalier County exempted businesses for voluntarily enacting clean indoor air policies; Tom’s Lounge and American Legion Post #98.

Local Businesses Display Banner

Cavalier County Health District would like to commend the following businesses for promoting the health of Cavalier County residents through the display of North Dakota Tobacco Quitline banners. The North Dakota Quitline is a free tobacco cessation service

for all North Dakota residents. The traveling banner has been seen at Cavalier County Memorial Hospital Clinic, Cavalier County Memorial Hospital, Dr Eklof's Office, Dr Shelby's Dental Office, Cavalier County Social Services Office, Osnabrock Good Samaritan Center, First State Bank of

Munich, First State Bank of Munich Osnabrock Branch, Langdon Activity Center, and Choice Financial Langdon. Any business interested in participating by displaying the banner should contact Cavalier County Health District Office at 256-2402.



Medicare Expands Cessation Coverage

August 25, 2010 the U.S. Department of Health and Human Services announced they had expanded Medicare coverage of evidence-based tobacco cessation counseling. Before this decision, Medicare had covered tobacco counseling only for individuals diagnosed with a recognized tobacco-related disease or who showed signs or symptoms of such a disease. Under the new coverage, any smoker covered by Medicare will be able to receive tobacco cessation counseling from a qualified physician or other Medicare-recognized practitioner who can work



with them to help them stop using tobacco. "Most Medicare beneficiaries want to quit their tobacco use," said Secretary Kathleen Sebelius, "Now, older adults and other Medicare beneficiaries can get the help they need to successfully overcome tobacco dependence." Tobacco use remains the leading cause of preventable illness and death in the United States and is a major contributor to the nation's increasing medical costs. The U.S. Centers for Disease Control and Prevention estimate that tobacco use causes about one of five deaths in the United States each year

and that, on average, adults who use tobacco die 14 years earlier than non-users. It is estimated that between 1995 and 2015, tobacco-related diseases will cost Medicare about \$800 billion. The new benefit will cover two individual tobacco cessation counseling attempts per year. Each attempt may include up to four sessions, with a total annual benefit thus covering up to eight sessions per Medicare patient who uses tobacco.

To read more about this coverage decision, please visit the CMS website at <http://www.cms.gov/center/coverage.asp>.

Now, older adults and other Medicare beneficiaries can get the help they need to successfully overcome tobacco dependence," said Kathleen Sebelius, Secretary of Health and Human Services



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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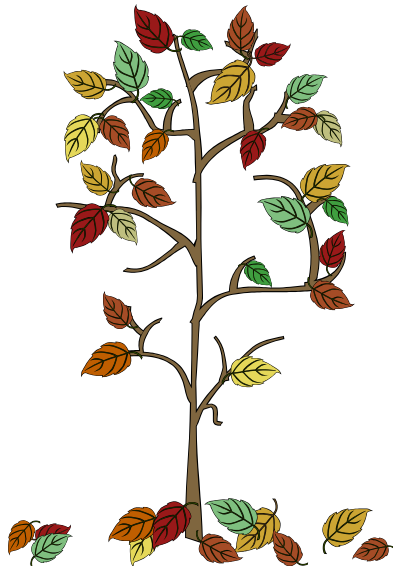
Fax: 256-5765

Visit our website at

www.cavaliercountyhealth.com

BreatheND

Saving Lives, Saving Money with Measure 3.



THE ACCIDENTAL SMOKER

Ever wonder how much secondhand smoke you are breathing in, check out the following situations:

Sitting behind someone smoking in a

Stadium 3 hours

Comparable to smoking



Living in a

Pack-a day smoker's home 24 hours

Comparable to smoking



Riding with someone smoking, windows up, in a

Car 1 hour

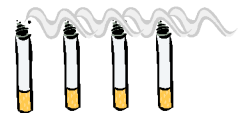
Comparable to smoking



Sitting behind someone smoking in a

Smoky bar 2 hours

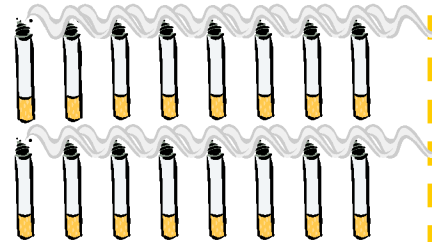
Comparable to smoking



Working in a

Smoky bar 8 hours

Comparable to smoking



Based on research by Katherine Hammond, Professor of Environmental Health Sciences with the University of California at Berkeley. The study was originally published in 2001 by Mike Royer in the Journal Gazette Newspaper.

Have you had your flu shot yet?

If you answered "No," it is not too late to protect yourself and those around you from influenza. Check out www.cavaliercountyhealth.com for a list of flu clinic dates or call 256-2402 to set up an appointment to receive your flu shot today.