

CAVALIER COUNTY HEALTH DISTRICT NEWSLETTER

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Public Health
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Cavalier County Health District

Cavalier County Library Implements Tobacco Free Policy

Cavalier County Library has made the important decision to protect the health of their patrons and staff by implementing a tobacco free grounds policy. The policy, set to go into effect November 1, 2011 will make all library property including the grounds tobacco free. This change will reduce exposure of patrons and staff to secondhand smoke which has been proven to cause disease. It will also reduce youth exposure to tobacco use which has been shown to be a highly effective

way to prevent youth from ever starting tobacco use. LeRoy Gasner, President of Cavalier County Library Board of Directors states "The Staff and Board of Directors of Cavalier County Public Library invite other groups and organizations to discuss the matter of adopting smoke-free grounds policies. Though it may appear to be, at first, an inconvenience, the long term effect is the better quality of life for the community in general. It most certainly



Cavalier County Librarian Shannon Nuelle, Cavalier County Library Board President LeRoy Gasner, Cavalier County Library Board Member Joan Schrader

has benefits for those attempting to stop smoking and for those who wish to live in a cleaner and healthier environment."

Cavalier County Health District encourages residents to stop by and check out

what the library has to offer and congratulate them on their new policy. The library is open weekdays from 10:00 AM to 5:00 PM, Wednesdays from 10:00 AM to 7:00 PM and Saturdays from 10:00 AM to 3:00 PM.

BreatheND
Saving Lives, Saving Money with Measure 3.

Sponsored by Cavalier County Health District and funded by
BreatheND ~ Saving Lives, Saving Money

“States like North Dakota that have a fully funded comprehensive tobacco prevention program have the greatest success in reducing tobacco use. By reducing tobacco use we save lives and save money for all North Dakotans.”

*Jeanne Prom
Executive Director of
the North Dakota
Center for Tobacco
Prevention and
Control Policy*

North Dakota’s rate of adult smokers drops

The percentage of adult North Dakotans smoking is following a national trend: **North Dakota’s smoking rate decreased from 18.6 percent in 2009 to 17.4 percent in 2010.**

This drop coincides with the Center for Disease Control’s (CDC) report in its September issue of *Vital Signs*, which examined the changes in smoking rates and patterns of smoking during

2005-2010. The report indicates that the nationwide percentage of American adults who smoke decreased from 20.9 percent in 2005 to 19.3 percent in 2010.

North Dakota’s decline of adult smokers can be attributed to the state’s comprehensive tobacco prevention program, which was started in 2009, according to Jeanne Prom, Executive Director of the North Dakota Center for Tobacco Preven-

tion and Control Policy. “States like North Dakota that have a fully funded comprehensive tobacco prevention program have the greatest success in reducing tobacco use. By reducing tobacco use we save lives and save money for all North Dakotans.”

[To read the full report click here.](#) To read more about the study go to www.breathend.com

FDA Selects New Graphic Warning Labels

This summer the U.S. Food and Drug Administration (FDA) unveiled the nine graphic health warnings required to appear on every pack of cigarettes sold in the United States and in every cigarette advertisement.

When implemented in September 2012, all cigarettes manu-

factured for sale or distribution in the United States will need to include the new graphic health warnings on their packages. The introduction of these warnings is expected to have a significant public health impact by decreasing the number of smokers, resulting in lives saved,

increased life expectancy, and improved health status.

For more information about these labels check out the FDA’s Cigarette Health Warning Webpage at <http://www.fda.gov/TobaccoProducts/Labeling/CigaretteWarningLabels/default.htm>.

FDA Graphic Warning Labels



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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. In 2008, North Dakota voters passed a statewide Initiated Measure 3 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 Tobacco Prevention and Control Executive Committee is charged with implementing North Dakota's comprehensive state tobacco prevention plan: Saving Lives – Saving Money.

CHECK OUT OUR WEBSITE AT

WWW.CAVALIERCOUNTYHEALTH.COM

Grand Forks Air Cleaner

August, 2011- As Grand Forks marked the one year anniversary of passing the comprehensive ordinance guaranteeing smoke free indoor for everyone, a study by the Roswell Park Cancer Institute gave the city one more reason to celebrate. The study reported air samples taken at businesses before and after the law showed a 92% reduc-

tion in fine particle pollution. This particle pollution when inhaled as secondhand smoke can cause diseases such as heart and lung disease. The study results are similar to what has been observed in other cities passing comprehensive clean indoor air laws.

The Grand Forks comprehensive ordinance, which went into effect



August 14, 2011, removed the exemptions to the current North Dakota Clean Indoor Air Law, such as bars and truck stops, ensuring employees and patrons of these businesses are now protected from the harms of secondhand smoke.

For the full results of the study go to:

http://www.tobaccobytes.com/wp-content/uploads/GrandForks_Report_FINAL.pdf