



NELSON-GRIGGS DISTRICT HEALTH UNIT NEWSLETTER

Spring 2011

Volume 10

WHY TOBACCO-FREE SCHOOLS?

ACCORDING TO THE 2009 YOUTH RISK BEHAVIOR SURVEY :

- > In 2009, 22.4% of ND students in grades 9-12 were current cigarette smokers and 7.3% of students in grades 7-8 were current smokers.
- > 15.3% of students in grades 9-12 currently use smokeless tobacco products and 4.7% in grades 7-8.
- > 12.4% of students in grades 9-12 smoke cigars, cigarillos or little cigars.

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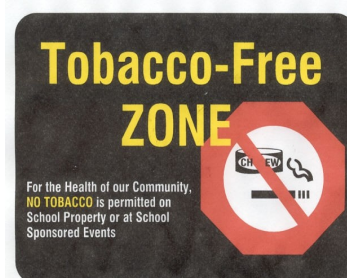
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Tobacco is a powerful, addictive drug killing more North Dakotans than motor vehicle accidents, suicides, AIDS and homicides combined. Since most adults begin using tobacco in their teens it is important to prevent youth from starting. More than 80% of adult users started before the age of 18. Each day, 3,000 kids in the United States begin smoking. Schools can take a vital role in prevention by creating an environment that

encourages and reinforces a tobacco-free lifestyle. Clear tobacco-free policies applied consistently help students decide not to use tobacco. Policies that prohibit tobacco use on school property, require prevention education and provide access to cessation programs are most effective in reducing tobacco use among students. A tobacco-free school policy is recommended by the U.S. Centers for Disease

Control and Prevention (CDC) in their Guidelines for School Programs to Prevent Tobacco Use.

Information provided by: ND DoH & Division of Tobacco Prevention & Control. *Comprehensive Tobacco-Free School Policy Tool Kit*



LAKOTA SCHOOL DISTRICT APPROVES A COMPREHENSIVE TOBACCO-FREE POLICY

On April 13th, the Lakota School Board approved the second reading of the revised tobacco policy.

Lakota School District now has a Comprehensive Tobacco-Free School policy that is approved by the Center for Tobacco Prevention and Control.

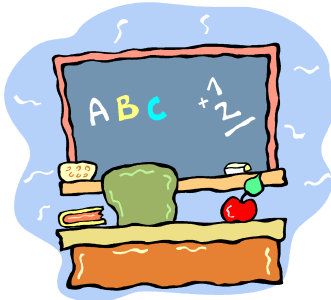
The Lakota School District has taken the next step in preventing our youth from starting tobacco and protecting them from second-hand smoke.

We would like to thank Bette Nelson, Joe Harder for their work in revising the policy. We would also

like to thank the School Board members:

Jeff Anderson, David Thompson, Cassandra Sundeen, Richard Hamel and Margaret Estvold for approving the policy.

WHAT ARE THE BENEFITS OF A TOBACCO-FREE SCHOOL?



- Provides a positive role modeling by adult staff and visitors.
- Reduces children's observation of tobacco use and takes a firm stand against it.
- Provides a safe environment for students by reducing exposure to second hand smoke.
- Protect children from a dangerous drug. Tobacco use is not just a "bad habit", it is a powerful addiction.
- Complies with federal legislation prohibiting smoking inside school buildings.
- Prepares students for the reality of smoke-free workplaces and communities.
- Proactively protects the school from unnecessary risk of future liability by prohibiting smoking on school premises.
- Supports North Dakota's state law on smoking in public places.

Information provided by: ND DoH & Division of Tobacco Prevention & Control. *Comprehensive Tobacco-Free School Policy Tool Kit*

85 out of 236 North Dakota school districts have a comprehensive tobacco-free school policy.

WHAT IS IN A COMPREHENSIVE SCHOOL POLICY?

A comprehensive tobacco-free policy includes the following components:

- The policy includes a statement explaining the rationale for the policy and definitions of tobacco and tobacco use.
- Tobacco is specifically named in the policy, not implied by prohibiting drugs (such as alcohol and other drugs).
- All components of the policy are effective at all times.
- All school buildings, ground, campuses, housing, property (including vehicles/busses) are tobacco-free at all times.
- Students are prohibited from possessing and/or using tobacco products on school grounds or at school events on school district property.
- School staff is prohibited from using tobacco products on school grounds or at school events on school district property.
- Visitors are prohibited from using tobacco products on school grounds or at school events on school district property.
- Wearing clothing or using other items that advertise or promote tobacco is prohibited.
- Tobacco advertising and acceptance of gifts from the tobacco industry is prohibited.
- A plan to communicate the tobacco policy to all students, employees and visitors is outlined.
- An enforcement plan for students and staff outlined and provides cessation resource information.
- An enforcement plan for visitors is included.

Information provided by: ND DoH & Division of Tobacco Prevention & Control. *Comprehensive Tobacco-Free School Policy Tool Kit*



Measure 3 provides funding to Nelson-Griggs District Health Unit to diminish the toll of tobacco in our state by addressing the number one preventable cause of death and disease: tobacco use.

POLICY CHECKLIST

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| <p>1. State the purpose of the policy and the definition(s) of tobacco and tobacco use.</p> | <p>school events, whether on or off school district property.</p> | <p>industry are prohibited.</p> |
| <p>2. Tobacco is specifically named in the policy – not implied by prohibiting drugs (such as alcohol and other drugs).</p> | <p>6. School staff are prohibited from using tobacco on school grounds or at school events, whether on or off school district property.</p> | <p>10. A plan to communicate the policy to students, employees and visitors is outlined.</p> |
| <p>3. Policy is effective 24 hours/day, 365 days/year. This includes all days when school is not in session.</p> | <p>7. Visitors are prohibited from using tobacco at school events, both on and off school property.</p> | <p>11. An enforcement plan for students is outlined and provides cessation resource information.</p> |
| <p>4. Buildings, grounds, property, buses and vehicles are tobacco-free at all times.</p> | <p>8. Wearing clothing or other items that advertise/promote tobacco are prohibited.</p> | <p>12. An enforcement plan for employees is outlined and provides cessation resource information.</p> |
| <p>5. Students are prohibited from possessing/using tobacco on grounds or at</p> | <p>9. Tobacco advertising and acceptance of gifts by the school from the tobacco</p> | <p>13. An enforcement plan for visitors is included.</p> |



“Interventions to prevent tobacco use initiation and encourage cessation among young people need to reshape the environment so that it supports tobacco-free norms.”

Best Practices for Comprehensive Tobacco Control Programs

Information provided by: ND DoH & Division of Tobacco Prevention & Control. *Comprehensive Tobacco-Free School Policy Tool Kit*

Dangers of Secondhand Smoke

Dangers to Children

The scientific evidence is now indisputable: secondhand smoke is not a mere annoyance. It is a serious health hazard that can lead to disease and premature death in children and nonsmoking adults.”– U.S. Surgeon General, Vice Admiral Richard H. Carmona, M.D., M.P.H., F.A.C.S. (June 2006)

Because their lungs are still forming, children are particularly vulnerable to the toxic chemicals in secondhand smoke. Children who are exposed to secondhand smoke have smaller lungs and are more likely to suffer from a range of health problems, including pneumonia, bronchitis, wheezing, coughing, ear infections and asthma attacks. In infants, exposure to secondhand smoke results in weaker lungs and increased danger of [SIDS](#). To protect your children:

- Don't allow anyone to smoke around them.
- Don't take them to public places that allow smoking.
- Talk to them about the dangers and make them aware of the importance of avoiding exposure.

Support policies that prohibit smoking in public places.





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NGDHU HIRES NEW ADMINISTRATIVE ASSISTANT

Nelson-Griggs District Health Unit recently hired Tasha Overby as Administrative Assistant. Tasha graduated from Rasmussen College in Fargo with a degree in Business Administration in September 2009. She continued to live and work in Fargo until recently she moved back to the family farm and ranch near Binford. Tasha enjoys working with the cattle, watching sports and cooking. She is looking forward to meeting and working with the community.

BreatheND
Saving Lives, Saving Money with Measure 3.

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 for 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.