

Nelson-Griggs District Health Unit Newsletter



Public Health
Prevent. Promote. Protect.

ND Recognized for Tobacco Prevention

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It's been 50 years since the Surgeon General first started warning people about the dangers of cigarette smoking. And things have been slow to improve. But, there is a glimmer of hope.

It's the fact that North Dakota is improving its tobacco control. The grades are in, and North Dakota's annual tobacco report is one of six states listed "best" in the nation.

The North Dakota American Lung Association is proud of the report card. North Dakota was given two A's for its indoor smoke-free law and control and prevention programs. But it's not all roses.

"When we talk about an F, you know, your kids comes home with an F, we're going to have a little conversation about what's not going right. And what's not going right in this state is cheap tobacco. Cheap tobacco benefits only one category, and that's the tobacco industry," says Pat McKone, Director of Tobacco Control & Advocacy at the American Lung Association of the Upper Midwest.



The state also received an F for low cigarette tax and a C for helping North Dakotans quit smoking. The association says the bad grades don't take away from the A's, but force them to work harder against the tobacco industry.

Source: [KMOT-TV](#)

NORTH DAKOTA	
SUBJECT:	GRADE:
Tobacco Prevention:	A
Smoke-free Air:	A
Cessation:	C
Cigarette Tax:	F

ND's annual tobacco report is one of six states listed "best" in the nation.

UPCOMING DATES

NATIONAL PUBLIC HEALTH WEEK IS APRIL 7 - 13, 2014



PROGRESSIVE AGRICULTURE SAFETY DAYS®
STUMP LAKE PARK - JULY 2, 2014 AGES 7 - 12 YEARS OLD
FOR MORE INFORMATION : CALL 701.322.5624

E-Cigarettes & Minors

Electronic cigarettes or e-cigarettes are battery powered devices with a vaporizer and mouthpiece designed to deliver nicotine. They don't fall under the definition of tobacco so there is no legal requirement for stores to restrict sales to minors. Many stores are checking identification and restricting sales on their own, but there is no penalty if the store fails to do so.

The North Dakota Youth Tobacco Survey in 2013 showed 13.4% of high school students reported ever trying an e-cigarette. That is up 4.5% from 2011 according to the North Dakota Department of Health.

E-cigarette companies have no restrictions on how they advertise. Many glamorize it using famous actors and actresses. Many e-cigarettes come in flavors such as bubble gum to market to the youth.

E-cigarettes are not currently regulated by the FDA. The safety and efficacy has not been fully studied. Consumers have no way of knowing how much nicotine or other harmful chemicals are being inhaled.

Fargo and Bismarck have passed local ordinances banning the sales of e-cigarettes to minors. Mandan, Williston and Minot are also looking at passing ordinances.

You can help keep e-cigarettes out the hand of our youth by educating others and supporting local ordinances on making the sale of e-cigarettes illegal to minors and keeping them behind the counter like cigarettes.

The 2013 ND Youth Tobacco Survey showed that 13.4% of high school students have reporting ever trying an e-cigarette.



Actress Jennifer McCarthy advertising for one brand of electronic cigarettes on the market.



Hello Kitty e-cigarette shows how they are marketing to our youth.



New Grant-Funded Prevention Program

Nelson - Griggs District Health Unit was recently awarded a Strategic Prevention Framework State Incentive Grant (SPF SIG) through the ND Department of Human Services, Division of Mental Health and Substance Abuse Services to address 2 substance abuse prevention priority issues. They are Underage Drinking (age \leq 20) and Adult Binge Drinking (age 21+). The three phases are Assessment, Planning and Implementation. To be a part of this project, call 701.322.5624 or email jferry@nd.gov. The project ends September 30, 2015.

Benefits From A \$1.56 Cigarette Tax Increase for ND

North Dakota's current cigarette tax is 44 cents per pack (46th among all states). The national average is \$1.53. ND has not raised its taxes since 1993. **Raising tobacco tax is one of the most cost effective ways to reduce smoking, especially among youth and encourage smokers to quit.**

Projected Public Health Benefits for North Dakota from the Cigarette Tax Increase

Percent decrease in youth smoking:	25.2 %
Youth under 18 kept from becoming adult smokers:	7,900
Current adult smokers who would quit:	8,500
Premature smoking-caused deaths prevented:	4,700
5-Year number of smoking-affected births avoided:	1,600
5-Year health care cost savings from fewer smoking-caused lung cancer:	\$1.35 million
5-Year health care cost savings from fewer smoking-affected pregnancies & births:	\$3.62 million
5-Year health care cost savings from fewer heart attacks & strokes:	\$2.65 million
5-Year Medicaid program savings for the state:	\$920,000
Long-term care cost savings from adult & youth smoking declines:	\$312.90 million

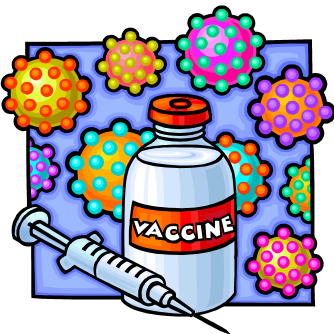
Projected New Annual Revenue from Increasing the Cigarette Tax by \$1.56 Per Pack: \$39.30 million

Sources: BreatheND <http://www.breathend.com/uploads/resources/120/tax-fact-sheet---final-02-2014.pdf>

Campaign for Tobacco-Free Kids www.tobaccofreekids.org

Vaccine Information

Nelson-Griggs District Health Unit will be doing immunizations at the schools in April. Eligible Juniors & Seniors will be immunized with Menactra (Meningococcal disease) and 6th graders will receive their Tdap booster (Tetanus-Diphtheria-Pertussis) and Menactra. We will also be immunizing other students that are not up-to-date on other vaccines according to our records in the Immunization Registry. If your child needs immunizations, you will be getting a letter along with a consent form to fill out to do the immunizations at the school. Parents may attend with younger children for their comfort. If you have any questions please call our office at 701.322.5624.



The following dates have been scheduled at the schools:

Dakota Prairie - April 17th, starting at the elementary school followed by the high school.

Midkota Elementary - April 22nd (afternoon).

Griggs County Central - April 23rd, starting in the morning & Juniors in the afternoon.

Lakota - April 24th, starting at the grade school followed by the high school.

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NORTH DAKOTA
DEPARTMENT *of* HEALTH

BreatheND

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

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.