

Nelson-Griggs District Health Unit Newsletter

Volume 13

June 2013

Cooperstown City Park & Nelson County Historical Society now have tobacco free grounds!

Tobacco Free Ground Policies Adopted

On November 6, 2012, ND expanded its smoke free law to include all indoor public places. While this is a huge accomplishment, there are still some areas not protected from second hand smoke (SHS). There are no restrictions on certain outdoor places such as parks and other outdoor recreation areas.

Two outdoor recreation areas in our service area have adopted tobacco free policies. On December 17, 2012, the Nelson County Historical Society adopted the model policy making Stump Lake Park Pioneer Village tobacco free. The Pioneer Village at Stump Lake Park in Nelson County and holds many activities in the summer including the annual Threshing Bee in the fall.

On January 9, 2013, the Cooperstown Park Board adopted the model policy that made the city park, ball diamonds and swimming pool area tobacco free.

National Health Observances Coming Up:

July
UV Safety Month



August
National Immunization Awareness Month

September
Prostate Cancer Awareness Month

There are many benefits to tobacco free grounds. SHS is harmful even in outdoor settings. SHS exposure increases the risk of coronary heart disease and lung cancer in adults. In children, SHS exposure can trigger a serious asthma attack and cause respiratory infections such as bronchitis and pneumonia. Cigarette litter is often discarded on the ground which poses a risk to children due to ingestion. Not only is there health risks but cigarette litter is also unattractive. Tobacco free grounds promote healthy lifestyles and provide positive role modeling to children.

We will continue to advocate and assist other recreation areas in our service area to adopt tobacco free grounds. If you are interested in tobacco free grounds policy outdoor areas please contact Nelson-Griggs District Health Unit at 701.322.5624.



Not Your Grandfather's Cigar



While cigarette smoking has been declining in the United States, cigar sales have more than doubled since 2000, driven by an explosion of cheap, sweet small cigars that entice kids, according to a report released by the Campaign for Tobacco-Free kids.

National surveys show high school students are twice as likely as adults – 13.1 percent compared to 6.6 percent – to report smoking cigars in the past month, and young adults (ages 18-24) smoke cigars at even higher rates (15.9 percent).

Tobacco companies have manipulated their products to evade regulations and higher taxes aimed at reducing smoking, especially among kids.

Under a landmark 2009 law, the Food and Drug Administration banned candy and fruit-flavored cigarettes. However, because the FDA does not currently regulate cigars, tobacco companies continue to market similarly flavored cigars. Some companies have modified their flavored cigarettes to meet the legal definition of cigars (e.g., by adding tobacco to the wrapper) and continued to market them with sweet flavors.

When another 2009 federal law significantly increased taxes on cigarettes and small cigars, but taxed larger cigars at lower rates, some manufacturers added weight to their products to qualify for the lower tax rate. According to a recent report, one manufacturer has increased the weight of its cigars by adding a clay material used in kitty litter.

The surge in cigar sales has been driven by a dramatic increase in the number and types of smaller cigar products, many of which are flavored, priced and packaged to appeal to young people.

The report calls for closing these regulatory and tax loopholes:

- The FDA, which currently regulates cigarettes, smokeless tobacco and roll-your-own tobacco, should extend its jurisdiction to all tobacco products, including cigars, as allowed by law.
- Congress and the states should equalize taxes on all tobacco products at the same rate as cigarettes to eliminate incentives for tax evasion.
- Congress should reject pending legislation that would totally exempt some cigars from regulation.

Source: Campaign for Tobacco-Free Kids

Watch for more info in future newsletters from the Summit on
August 6–8, 2013 in Missoula, Montana.

7th NATIONAL **Smokeless**
AND **Spit Tobacco** SUMMIT

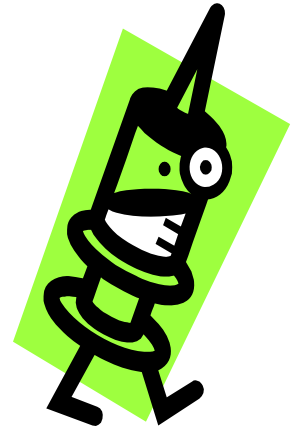


Vaccine News

Immunization Reminder Recall Promotion

If you are a parent of a 13 to 18 year old you may have gotten an automated phone call from the ND Department of Health stating your child is past due for immunization. The calls were done in an effort to increase adolescents' immunization rates.

These vaccines include Tdap, MCV4, varicella or HPV (only if the HPV series was started). The ND Department of Health will also be sending postcards in summer 2013. If you have any questions about what immunizations your adolescent is due for or if you would like to schedule an appointment call us at 701.322.5624.



Kindergarten Immunizations

Our office will be offering Kindergarten shots again this year. Watch for more information coming soon! Typically, most children starting Kindergarten need Polio & DTaP (Brand name Kinrix) and MMR & Varicella (Combination vaccine Brand name ProQuad). If you have any questions, please contact us at 701.322.5624.

Progressive Agriculture Foundation Safety Day® Coming July 2, 2013 at Stump Lake Park

The 17th annual Progressive Agriculture Safety Day® will be held on Tuesday, July 2nd at Stump Lake Park from 9:30 am - 2:30 pm. The Safety Day is open to all children age 7-12 years. Registration is free and includes a t-shirt, goodie bag and lunch.

Some of the topics the children will be learning about include: Lawn Mower Safety, Water Safety, First Aid, Healthy Eating, Tractor Safety, Handling Fireworks and the Lakota Firehouse will be there.

Bus transportation is available in the Binford and Cooperstown area by calling 701.797.2721. This is sure to be an educational and fun filled day for your child.

The Progressive Ag Safety Days® program thanks our many national sponsors, with a few listed below. Call our office to register or if you have any questions at 701.322.5624.

The annual Progressive Agriculture Safety Day is July 2nd at Stump Lake Park!



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Crop Production Services



Agrium



Let's Go Places



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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.