

TOBACCO

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Facts

Adult Smokeless Tobacco and Cigar Use

Prevalence of Smokeless Tobacco and Cigars in North Dakota

- In North Dakota, 5.2 percent of adults use smokeless tobacco. Males use smokeless tobacco at a rate of 10.0 percent and females use it at a rate of .6 percent.¹
- In North Dakota, 5.1 percent of adults smoke cigars.²

Prevalence of Smokeless Tobacco and Cigars in the United States

- In the United States, 3.5 percent of all adults use smokeless tobacco. Men use smokeless tobacco at a rate of 7 percent and women use it at a rate of .3 percent.³
- In the United States, 5.4 percent of adults smoke cigars.³

Helping Tobacco Users Quit

- The North Dakota Tobacco Quitline is a free telephone-based counseling service available to help North Dakota tobacco users quit. North Dakota residents can call the toll-free number, **1.800.QUIT.NOW** (1.800.784.8669), to discuss quitting with a professionally trained counselor.
- North Dakota QuitNet is a free web-based service that offers help from quit coaches and the ability to “chat” with other quitters to find out what works for them. North Dakota residents can access QuitNet at www.nd.quitnet.com.



¹ 2007 Behavior Risk Factor Surveillance System (BRFSS) – The BRFSS is an ongoing state-based telephone surveillance system supported by the CDC. Through a series of monthly telephone interviews, states uniformly collect data on the behaviors and conditions that place people at risk for chronic diseases, injuries and preventable infectious diseases.

² 2007 BRFSS.

³ Substance Abuse and Mental Health Services Administration. *Results from the 2009 National Survey on Drug Use and Health*