

Nelson-Griggs District Health Unit Newsletter

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North Dakota's Tobacco Report Card

North Dakota's new comprehensive smoke-free law boosted the state's rating in the American Lung Association's 2013 State of Tobacco Control Report. For "smoke-free air," North Dakota now gets an A grade, up from a C in last year's report.

The other grades have remained unchanged from last year: an A in funding tobacco control and prevention programs at the level recommended by the CDC.

ND received a C for cessation programs because of some barriers in coverage among Medicaid and state employee health plans.

The F is because of the state's low cigarette tax. At 44 cents a pack, North Dakota's tax ranks it 46th out of the 50 states and the District of Columbia. The tax has not been increased since 1993.

Source: American Lung Association



ND received an A for smoke-free air and in funding tobacco control and prevention programs.

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

Grand Forks Heart Attack Study Published

Dr. Eric Johnson's study of heart attack rates in Grand Forks, ND before and after the enactment of a comprehensive smoke-free law will be published in the March edition of Oxford Journals' "Nicotine and Tobacco Research." The study shows that heart attack rates decreased 30 percent and heart attack hospital admissions decreased 24 percent following implementation of the Grand Forks smoke-free law.

This study is notable in that it documents the change in going from a partial smoke-free law to a comprehensive law. Study after study in communities all across the country and around the world have shown the similar results – decreases in heart attacks, hospitalizations and cardiac deaths following the implementation of comprehensive smoke-free laws.

Source: www.breathend.com

NGDHU Board of Health Members

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Vice-President: Ed Pehls, Tolna

Secretary: Dr. Tam Czarnik, McVile

Treasurer: Denise Uriell, Lakota

Member: Lyle Pfeifer, Cooperstown



In ND alone, the tobacco industry spends 25.7 million dollars per year on marketing.



NGDHU Board of Health Meeting Highlights

Nelson-Griggs District Health Unit Board of Health members approved a tobacco-free building and grounds policy to the extent possible with rental property. The Board also recommends all healthcare facilities be encouraged to adopt a tobacco-free building and grounds policy.

Dr. Tam Czarnik, physician at Nelson County Health System, is a new Board Member. The Board appointed him to serve as the Health Officer for Nelson

-Griggs District Health Unit. According to North Dakota Century Code NDCC, the Health Officer serves as the Secretary of the Board.

The Nelson-Griggs District Health Officer designates the Grand Forks Public Health Environmental Health Division as his agents to carry out public health laws, regulations and duties as relates to any environmental health issues in Nelson and Griggs Counties that are not currently covered

by the ND State Health Department.

The Audit Report, covering Fiscal Years ending December 31, 2011 and December 31, 2012 was distributed to those present. The main finding was a lack of segregation of duties which is typical of small agencies as it is not economically feasible to have segregation with only 2 full-time employees performing multiple financial duties.

Emergency Preparedness Activities

Nelson-Griggs District Health Unit staff, EMS and hospital staff from the regions recently attended training in Grafton on setting up a pre-hospitalization

tent and learning how standard buses can be converted to transfer patients via wheelchairs or buses if needed.



Tobacco Industry Dollars Spent on Marketing

Big Tobacco means Big Money. Each year, the tobacco industry spends \$8.5 billion marketing its products in the US. That's over 23 million dollars a day or about one million dollars every hour! In North Dakota alone, the tobacco industry spends 25.7 million dollars per year. The most vulner-

able members of our society – children – are more susceptible to advertising as well. Studies have shown that kids are three times as sensitive to tobacco advertising as adults.

Big Tobacco also means big political expenditures:

- Over \$2 million annually to federal candidates, political

parties and PACs

- In 2010 the tobacco industry spent \$16.6 million lobbying Congress.

Source: [Campaign for Tobacco Free Kids](#)

What's in those Cigars? Could be Kitty Litter.

Tobacco companies have a long history of secretly adding things to their products that could make them more addictive, appealing or harmful.

Add another example to the list: Bloomberg News reported that some of Cheyenne International's cigars have a filter containing sepiolite, a clay mate-

rial used in kitty litter.

Why would a tobacco company add kitty litter to cigars? According to the Bloomberg story by reporter Anna Edney, it is part of a strategy by some cigar manufacturers to increase the weight of their cigars to evade higher tax rates charged on smaller cigars and cigarettes and

to continue selling candy and fruit-flavored tobacco products to kids despite Congress' ban on flavored cigarettes.

Read the full story at the [Campaign for Tobacco-Free Kids](#).

New Pregnancy Tdap Recommendations

The Center for Disease Control and Prevention (CDC) has recently released the following new recommendation : **A dose of Tdap should be administered during each pregnancy regardless of the woman’s prior history of receiving Tdap.** This means that

there is no interval between Tdap doses and no maximum number of doses a pregnant woman can receive.

Everyone 11 years of age and older should receive a dose of Tdap if they have not already received one. This is especially impor-

tant for people in close contact with infants, new fathers, grandparents, siblings, child care providers and healthcare workers.

Please feel free to contact us with any questions or concerns at 701.322.5624.



Tdap is now recommended during each pregnancy regardless of prior history of receiving Tdap.

Watch for information on the Progressive Ag Safety Day to be held at Stump Lake Park, near Pekin, ND, in July 2013. Call 701.322.5624 for more information.

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 \$1.48 per pack. 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 encourages smokers to quit.**

New Annual Revenue from Increasing the Cigarette Tax Rate by \$1.56 would be: \$41.09 million

Projected Public Health Benefits from the Cigarette Tax Increase

Percent decrease in youth smoking:	24%
Kids in ND kept from becoming addicted adult smokers:	9,900
Current adult smokers in the state who would quit:	8,200
Smoking-affected births avoided over the next 5 years:	1,500
ND residents saved from premature smoking-caused death:	5,400
5-year health cost savings from fewer smoking-caused lung cancer cases:	\$1.26 million
5-year health cost savings from fewer smoking-caused pregnancies:	\$3.33 million
5-year health cost savings from fewer smoking-caused heart attacks & strokes:	\$2.33 million
5-year Medicaid program savings for the state:	\$380,000
Long-term health care cost savings in the state from adult & youth smoking declines:	\$350.66 million

Source: Campaign for Tobacco-Free Kids www.tobaccofreekids.org

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Check us out on the web!

www.nelsongriggshealth.com

Watch for us on Facebook - coming soon!



www.ndhealth.gov/ndquits



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.