



CAVALIER COUNTY HEALTH DISTRICT NEWSLETTER

Public Health
Prevent. Promote. Protect.

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Grandpa's Cabin Opens Smoke Free

When it came time to open their new bar and restaurant owners Val Olson and son David knew that the best option for them was to open smoke free.

"Why build a beautiful building and have someone smoke it all up?" said Val Olson. "Many hours went into get Grandpa's Cabin ready to open so smoke free was the only way to go."

The decision has proven to be a wise one as Grandpa's Cabin finds itself busy serving not only the residents of our county but also Pembina County and our

dian neighbors.

"The feedback we get from our customers is that they are very happy we are smoke free," Olson said.

"It also allows our employees a safe place to work."

Cavalier County Health District would like to congratulate Grandpa's Cabin their successful smoke free opening.

Grandpa's Cabin is open Tuesday through Sun-



Val Olson and David Olson at Grandpa's Cabin

day with the lounge open from 2 PM to 2 AM and meals being served from 2 PM to 10 PM. For more information call Grandpa's Cabin at 701-256-2670.

An initiated measure approved by North Dakota voters provides funding to Cavalier County Health District to diminish the toll of tobacco in our state by addressing the number one preventable cause of death and disease: tobacco use.

BreatheND

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

Local Bars to Celebrate Anniversaries



Two local bars are soon approaching the one-year anniversary of going smoke

free. Goodtimes in Osnabrock made the move to smoke free in April 2011 and was followed shortly thereafter by the North Forty Bar in Milton in

June of 2011.

"It has gone real good. I have had very few complaints and if anything business has increased," said Chad Gratton owner of Goodtimes.

The stage for smoke free bar options was set by the Pain Reliever in Nekoma and Tom's Lounge in Langdon

which have had successful smoke free policies since 2005 and 2010.

Thank you to these businesses for providing clean air options for our residents!



"The UND study proves that comprehensive smoke-free laws save lives," said Jeanne Prom, executive director of the Center for Tobacco Prevention and Control Policy.

Grand Forks Study Shows Fewer Heart Attacks

A recent study by the Department of Family and Community Medicine at the University of North Dakota School of Medicine and Health Sciences reveals that the incidence of heart attacks in Grand Forks dropped by 24.1 percent within four months of the city's comprehensive smoke-free law taking effect in August 2010.

The study, funded by the Center for

Tobacco Prevention and Control Policy, looked at an eight month window to evaluate the impact of how smoke-free ordinances make a difference in heart attack rates.

The UND study is another in a string of recent reports linking the implementation of comprehensive smoke-free laws to the reduction in heart attacks and other cardiac-related episodes. In Novem-

ber, Mayo Clinic released a study conducted in Olmsted County, Minn., that incidence of heart attacks and sudden cardiac deaths was cut in half after a comprehensive smoke-free ordinance took effect.

For more information about this study go to:

<http://breathend.com/news/detail.asp?newsID=213>

Cobblestone Inn Opens Smoke Free

The Cobblestone Inn and Suites of Langdon, ND recently opened as Cavalier County's newest smoke free lodging establishment. According to Josie Kilgore with Cobblestone Hotels, "All Cobblestone Inn and Suites locations are 100% smoke-free, which benefits our guests, staff, and hotel. Being

100% non-smoking not only creates a clean breathing environment, but it saves on unnecessary wear and tear of the hotel as well. +

Cobblestone Inn is a 31 unit hotel with a special variety of rooms, ranging from standard guestrooms with two queen size beds, to whirlpool

suites. All of the rooms include a microwave, refrigerator, iron and ironing board, hairdryer, flat panel televisions and DVD players.

Congratulations to Cobblestone Inn for their commitment to smoke free lodging!



ND Quits

The North Dakota Department of Health has revealed a new name, logo and website for the state's tobacco cessation program. NDQuits is a program that offers multiple ways to help tobacco users quit using tobacco. We realize that no single method of quitting tobacco works for everyone, +said Michelle Walker, director of the North Dakota Department of Health's Tobacco Prevention and Control Program.

NDQuits offers three ways for tobacco users to get help with quitting . by phone, online or by using their mobile device. North Dakota residents can use any or all of these services for free. +

NDQuits was developed to provide one name for the tobacco cessation services offered by the North Dakota Department of Health and to make it more convenient and easy to remember. People can go to the

NDQuits website at www.ndhealth.gov/ndquits to learn about all the ways they can get help quitting.

NDQuits offers cessation services on the phone through the North Dakota Tobacco Quitline, on the computer via North Dakota QuitNet and on mobile devices via North Dakota QuitNet Mobile.



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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.*

ND Quits

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Some of the services offered through NDQuits are:

- Free nicotine patches, gum or lozenges to help with the quitting process for qualified enrollees.
 - Access to professional cessation counselors.
 - Assistance in designing a personal quit plan.
- Online support from other quitters all over the world 24 hours a day, seven days a week, every day of the year.
 - QuitTips e-mail messages that will offer tips about staying quit.
 - An audio library featuring prerecorded messages about the quitting process.

Studies show that to-

acco users are much more successful at quitting when they have help and advice from a professional counselor, along with medication. NDQuits offers both of these services for free, said Walker.

If you would like help quitting smoking or tobacco use, log on to www.ndhealth.gov/ndquits and find the way of quitting that fits for you.