



Public Health
Prevent. Promote. Protect.

BreatheND

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

AUGUST 2014

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.

City of Langdon Updates Ordinance

The City of Langdon updated its Sale of Tobacco Products ordinance to include e-cigarettes and other electronic smoking devices. The amended ordinance took effect May, 27 and makes it unlawful to sell tobacco products including e-cigarettes to individuals under 18 years of age. Currently there is no state or federal law outlining a minimum age for purchase of e-cigarettes. The ordinance also prohibits self service of these products, requires vending machines selling tobacco products including e-cigarettes be located in adult only facilities, and requires employees selling these products be under direct supervision of someone over the age of 18 years.

As traditional tobacco companies diversify to selling and marketing e-

cigarettes statistics show these products are rapidly gaining popularity with youth. The rate of high school students who had tried e-cigarettes more than doubled from 4.7 percent in 2011 to 10 percent in 2012, according to a report by the Centers for Disease Control and Prevention. This rapid uptake in youth combined with a lack of data on the safety and risks of these products has left many cities and states scrambling to find ways to protect public health.

The risk to youth is particularly concerning considering the amount of nicotine in these products is unregulated, leading many to believe that e-cigarettes are a gateway product to more traditional tobac-

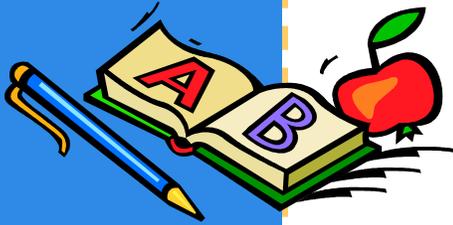
co product use. With most tobacco users starting under 18 years the increased popularity of e-cigarettes seems to fit the profile of traditional initiation to regular tobacco use.

Locally we are hearing from area youth that they are purchasing and trying these products making Langdon's ordinance amendment a timely addition to local prevention efforts.

Cavalier County Health District would like to thank Langdon City Commission and Langdon City Attorney on their proactive efforts in prevention of youth tobacco use!



Back to School Vaccinations



For many the back to school routine means shopping for the required supplies, such as pencils, books and backpacks. For kindergartners, 7th graders and college freshman these back to school preparations

also need to include making sure your child is up to date the required vaccinations. Age specific vaccinations are required for each of these grades to legally attend school in North Dakota. If you are unsure if your child is up to date or if you

would like to schedule an appointment for your child to receive their vaccinations contact Cavalier County Health District at 701-256-2402.

Schools Protect Kids with Policies

As back to school approaches it is a great time to appreciate all schools do to protect and educate our children. Cavalier County Health District would like to recognize Cavalier County schools for having Comprehensive Tobacco Free School Policies. **Langdon Area Schools** and **St. Alphonsus School** both continue to observe comprehensive tobacco free policies in order to protect the

children they serve from the negative impacts of tobacco use and marketing. Comprehensive tobacco free policies have been shown to decrease the rates of youth smoking by denormalizing tobacco use through interventions such as prohibiting tobacco use by students, visitors and staff on all school property, not accepting gifts from the tobacco industry and prohibiting the

use of tobacco advertising and promotional products. Congratulations to these schools for implementing policies to protect students from tobacco use!





World No Tobacco Day Urges Tax Increase

Every year, on May 31, WHO and partners everywhere mark **World No Tobacco Day**, highlighting the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption. Tobacco use is the single most preventable cause of death globally and is currently responsible for 10% of adult deaths worldwide. For World No Tobacco Day 2014, WHO and partners called on countries to raise taxes on tobacco. The WHO Framework Convention on Tobacco Control (WHO FCTC), calls on countries to implement tax and price policies on tobacco products as a way to reduce tobacco consumption. Research shows that higher taxes are especially effective in reducing tobacco use among lower-income groups and in preventing young people from starting to smoke. Furthermore, increasing excise

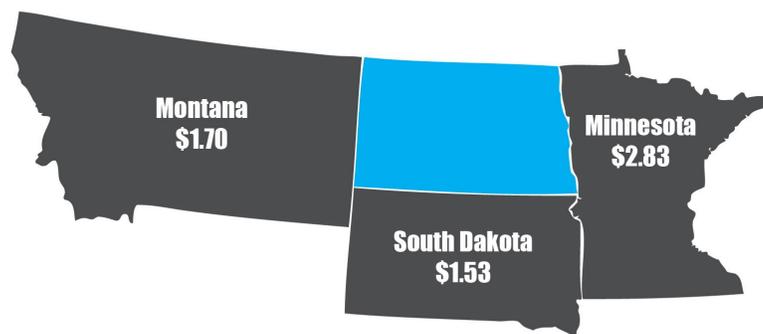
taxes on tobacco is considered to be the most cost-effective tobacco control measure.

Locally, the grassroots roots organization, **Raise It for Health ND** is urging an increase in the price of tobacco products to decrease tobacco consumption and initiation among North Dakotans, especially youth. North Dakota has particularly cheap tobacco products largely due to the very low tax. At \$0.44 per pack North Dakota has

one of the lowest tobacco taxes in the nation and is significantly lower than the surrounding states and provinces. By raising North Dakota's cigarette tax to \$2.00, a comparable rate to surrounding states, 7,900 youth under the age of 18 would be prevented from becoming adult smokers.

For more information about local efforts on tobacco price increase go to: <https://www.facebook.com/RaiseltForHealthND>

Can you Guess North Dakota's Cigarette Tax?



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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.*

CAVALIER COUNTY HEALTH DISTRICT RECEIVES FUNDS TO SUPPORT UNDERAGE DRINKING AND ADULT BINGE DRINKING PREVENTION

Cavalier County Health District is receiving funding to build local substance abuse prevention infrastructure, while combatting underage drinking and adult binge drinking. This funding is granted under the federal Strategic Prevention Framework State Incentive Grant (SPF SIG), through the ND Department of Human Services' Division of Mental Health and Substance Abuse.

Cavalier County Health District, in collaboration

with community partners, recently completed a Community Needs Assessment to determine how and where to focus their efforts in addressing underage and adult binge drinking. The next step will be to develop a strategic plan and then to implement evidence-based strategies tackling underage and adult binge drinking.

The Strategic Prevention Framework State Incentive Grant (SPF SIG) is an infrastructure grant program of the Substance Abuse and

Mental Health Services Administration (SAMHSA). The funding is to support states, tribes, and communities in building a solid foundation for delivering and sustaining effective substance abuse prevention. Grant funds run through September of 2015.

If you would like to be involved with these community substance abuse prevention efforts, contact Cavalier County Health District at 701-256-2402.