

# Cavalier County Health District Newsletter

### Special points of interest:

- Tobacco free grounds are better for the community
- ND Quitline calls are up after tax increase
- Novel H1N1 influenza virus circulating
- Tips to stay healthy this flu season
- Tobacco coalition looking for new members

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## FDA Regulation of Tobacco Bill Passes

On June 11, 2009 President Obama signed into law H.R. 1256/S. 982 the Family Smoking and Prevention and Tobacco Control Act. This act will grant the FDA authority to regulate the manufacturing, marketing and sale of tobacco products. Some of the things this regulation will allow the FDA to do are:

- Ban tobacco brand sponsorship of sports and entertainment events
- Ban free give-aways of non-tobacco items with a purchase or with the use of coupons or a proof of purchase
- Ban free give-aways of cigarettes except in restricted situations
- Prohibit the use descriptors implying reduced risk such as “low”, “light”, “mild”
- Require larger, graphic warning labels in ads and on cigarette packaging
- Limit tobacco advertising in publications to black and white text only unless they have adult exclusive readership
- Limit point of sale advertising to black and white text only
- Ban advertising nears schools, parks and playgrounds
- Limit audio ads to spoken word only with no sound effects unless in an adult only venue
- Restrict vending machines to adult only venues
- Require retailers to verify age before selling tobacco products



- Create federal penalties and enforcement for selling tobacco products to underage individuals
  - Ban all artificial or natural characterizing flavors other than tobacco or menthol from all cigarettes or their component parts
  - Require the reduction or removal of harmful ingredients from tobacco products
  - Require more accurate testing and reporting of the chemicals in tobacco products and their smoke
  - Require tobacco companies notify the FDA of new products and changes to the make up of existing products
  - Obtain all past, present and future research performed by tobacco companies
  - Compile ingredient lists for tobacco products, both natural and artificially occurring
  - To further restrict marketing of tobacco products in the future
- The FDA legislation does not:
- Imply FDA endorsement or safety of tobacco products
  - Allow the FDA to totally ban tobacco products, however the legislation does not preclude states from doing so.
  - Allow the FDA to require reduction of nicotine levels to zero, however it can require nicotine reduction to any level above zero

This historical legislation has great potential to enhance the health of U.S. citizens and reduce smoking rates particularly among youth.

## Tobacco Free Grounds, The Right Thing to Do



Cavalier County Health District would like to encourage area businesses, healthcare organizations, faith based organizations and schools to consider going completely tobacco free to protect the health of their employees, patrons and visitors. The U.S. Surgeon General reports there is no safe level of exposure to secondhand smoke. Studies show secondhand smoke exposure causes 49,000 deaths annually. Individuals exposed to secondhand smoke at home or work are at an increased risk of developing heart disease

and lung cancer. Even as little as 30 minutes of secondhand smoke can put certain individuals at greater risk of having a heart attack. Secondhand smoke exposure holds additional risks for children including increased risks of developing ear infections and asthma. Creating a tobacco free campus, both buildings and grounds, is healthier for individuals employed by and patronizing your establishment. This change can result in decreased healthcare costs including fewer illnesses and absences. Tobacco free grounds also improve the appearance of your facility, business, school or church. There is no smelly

smoke for people to wade through to get to your door. The litter associated with smoking and tobacco use is also eliminated from your grounds decreasing maintenance required and improving appearance. Finally, establishing tobacco free grounds emphasizes the commitment your business or organization has for the health of your employees, patrons and the community. Cavalier County Health District would be happy to visit with and provide assistance to businesses, healthcare organizations, schools or faith based groups interested in establishing tobacco free grounds.

**The Quitline has an extremely high success rate. Six months after counseling 37.9 percent of former tobacco users are still not using tobacco.**

## North Dakota Tobacco Quitline Increases Assistance

The North Dakota Tobacco Quitline recently increased the supply of free nicotine replacement products available to those enrolling in their tobacco cessation program. The North Dakota Tobacco Quitline is a free telephone based service available to help residents of our state quit tobacco use. Services provided include

assessing readiness to quit, assisting in setting a quit date, and helping learn your triggers and develop strategies to deal with those triggers as well as withdrawal symptoms and cravings. The ND Quitline also provides free nicotine replacement products (nicotine patches, nicotine gum, or nicotine lozenges) to those who enroll

and are not eligible to receive these products through another program or their health insurance. Cavalier County Health District encourages smokers, spit tobacco users, family members and health care professionals to call the Quitline for more information.

## Cavalier County Calls to ND Tobacco Quitline Up

Since the increase in federal tobacco taxes in April of this year, which raised the federal tobacco tax on a pack of cigarettes from \$0.39 per pack to \$1.01 per pack, calls to the North Dakota

Quitline from Cavalier County have increased. Research shows that for every 10% increase in the price of cigarettes a 7% decrease in youth smoking and a 4% decrease in overall smoking is expected to occur. Increased tobacco taxes give tobacco users just one more reason to quit in addition to the already high health toll tobacco imparts to users. Calls to the ND Quitline from Cavalier County nearly doubled in the past year. This reflects a statewide trend of increased calls following the increase of the federal cigarette tax.

There continues to be room to improve however. North Dakota has a remarkably low state cigarette tax. Currently ND's state cigarette tax is \$0.44 per pack. Our surrounding states are all higher with Minnesota at \$1.504, South Dakota at \$1.53 and Montana at \$1.70. Just think how many additional lives could be benefited or even saved by having a state tax comparable with those states surrounding ours.

**North Dakota Tobacco**  
**QUITLINE**  
**1-800-QUIT-NOW**

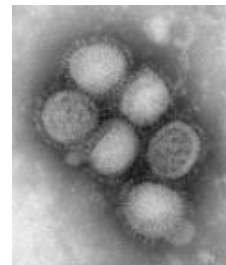
## H1N1 Novel Influenza

April 2009 a novel strain of influenza was detected in the U.S. This H1N1 virus was initially dubbed “swine flu” as it contained genes from influenza viruses that typically circulate in pigs. This novel H1N1 viruses also contains genes of influenza viruses that circulate in birds and humans. Due to this reassortment of genes to create a “novel” influenza virus, humans particularly those younger than 60 years

of age, appear to have little or no natural immunity to this novel virus. This lack of immunity, typically gained through previous exposure, makes a majority of our population vulnerable to infection with this virus. Currently this virus does not appear to be causing more severe disease than the seasonal influenzas we are used to seeing every fall/winter. It is important, however to watch this virus

closely as it can continue to evolve and could continue to swap genes with other influenza virus making the illness it causes more severe in the future. It is also important to note that while it is not more severe than seasonal influenza, the average seasonal flu is responsible for around 36,000 deaths in the U.S. each year.

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## Influenza Vaccination

Cavalier County Health District strongly encourages everyone to consider getting a flu shot this influenza season to protect themselves and those around them. Individuals at high risk from seasonal influenza and those around them should be particularly vigilant about receiving this vaccine. Priority groups for seasonal influenza include:

- Children 6 mo to 18 years of age
- Parents of children younger than 5 years
- Persons older than 50 year of age
- Women who will be pregnant during flu season
- People with chronic diseases such as heart, lung, liver, kidney, blood or metabolic (diabetes) diseases
- People with weakened immune systems
- Nursing home residents
- Healthcare workers
- Persons with disease which affects their respiratory function, ability to clear respiratory secretions or puts them at risk for aspiration
- Household contacts or caregivers of any of these high risk groups
- Anyone who doesn't want to get or spread the flu

**Check our website at**  
[www.cavaliercountyhealth.org](http://www.cavaliercountyhealth.org)  
**for upcoming flu shot clinics**  
**or call 256-2402.**

## Tips to Stay Healthy this Flu Season

Some simple tips can help keep you well this this flu season:

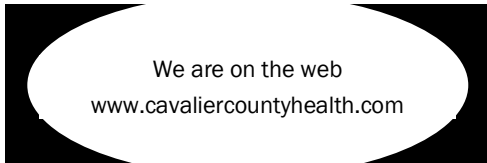
1. Wash your hands. Washing your hands is the number one way to stop the spread of illness. If soap and water is not available alcohol based hand sanitizers will do as long as your hands are not visibly soiled. Be sure to wash your hands when eating, using the toilet, sneezing, coughing, using a tissue or any time contacting an unclean surface.
2. Stay home when you are sick. Keep your children home from school when they are sick. This will greatly reduce the spread of colds and flu in the community and will help protect those least able to fight off infection.
3. Cover your cough. Cough into your sleeve or a tissue. Most colds and flus are spread by droplets from coughing and sneezing which are then picked up by hands and enter the body through the mouth, nose or eyes. By covering your cough or sneeze you reduce the spread of these droplets.
4. Eat well. Good balanced nutrition gives the body the nutrients it needs to stay healthy and fight infection.
5. Get plenty of rest. Your body needs rest to recharge and operate efficiently. Not getting enough rest can leave you at risk to getting sick.
6. Get a flu vaccine.



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*Serving the public health  
needs of Cavalier County.*

Cavalier County Tobacco Coalition is looking for new members. The coalition typically meets 3-4 times per year. There are no obligations to being a member however interested members can be active by attending meetings, writing letters to the editor, contacting elected officials, and encouraging healthful change in the areas of tobacco prevention and control in the community. Members will receive newsletters and if interested occasional e-mail updates in the area of tobacco prevention and control news. If you are already a member but know of someone who would like to be involved or just learn more feel free to invite them to attend our next meeting. If you are not currently a member but are interested you can contact Cavalier County Health District at 256-2402 or by email at [stwelsh@nd.gov](mailto:stwelsh@nd.gov).

## H1N1 Novel Influenza continued from page 3



The symptoms of novel H1N1 infection are also similar to seasonal influenza and include sore throat, cough, fever, body aches, headache, runny or stuffy nose, chills, fatigue and in a smaller number of people vomiting and diarrhea. It appears that an individual infected with novel H1N1 can spread the virus to others one day before the symptoms begins to seven days after becoming sick.

The good news is that measures to prevent seasonal flu like washing your hands and staying home when you are sick appear to be effective in preventing the spread of the novel H1N1 virus. (See page 3 for "Tips to Stay Healthy this Flu Season")

Currently a vaccine to pre-

vent novel H1N1 is in development and undergoing testing in humans for safety and effectiveness. Although seasonal influenza will not provide protection against the novel H1N1 strain of influenza it will be important to receive your seasonal influenza vaccination when it becomes available as seasonal strains of influenza will continue to circulate in addition to novel H1N1 influenza. Cavalier County Health District would also like individuals to be prepared as H1N1 vaccine may not be available initially during influenza season or may only be available in limited doses. Individuals should make plans ahead of time for the following scenarios:

- ◆ What to do if you become ill
- ◆ How to care for an ill family member at home
- ◆ Signs and symptoms requiring medical intervention
- ◆ School or daycare closure
- ◆ Working from home
- ◆ Supplies needed if you are unable to leave your home due to pandemic flu

Information regarding novel H1N1 influenza and what you can do can be found at:

[www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/)

[www.ndflu.com/swineflu/](http://www.ndflu.com/swineflu/)

Information can also be picked up at Cavalier County Health District.