

Cavalier County Health District Newsletter

FEBRUARY 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

Langdon City Parks, Boyd Block and City Pond Go

Tobacco-Free

Langdon City Commissioners voted Monday, January 13, 2014 to make the Boyd Block and Langdon City Pond tobacco-free spaces. They join the ranks of the Langdon City Parks including the playgrounds, swimming pool, baseball diamonds and camping area in being tobacco-free. The Langdon Park Board made the area surrounding the swimming pool tobacco free in 2000 and the entire Langdon Park Board property tobacco free in 2005. The park board policy was updated in 2013 to a model policy in keeping with the park board's proactive approach to protecting the health of area citizens, especially youth. While owned by the city of Langdon, the Boyd Block space and Langdon City Pond are not managed by



the Langdon Park Board, requiring a decision by the city commission to include these areas in the trend toward healthy, tobacco-free outdoor spaces.

Outdoor tobacco-free policies have been shown to have many benefits including:

- **Decreased litter.** Cigarette butts break down to smaller pieces but never biodegrade completely. Tobacco use litter has been shown to leach chemicals into the environment.

- **Decreased second-hand smoke exposure.** Secondhand smoke has been shown to be detectable in outdoor spaces up to nine meters (27 feet).
- **Decreased youth tobacco use.** Creating a social norm in which tobacco use is not the standard has been shown to reduce the numbers of kids who ever start using tobacco.

Congratulations to Langdon City Park Board and Langdon City Commission for making our outdoor recreation spaces tobacco-free.

CCHD Takes Part in SCRUBS Camp

Cavalier County Health District took part in the SCRUBs camp held in Langdon on December 4, 2013. A program of the Center for Rural Health at the University of North Dakota (UND) School of Medicine and Health Sciences, the R-COOL-Health Scrubs Camps aim to increase awareness, interest, and understanding of health careers available in rural

North Dakota through creative and interactive activities. The R-COOL-Health Scrubs Camps are one-day learning experiences in which students are able to explore health career options by hearing from local health care professionals and participating in exciting hands-on activities.

Cavalier County Health District presented on the topic on

sun safety with a focus on protecting skin from the harmful damage of the sun and recognizing changes of concern. Students were given the opportunity to inspect their skin for signs of sun damage using the De-maScan machine. This machine assists people in recognizing skin changes in their skin they might not have previously noticed.



Teens Who Smoke Use Flavored Tobacco

More than two out of every five middle and high school students who smoke report using either flavored little cigars or flavored cigarettes, according to a report by the [Centers for Disease Control and Prevention](#) published in the *Journal of Adolescent Health*. This article, using data from the 2011 National Youth Tobacco Survey (NYTS), is the first to measure how many American youth are using flavored little cigars and flavored cigarettes.

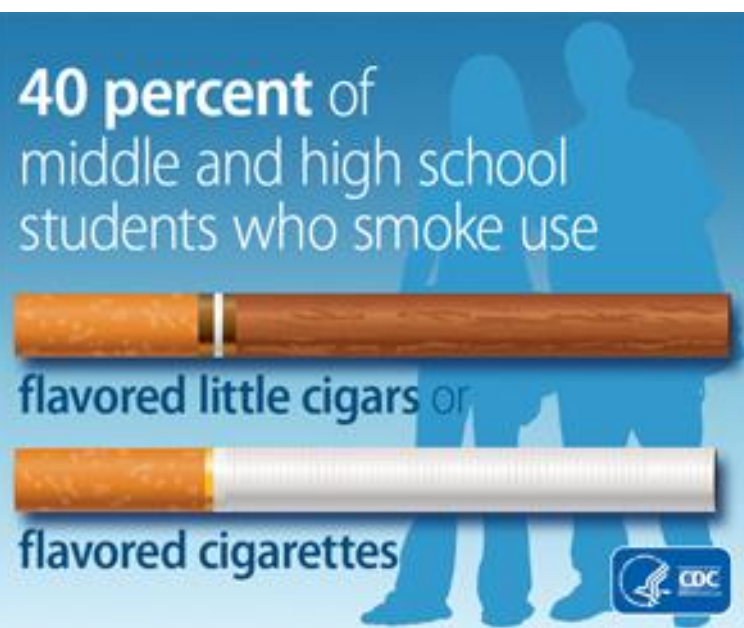
The study also shows that among youth cigar smokers, almost 60 percent of those who smoke flavored little cigars are not thinking about quitting tobacco use, compared with just over 49 percent among all other cigar smokers.

“Flavored or not, cigars cause cancer, heart disease, lung disease, and many other health problems. Flavored little cigars appeal to youth and the use of these tobacco products may lead to disfigurement, disability, and premature death,” said CDC Director Tom Frieden, MD, MPH. “We need to take comprehensive steps to reduce all

tobacco use for all of our youth.”

The study found that 35.4 percent of current youth cigarette smokers reported using flavored cig-

arettes, which could include menthol cigarettes or flavored little cigars that students mistook for flavored cigarettes. In 2009, the Family Smoking Prevention and Tobacco Control Act was enacted and prohibited the use of flavors, except menthol, in cigarettes. However, flavored little cigars are still manufactured and sold with candy and fruit flavorings.



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“Little cigars contain the same toxic and cancer-

causing ingredients found in cigarettes and are not a safe alternative to cigarettes,” said Tim McAfee, MD, MPH, director of the CDC’s Office on Smoking and Health. “Many flavored little cigars appear virtually indistinguishable from cigarettes with similar sizes, shapes, filters, and packaging.”

In addition to offering a wide variety of flavors that appeal to young people, little cigars are taxed at a lower rate than cigarettes at the state level.

Continued to page 4

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BreatheND

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



Public Health
Prevent. Promote. Protect.

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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 state-wide 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.*

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Continued from page 3

Little cigars have become more popular in recent years; sales increased 240 percent from 1997 to 2007, with flavored brands making up almost 80 percent of the market share.

Smoking remains the leading cause of preventable death and disease in the United States. The health conse-

quences of tobacco use include heart disease, multiple types of cancer, pulmonary disease, adverse reproductive effects, and the exacerbation of chronic health conditions. Smoking and exposure to secondhand tobacco smoke kill an estimated 443,000 Americans each year. For every one death, there are 20 people suffering from a smoking-

related disease. In addition to the cost in human life, smoking has been estimated to cost \$193 billion annually in direct health care expenses and lost productivity. And 99 percent of all smokers start before they're 26 years old.