

Cavalier County Health District Newsletter

Measure 3 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.

Langdon Daycare Protects Kids

Langdon Daycare Center now protects the health of children attending their daycare by implementing a comprehensive tobacco free daycare policy. The policy was adopted April 2011. This policy prohibits the use of tobacco products anywhere on the daycare property including the grounds.

According to Langdon Daycare Center Director Jackie Thom this spring she was struck by the number of cigarette butts she was picking up in the melting snow in their parking lot and around their building.

Not only are these cigarette butts unsightly litter but can



be toxic to children if ingested. As few as three cigarette butts, one whole cigarette or a pinch of snuff can potentially be poisonous in children if ingested.

In addition to the risks of tobacco litter secondhand smoke exposure has been shown to increase health risks in children including asthma, ear infection, and SIDS.

Research has also

shown that reducing children's exposure to adult tobacco use through comprehensive smoke free policies like the one at Langdon Daycare Center decreases the chances the child will ever use tobacco themselves.

Congratulations to Langdon Daycare Center for making this move for the health of our community!

BreatheND
Saving Lives, Saving Money with Measure 3.



Public Health
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Cavalier County Health District

North Forty Bar Goes Smoke-free

“For the most part people are glad about the change and even smokers are accepting of it.”

**Tammy Close
North Forty owner**

To protect the health of patrons and staff, the North Forty Bar in Milton made the move to clean indoor air by going smoke-free starting June 1. The change was motivated by health reasons for both the patrons and staff. North Forty owner Tammy Close said, "We had been thinking about going smoke free for quite awhile. The final decision to go smoke-free without hesitation was when we found out that I was expecting and there was no doubt I would do anything to protect the health of my

unborn child.”

Close said that when the Good Times bar in Osnabrock went smoke-free in April and she found out she was expecting, the reasons to go smoke-free for health became even more clear.

“I would like to thank the North Forty patrons for choosing to protect my health and the health of an unborn child by going outside to smoke,” said Close.

Countless studies have shown the harmful effects of exposure to tobacco smoke both for those who are smoking and those exposed to second-hand smoke. These effects include increased risks of heart disease, lung disease, low birth weight babies and

increased SIDS risk. Tobacco smoke continues to remain the number one cause of preventable death and disease in our state and nation. The only way to lower these risks are to avoid tobacco smoke all together.

According to Close, “For the most part people are glad about the change and even smokers are accepting of it.” Close went on to say “I would also like to thank the Pain Reliever, Tom's Lounge and Good Times Bar for paving the way .”

The North Forty Bar is open Monday through Saturday from 9 AM-1 AM and offers a limited food menu daily.

Cavalier County Health District congratulates the North Forty for choosing clean air for the health of its patrons and employees!



Congratulations to the North Forty Bar!

GOODTIMES Goes Smoke-free

As of April 1, 2011 GOODTIMES bar in Osnabrock is making having a good-time safer by no longer allowing indoor smoking. Cavalier County Health District congratulates this establishment for choosing to protect the health of it's patrons and employees by making the air as safe to breathe as it would be in any other business currently covered by the state-wide smoke-free law.

Research shows

that even brief exposures to second-hand smoke causes damage to human DNA increasing the risk of developing a myriad of disease including cancer, heart disease, lung disease, diabetes complications and reproductive difficulties.

GOODTIMES owner Chad Gratton said " The smokers are taking it well and going outside with very few complaints and the nonsmokers, well they are loving it!" He re-



ports he has seen large groups come in specifically because of the smoke-free atmosphere. GOODTIMES is open from 2 PM to 1 AM daily with food served nightly for individuals 21 years of age and older.

“ The smokers are taking it well and going outside with very few complaints and the nonsmokers, well they are loving it!”
Chad Gratton
GOODTIMES Owner

**Thanks to GOODTIMES
for choosing health!**

Bismarck Voters Choose Health

Bismarck has joined the ranks of Fargo, West Fargo, Grand Forks, Napoleon and Pembina in implementing a smoke-free ordinance to include bars and truck stops. This brings the total number of North Dakotan's protected from the harms of second-hand smoke by

comprehensive city ordinances to over 36 percent.

On Tuesday, April 19 Bismarck voters chose to make all bars and truck stops smoke-free earmarking Bismarck as the sixth North Dakota community to implement a comprehensive smoke-

free policy. A seventh community, Devils Lake, became smoke-free July 1, 2011.

Congratulations to the Bismarck community for choosing health and protecting their citizens and guests from exposure to second-hand smoke.

Cavalier County Health District

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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. **In 2008, North Dakota voters passed a statewide Initiated Measure 3 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 Tobacco Prevention and Control Executive Committee is charge with implementing North Dakota's comprehensive state tobacco prevention plan: *Saving Lives-Saving Money.*

CDC Predicts by 2020 All States Could have Smoke-free Indoor Air Laws

By 2020 or sooner, the entire nation could have laws banning smoking in all indoor areas of private sector worksites, restaurants and bars, a study by the Centers for Disease Control and Prevention has found. These places are major sources of secondhand smoke exposure.

The projection is based on the rate at which states have been adopting comprehensive smoke-free laws. In just the past 10 years, 25

states and the District of Columbia have enacted these laws, the CDC report said.

The study, published in the April 22 issue of *Morbidity and Mortality Weekly Report*, lists the smoke-free status of every state and the District of Columbia.

“Eliminating smoking from worksites, restaurants and bars is a low-cost, high-impact strategy that will protect non-smokers and allow them to live healthier, longer, more productive lives while

lowering health care costs associated with secondhand smoke,” said CDC director **Thomas R. Frieden, M.D., M.P.H.** “While there has been a lot of progress over the past decade, far too many Americans continue to be exposed to secondhand smoke at their workplaces, increasing their risk of cancer and heart attacks.”

For a list of states and the types of smoke-free laws in each, view the full report at www.cdc.gov/mmwr.