



# Cavalier County Health District Newsletter

May 2009

## Tobacco Advisory Committee Works on State Plan

### Cavalier County Health District

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The passage of Measure #3 last November tasked the state of North Dakota to fund and implement a Centers for Disease Control (CDC) Comprehensive Tobacco Control Program for the first time. In the past ND tobacco control programs had been funded at only about one third of the CDC recommended level. The Centers for Disease control calculates a recommended funding level for each state based on state specific factors such as overall population; prevalence of tobacco use; proportion of the population that is uninsured, living at the poverty level, or receiving state financed insurance; infrastructure costs, the number of local health units; geographic size; the cost and complexity of reaching audiences through

mass media; and the targeted reach for quitline services. This recommended funding level is then broken into spending recommendations for the best practice categories of State and Community Interventions, Health Communication Interventions, Cessation Interventions, Surveillance and Evaluation, and Administration and Management.

Measure #3 best practice language requires that our state plan must be used for interventions that are proven best practices, which means that they must be research based effective strategies proven to be effective in tobacco control. The goal of a comprehensive, best practice tobacco control program is to reduce disease, disability

and death related to tobacco use. Studies have proven that the more states spend on comprehensive tobacco control, the greater the reductions in smoking. These studies also show the longer states invest in comprehensive programs the greater and faster the health impact.

North Dakotas Tobacco Prevention and Control Advisory Committee has been meeting every one to two weeks since January in order to meet the huge task outlining the plan for how our state will implement this comprehensive program. North Dakota stands on the edge of an incredible opportunity to positively impact the health of it's current and future citizens through the implementation of this plan.

## Governor Appoints Tobacco Advisory Committee

The passage of Measure #3 last November tasked the governor with appointing members to a North Dakota Tobacco Prevention and Control Advisory Committee. This committee is tasked with making a plan for the state to implement a Centers for Disease Control (CDC) Comprehensive Tobacco Control Program with the Strategic Contribution funds which will begin entering the state this summer. This nine member board was selected by the governor from a group of nominees submitted by each professional organiza-

tion. It consists of a practicing respiratory therapist, four public health individuals with expertise in tobacco prevention and control, a practicing medical doctor, a practicing nurse, a youth member and a member of the public.

The appointees are as follows:

#### Respiratory therapist:

Jay Taylor, Fargo

#### Public health:

Kathleen Mangskau, Fargo

Jeanne Prom, Bismarck  
Lorraine Jacobson, Milnor  
Javayne Oylooe, Williston

#### Practicing medical doctor:

Dr. Dale Klein, Mandan

#### Practicing Nurse:

Pat McGeary, Bismarck

#### Youth member:

Nathon Marion, Bismarck

#### Member of the Public:

Kermit Lidstrom, Bismarck

## Bill Strengthening ND Smoke free Law Fails this Legislative Session

A bill which would have strengthened North Dakota's current smoke free law failed in the North Dakota House of Representatives this legislative session. House bill 1213 would have amended 23-12-10, the current smoke free legislation relating to smoking restrictions in public places and places of employment, to include restrictions for hotel/motel rooms and bars.

Unfortunately North Dakota decided not to follow the lead of surrounding states by protecting the health of bar and hotel/motel workers and patrons through more comprehensive

protective health legislation. In the United States 24 states, Washington, D.C., and Puerto Rico have passed smoke-free laws that cover restaurants and bars. These states are Arizona, California, Colorado, Connecticut, Delaware, Hawaii, Illinois, Iowa, Maine, Maryland, Massachusetts, Minnesota, Montana (extends to bars Oct. 1, 2009), Nebraska (June 1, 2009), New Hampshire, New Jersey, New Mexico, New York, Ohio, Oregon, Rhode Island, South Dakota (July 1, 2009), Utah, Vermont and Washington.



Furthermore North Dakotans support a more comprehensive smoke free law. The "2006 Secondhand Smoke Study of North Dakota" found that 65.6% of ND residents supported expanding the current law to make all workplaces smoke free, including bars and lounges.

Despite these factors and research showing secondhand smoke kills 110 North Dakotans each year and is linked to diseases including heart disease lung cancer, chronic lung diseases HB1213 failed with a vote of 33 (yea) to 59 (no) in the House of Representatives.

## Smoke-free Policy Leads to Dramatic, Sustained Drop in Heart Attack Hospitalizations in Pueblo, Colorado

Heart attack hospitalizations in the city of Pueblo, Colorado fell sharply after the implementation of a municipal law making workplaces and public places smoke-free, and this decrease was sustained over a three-year period, according to a report in the January 2, 2009 issue of Morbidity and Mortality Weekly Report.

The study found there were 399 hospital admissions for heart attacks in Pueblo in the 18 months before the city's smoke-free ordinance took effect on July 1, 2003, compared to 237 heart attack hospitalizations in the similar period from 18 months to three years after this date – a decline of 41 percent.



Nine published studies have reported that laws making indoor workplaces and public places smoke-free were associated with sizable, rapid reductions in hospital admissions for heart attacks. However, most of these studies looked at

only a year or less of data after the implementation of smoke-free laws. This latest study, which covers three years after the Pueblo smoke-free law's effective date, suggests that the initial reduction in heart attack hospitalizations observed after a smoke-free law takes effect is sustained over an extended period. Smoke-free laws likely reduce heart attack hospitalizations both by reducing secondhand smoke exposure among nonsmokers and by reducing smoking, with the first factor making the larger contribution.

Researchers also looked at two nearby areas that had not implemented smoke-free ordinances and found no significant decline in heart attack hospitalizations during the same time periods.

"We know that exposure to secondhand smoke has immediate harmful effects on people's cardiovascular systems, and that prolonged expo-

sure to it can cause heart disease in nonsmoking adults," said Janet Collins, Ph.D., director of CDC's National Center for Chronic Disease Prevention and Health Promotion. "This study adds to existing evidence that smoke-free policies can

dramatically reduce illness and death from heart disease."

Long-term exposure to secondhand smoke

is associated with a 25 percent to 30 percent increased risk of heart disease in adult nonsmokers. Secondhand smoke exposure causes an estimated 46,000 heart disease deaths each year among U.S. nonsmokers.

The full report is available at [www.cdc.gov/mmwr](http://www.cdc.gov/mmwr).

For more information about the health effects of secondhand smoke, visit

[http://www.cdc.gov/tobacco/secondhand and smoke/index.htm](http://www.cdc.gov/tobacco/secondhand%20and%20smoke/index.htm)

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## Progressive Agriculture Farm Safety Day™

Everyone in agriculture knows someone whose life has been affected by a farm-related injury or death.

The statistics are sobering. Even more tragic is that these incidents could have been prevented if simple safety precautions had been followed. That's why the Progressive Agriculture Foundation is on a crusade for farm safety and health.



At the heart of this effort is the Progressive Agriculture Safety Day™ program, formerly known as the Progressive Farmer Farm Safety Day Camp® program. Founded by The Progressive Farmer magazine in 1995, the program trains and provides the resources that local communities need to conduct one-day safety programs that are age-appropriate, hands-on, fun, and safe for children.

The mission of the Progressive Agriculture Safety Days™ is simple – to make farm and ranch life safer and healthier for all children through education and training.

Cavalier County Progressive Agriculture Safety Day™ will be held Thursday June 18th for children entering second grade through children entering sixth grade this upcoming school year. Please contact Cavalier County Health District for more information or to register your child.

## Increase in Federal Tobacco Tax

An increase in federal cigarette taxes was enacted by Congress and signed into law by President Obama in February and took effect April 1, 2009. The tax increase raised the federal tax on a pack of cigarettes from \$0.39 to \$1.01 per pack. The revenue from the increase will be used to fund the expansion of the State Children's Health Insurance Program (SHIP).

In addition to federal

Since the federal tax increase, calls to the ND Tobacco Quitline from Cavalier County have increased dramatically.

taxes states can also impose state taxes. Currently ND's state tax sits at \$0.44. It has not been increased since 1993 and is significantly lower than our surrounding states with Minnesota at \$1.504, South Dakota at \$1.53, and Montana at \$1.70.

Research shows that that cigarette tax increases are an effective way to decrease smoking prevalence, especially for youth. For example every 10% increase in the price of cigarettes is expected to reduce youth smok-

ing by about 7% and overall cigarette smoking by about 4%. A tax increase gives youth who typically have limited funds an additional reason not to initiate smoking. The tax increases also gives current smokers yet another reason to quit.

A \$1.00 cigarette tax increase in ND would result in 3,800 fewer adult smokers, 5,100 fewer kid smokers and save 1,600 kids from early death.

## ND Legislature Passes Fire Safe Cigarette Bill

Legislators passed a bill this session requiring cigarettes sold in North Dakota meet reduced ignition propensity standards. House bill 1368 is set to take effect August 2010.

This law requires that after the implementation date cigarettes sold in



North Dakota need to be of the "fire safe" variety. These "fire safe" cigarettes are made with bands of less porous paper interspersed throughout the cigarette. As a cigarette burns it slows when it reaches these bands. If the person smoking the cigarette does not continue to inhale the cigarette will extinguish. This safety feature reduces the amount of

time a cigarette has to heat surrounding materials such as upholstery, clothing etc hopefully preventing a fire. Although "fire safe" cigarettes still have the ability to start fires this ability is reduced by the "fire safe" features. This law hopes not only to protect smokers from the risk of death and injury from fire but also unintentional victims such as children, spouses, parents, neighbors and friends.

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**Public Health**  
Prevent. Promote. Protect.

Cavalier County Health District



## Area Schools Recognize Through With Chew Week and Kick Butts Day

Area schools, Langdon High School, St. Alphonsus School and Munich School participated in events this year to recognize Through With Chew Week and Kick Butts Day.

Through With Chew Week was established in 1989 by the American Academy of Otolaryngology-Head and Neck Surgery, Inc. ([www.entnet.org](http://www.entnet.org)) to decrease spit tobacco use and increase awareness of the negative health effects of using these products. Through with Chew Week is held the third full week of February, this year February 15-21 with the Great American Spit Out on February 19, 2009. For more information about Through With Chew Week go to;

<http://www.throughwithchew.com/>

Kick Butts day is a national day of activism that empowers youth to speak up and take action against tobacco use. Students from schools across the country hold different events and activities

that call attention to the problems caused by Big Tobacco and its attempts to market to youth.

Kick Butts Day was March 25, 2009. For more information about Kick Butts Day go to: <http://kickbuttsday.org/>

Even though these events have set nationwide observation days interested youth are encouraged to carry out consciousness raising events year round. Interested individuals or groups are encouraged to contact Cavalier County Health District for more information.

CCHD would like to extend a special thank you to LHS Health Careers



Class for all their tobacco prevention efforts this year.