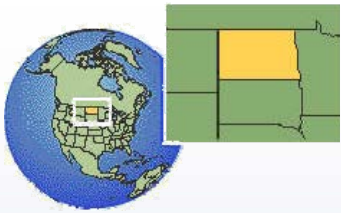




Quarterly Newsletter of the
Lake Region District Health Unit
Tobacco Prevention Program
in Benson, Eddy, Pierce,
and Ramsey counties.



**N.D. Ranks #18
out of 50 states
in percentage of
adult smokers at
21%.**

Twenty-one percent of North Dakota adults are smokers, according to March 2009 state-by-state figures released by the CDC.

Kentucky once again leads all states, at 28.3%. Utah holds its place as the state with the lowest adult smoking rate: 11.7%.

The U.S. average is 20%.

Minnesota's rate is 16.5%; Montana 19.5, and South Dakota 19.8%

The Lake Region Tobacco-Free Times

Fall 2009

Razor's Edge Opens Smoke-Free

Devils Lake is the home of a new smoke-free bar. The Razor's Edge, formerly The Office Bar, re-opened its doors on August 28th under new ownership. Owner Robyn Huggins saw the public's desire for a smoke-free bar, completely remodeled the interior, and re-opened the business with smoke-free air. **"The response has been great and we have been really busy. My employees love going home after work and not smelling like smoke. I have an area out back for those who do smoke. We've only had about three complaints, so overall things have gone really well. I'm actually quite surprised,"** says Huggins.

The Razor's Edge is located on the corner of Highway 2 and Highway 19 in Devils Lake.

Under North Dakota's Smoke-Free Law, all public places are required to be smoke-free. One exemption is stand-alone bars. This exemption leaves the decision to go smoke-free up to bar owners.

Cities in ND can pass laws/ordinances that are stronger than the state smoke-free law. On July 1, 2009 the cities of

Fargo and West Fargo celebrated the one-year anniversary of their local smoke-free ordinances, which require all public places, *including bars*, to be smoke free.

To date, there are 8 bars in the Lake Region District Health Unit area that promote smoke-free environments:

Double Deuce Bar & Grill (Edmore), **Dusty Roads Bar & Grill** (Brockton), **Miller's Pub** (Minnewaukan), **Flyway Bar** (Webster), **Military Service Club** (Camp Grafton), **Elks Lodge** (Devils Lake), **The Ranch** (Devils Lake) and **Razor's Edge** (newly opened, Devils Lake).

For more information on making your business smoke-free, call the LRDHU Tobacco Prevention Program at (701) 662-7035.



Robyn Huggins, Razor's Edge

Tobacco Quitline Expands its Services

History was made in North Dakota in November 2008, when voters passed Measure #3, a new law that established and funded a comprehensive statewide tobacco prevention and control program.

North Dakota is the first state to put into law and implement a fully-funded Centers for Disease Control (CDC) Best Practices program with tobacco settlement payments.

With a CDC plan in place, North Dakota will invest tobacco settlement dollars as intended, including plans that expand the ND Tobacco Quitline, a free phone counseling resource for people who want to quit smoking and using smokeless tobacco.

The ND Tobacco Quitline is now offering a 2-month supply of free nicotine replacement therapy (NRT) for callers to the Quitline. Those interested in quitting tobacco can call the ND Tobacco Quitline at **1-800-QUITNOW**.

North Dakota Tobacco
QUITLINE
1-800-QUIT-NOW

Fargo/West Fargo Smoke-Free Survey Results Announced

The cities of Fargo and West Fargo both passed smoke-free ordinances that became effective on July 1, 2008. Fargo Cass Public Health recently commissioned a public opinion survey by Winkelman Consulting to assess residents' attitudes and perceptions related to secondhand smoke and local and statewide smoke-free laws. The Executive Summary of the study concluded:



Purpose #1: Assess awareness of and reaction to current law.

1. Overall, 94.9% of respondents were aware of the new ordinances in Fargo and West Fargo.
2. Overall, 76.6% of the respondents favor the new smoke-free ordinances.
3. The results of this study support the findings of previous statewide and local research that indicated laws that make bars and lounges smoke-free appear to increase the frequency with which adults visit bars and lounges.

Purpose #2: Measure perceived risks of secondhand smoke.

1. A majority of respondents feel that it is "very harmful" for the health of a nonsmoker if the nonsmoker works or lives in a smoking environment.
2. Again, a majority of respondents feel that secondhand smoke is a serious hazard to those who breathe it.

Purpose #3: Determine reaction to expanding the current law.

1. A large majority—69.8% of respondents—support expanding the state smoke-free law so that it prohibits smoking in all North Dakota workplaces, including bars and lounges.

A copy of the complete survey document may be obtained by calling Fargo Cass Public Health at (701) 476-4148.



State Tobacco-Free Policy Plan

The North Dakota Tobacco Prevention and Control Advisory Committee announced details of their state plan at the Capitol on July 7. North Dakota voters approved the Advisory Committee's formation last November by approval of Measure #3.

The 61st North Dakota Legislative Assembly appropriated \$9.3 million per year, the U.S. Centers for Disease Control and Prevention (CDC) recommended funding level, for the comprehensive tobacco prevention and control program.

The five-year plan for reducing tobacco use in North Dakota includes goals to:

1. *Increase the cigarette excise tax to \$2.00 per pack and increase the excise tax on other tobacco*

products by an equal and proportional amount.

2. *Amend the North Dakota Smoke-Free Law to implement 100 percent smoke-free public places and places of employment and to expand enforcement of the law.*

3. *Increase the number of communities that have enacted local ordinances for 100 percent smoke-free public places and places of employment.*

4. *Increase the percentage of school districts with a comprehensive tobacco-free policy to 50 percent.*

5. *Increase the number of public and private post-secondary institutions with tobacco-free campuses.*

6. *Increase the use of the ND Tobacco Quitline.*

New funds from the tobacco settlement agreement will fund prevention and cessation programs at Centers for Disease Control recommended levels. Administered by a Governor-appointed committee, the program will be required to meet CDC "best practices" standards, and will be accountable to both the Governor and the ND State Health Officer.



Projected Public Health benefits from a CDC-recommended tobacco prevention program in North Dakota within the first five years:

- Reduce youth smoking by 12.7%.
- Stop 4,560 ND youth from becoming addicted adult smokers
- Prompt more than 3,500 adult smokers to quit for good.
- Save more than 2,380 ND residents from dying prematurely from smoking.
- Save the state of ND more than \$113 million in healthcare costs.

HOW MUCH DOES TOBACCO USE COST THE STATE OF ND?

Each year:
Tobacco use kills more than 900 ND residents.
Secondhand smoke kills 80 to 140 North Dakotans.
ND takes in less than \$22 Million in revenue from cigarette taxes.
ND pays out \$442 Million in direct medical and lost productivity expenditures related to smoking.

Financial deficit: \$420 Million/year

U.S. Centers for Disease Control and Prevention (CDC), 2008

FDA and Public Health Experts Warn About Electronic Cigarettes

The U.S. Food and Drug Administration announced that a laboratory analysis of electronic cigarette samples has found that they contain carcinogens and toxic chemicals such as diethylene glycol, an ingredient used in antifreeze.

Electronic cigarettes, also called "e-cigarettes," are battery-operated devices that generally contain cartridges filled with nicotine, flavor and other chemicals. The electronic cigarette turns nicotine, which is highly addictive, and other chemicals into a vapor that is inhaled by the user.

These products are marketed and sold to young people and are readily available online and in shopping malls. In addition, these products do not contain any health warnings comparable to FDA-approved nicotine replacement products or conventional cigarettes. They are also available in different flavors, such as chocolate and mint, which may appeal to young people.

The FDA has been detaining and examining shipments of e-cigarettes at the border and has found that products examined thus far meet the definition of a combination drug device product under the Federal Food, Drug, and Cosmetic Act. Parents need to be aware of the health and marketing concerns associated with e-cigarettes and may want to tell their children and teenagers that these products are not safe to use.



Public Health
Prevent. Promote. Protect.

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