



# B I S M A R C K TOBACCO FREE C O A L I T I O N

Bismarck-Burleigh Public Health  
PO Box 5503  
500 E. Front Ave.  
Bismarck, ND 58506-5503

Summer 2011



## Bismarck Supports Smoke-free Ordinance, Defeats "Butt Huts"

On April 27, Bismarck joined more than 8,000 cities and more than 31 other capital cities across the nation in having a comprehensive smoke-free ordinance that includes bars, truck stops, and private clubs.

Almost 9,000 Bismarck citizens had voted at the April 19 special election on this issue—an unusually high number of voters for a special election—and 60 percent of the voters approved the ordinance.

The second item on the ballot concerned an ordinance allowing construction of smoking shelters or "butt huts" outside places that would no longer be able to allow smoking inside. Fifty-one percent of the voters defeated that ordinance.

"It was wonderful—but not surprising—to see Bismarck citizens come out to support

health," says Pat McGeary, Bismarck Tobacco Free Coalition coordinator. "Public opinion surveys in Bismarck had shown strong support for passing a smoke-free ordinance. It's happening across the nation: the trend is definitely toward smoke-free public environments. It's hard to argue with the science showing the immediate health hazards of secondhand smoke exposure."

The ordinance is an extension of the city ordinance passed in 2005, which made restaurants smoke-free. The new ordinance also prohibits electronic cigarettes and hookahs in public places, as well as hookah bars. In addition, smokers who move outside for a cigarette must now be 10 feet from the entrance, rather than 5 feet.

## UPCOMING EVENTS

**Bismarck Tobacco Free Executive Board Meeting**  
Tuesday, August 23 at 6:30 p.m.

**Bismarck Tobacco Free General Membership Meeting**  
Tuesday, September 27 at 6:30 p.m.

**Bismarck Tobacco Prevention Youth Summit**  
October 12 at the Bismarck Civic Center

## Spotlight on Tobacco Prevention Staff

Diane Weixel is the Office Assistant for the Tobacco Prevention department at BBPH, a position she has held for almost two years.



Diane is a native of Halliday, ND and attended Dickinson State University before beginning her career. She has been employed by The Dickinson Press, ND School for the Deaf and most recently Enable, Inc. before joining the City of Bismarck.

Diane and her husband, Gordon, have three grown children. Diane enjoys bike riding and spending time at the gym as well as spending as much time as possible with family and friends.

The Tobacco Prevention staff at Bismarck Burleigh describe Diane as being the "center of calm" for the Tobacco Prevention Program. "Diane coordinates the daily office events and tasks with such composure making it a pleasure to come to work," states Pat McGeary, Program Coordinator.



For more information visit [www.bismarcktobaccofree.com](http://www.bismarcktobaccofree.com)  
Brought to you by Bismarck Tobacco Free Coalition and BreatheND – Saving Lives, Saving Money with Measure 3.

The Bismarck Tobacco Free Coalition designed an implementation plan to bring the new ordinance in on a positive note. The print ad above, along with 2 1/2 weeks of a radio ad, encouraged the community to celebrate the new smoke-free ordinance by going out to enjoy the smoke-free air in bars and clubs. Each newly smoke-free venue received an implementation package that included signage recommended in the new ordinance, information to help bar servers know how to make the transition easier for their smoking customers, and a brochure answering frequently asked questions. To see the brochure, go to [www.bismarcktobaccofree.com](http://www.bismarcktobaccofree.com) and click on "Bismarck Smoke Free Ordinance," and then "Frequently Asked Questions Brochure."



## Don't be Fooled by Electronic Cigarettes

Since the enactment of Bismarck's new smoke-free ordinance, several people have asked us if e-cigarettes—electronic cigarettes—are legal in places where smoking is prohibited.

The answer is “no”: smoking e-cigarettes in public indoor places is prohibited in the new ordinance, along with other lighted tobacco products.

Despite being ambitiously marketed, e-cigarettes are not safer than conventional cigarettes. They're simply a new way to deliver nicotine to the body. They look like a cigarette on the outside but are battery-powered. They contain a small cartridge filled with a liquid nicotine solution. A small heating element heats or “vaporizes” the liquid in the cartridge so that it can be breathed in through the mouthpiece. The breathed substance has the same addictive qualities as tobacco.

The U.S Food and Drug Administration (FDA) has not approved e-cigarettes as smoke cessation aids. Preliminary FDA tests of e-cigarette samples showed carcinogens and toxic chemicals such as diethylene glycol (which is used in antifreeze). Many airlines do not allow e-cigarettes on flights, and this spring the U.S Department of Transportation officially banned the use of e-cigarettes on all flights.

The best advice is to quit smoking but to use methods recommended by your physician or the North Dakota Tobacco Quitline at 1-800-QUIT (1-800-784-8669). If you prefer a web-based service, go to QuitNet at [www.nd.quitnet.com](http://www.nd.quitnet.com). The Bismarck Burleigh Tobacco Prevention Program and the ND Quitline both offer medications such as nicotine, gum, patches or Chantix for smokers who qualify.



## Hookahs Are Not Safer Than Cigarettes

The new Bismarck smoke-free ordinance prohibits hookah bars—but many readers of this newsletter many not even know for sure what a hookah is.

Hookahs and hookah bars have been an integral part of Middle Eastern culture for more than 500 years, and are currently popping up across the U.S., including North Dakota.

A hookah, also known as a water-pipe, goza, hubble-bubble, borry, arhile, and narghile, uses a tobacco mixture called shisha. Burning charcoal is placed on top of the tobacco, which sits at the top of the hookah. Using a tube, smokers draw the smoke downward into a container of water at the bottom of the hookah. The water cools the smoke, and then users inhale it through a tube.

Hookah users and sellers like to say that smoking a hookah is safer than smoking a cigarette, but nothing could be further from the truth. In fact, hookah smoke is even more dangerous than cigarette smoke.

Here's the truth:

- Hookah smoke contains much greater quantities of tar, nicotine, and carbon monoxide (see table).
- In a 60-minute hookah session, a smoker is exposed to 100 to 200 times the volume of smoke inhaled from a cigarette.
- Merely passing smoke through water doesn't remove these cancer-causing ingredients.
- And “herbal” shisha contains carcinogens just as “herbal” cigarette tobacco does.

Adapted from Bacchus Network Top Facts: Hookahs [www.tobaccofreeu.org](http://www.tobaccofreeu.org)

10 Grams of Hookah Tobacco vs. 10 Grams of Cigarette Tobacco			
CHEMICAL	HOKAH	CIGARETTE	HOKAH VS. CIGARETTE
“tar”	802 mg	11.2 mg (avg)	100 times greater
nicotine	2.96 mg	0.77 mg (avg)	4 times greater
carbon monoxide	143 mg	12.6 mg (avg)	11 times greater

Adapted from *Shihadeh & Saleh (2005) Food & Chemical Toxicology Vol. 43(5)*