



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

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## Legislator Forum – Measure 3 Success: Saving Lives Saving Money

On November 1, 2012 the Bismarck Tobacco Free Coalition sponsored an educational legislator forum to review local program accomplishments and express appreciation for the appropriation of funding for tobacco prevention. The evening program included individuals from the Bismarck Burleigh area sharing how their health and the health of others has improved since smoke free and tobacco free policies passed.

The evening opened with Tom Fischer, former Director of Human Resources at the University of Mary. He gave an energized review of the benefits since the passage of the campus wide smoke free policy in August. “It was the best thing we ever did” stated Mr. Fischer, giving credit to the valuable technical assistance from the Bismarck Burleigh Tobacco Prevention Program and the enthusiastic work from the University’s peer health organization, Health PRO. He told how well it has been received by

those considering attending the college and has made sure the new tobacco free status is on the website and in student recruitment materials.

Gary Phillips, a local bar tender, expressed how the smoke free bars have improved the lives of employees and patrons where he works. “We get a lot of travelers, and in recent years they’ve been amazed that smoking was still allowed here, since most of the country has been ahead of us on this issue,” stated Gary.

Other speakers read testimonies about improved health from pool and dart players. The evening concluded with a message that work must continue to expand smoke free environments. Smoke free policies and laws are a health cost savings, and all citizens in small towns and larger cities in North Dakota deserve to breathe clean air.

There were 25 in attendance for the evening held at Bismarck Arts and Galleries.

## UPCOMING EVENTS

### Great American Spit Out

February 23, 2012

### Bismarck Tobacco Free Executive Board Meeting

Tuesday, March 6, 2012

### Kick Butts Day

March 21, 2012

## Smoking Rates down for North Dakota Youth

According to the 2011 Youth Risk behavior Survey (YRBS) released November 30, smoking rates among North Dakota high school students have decreased from 22.4 percent in 2009 to 19.4 percent in 2011.

The drop in youth smoking rates marks a success for North Dakota’s comprehensive tobacco use prevention efforts, led by the North Dakota Center for Tobacco Prevention and control Policy.

“What we’re doing is working,” said Jeanne Prom, executive director of the North Dakota Center for Tobacco Prevention and Control Policy.

The Center takes a comprehensive approach that includes public health education campaigns and promoting

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## Sixth Annual Youth Tobacco Prevention Summit Held

The sixth annual Bismarck Tobacco Prevention Youth Summit was a huge success! 85 students from various high schools and middle schools in Bismarck attended the summit.

The opening speaker was Jazmine Huschka, a junior from Bismarck High School, who has been involved with Students Against Destructive Decisions (SADD) for four years and is an active member in the Bismarck community on tobacco prevention efforts. "This summit was a chance for us to hear about the most recent developments in tobacco prevention. It's also where we learn ways to educate other students and help to create a healthier, smoke-free North Dakota," describes Huschka.

The 2011 Summit provided teens the opportunity to reach out to other teens regarding secondhand smoke and the high costs of tobacco use. The cost of tobacco use is not only monetary, but includes health, friends and family, looks, jobs, and the highest cost, lives.

Students in attendance wrote and produced both television and radio Public Service Announcements (PSAs) targeted to their age group.

Students received expert training in how to develop Public Service Announcements from Dana Mitchell, the prevention coordinator for the Dover Police Department in New Hampshire. Mitchell also works with the Dover Youth to Youth program. Mitchell has empowered thousands of New Hampshire youth to use their voice in matters that affect their health, specifically tobacco. As a result of the training, each school will develop a PSA which will be shown throughout the year and on the following dates:

- Great American Smokeout (November 17th)
- Great American Spit Out (February 23, 2012)
- Kick Butts Day (March 21, 2012)

You can also view the PSA's at [www.BreatheND.com](http://www.BreatheND.com).

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local smoke-free and tobacco-free policies to protect the lives of North Dakotans by reducing tobacco use across the state.

Along with the decline in high school smoking rates, a decrease was also reported in high school usage of other tobacco products, such as chewing tobacco, snuff and dip where rates dropped from 15.3 percent in 2009 to 13.6 percent in 2011. The decreases in youth tobacco use coincides with a recent CDC survey showing North Dakota adult smoking rates dropped from 18.6 percent in 2009 to 17.4 percent in 2010.

The complete Youth Risk Behavior Survey can be found at: <http://www.dpi.state.nd.us/health/YRBS/index.shtm>

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