



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

Bismarck-Burleigh Public Health
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WINTER 2008



UNIVERSITY OF MARY CAMPUS TOBACCO FREE INITIATIVE

By Pat McGeary



Left to Right: Greg Springen, Melinda Paulson, Cheryl Kalberer, Laura Fuerstenberg, Pat McGeary. Presenters not pictured are Dr. Nick Neumann, Dr. Jim Hughes, and Beth Hughes.

The Great American Smokeout 2007 on November 15th, marked the last of three public forums addressing plans for the University of Mary Campus Tobacco Free Initiative. The forums were held at Heskett Hall at the University of Mary Campus. Questions and concerns could be heard about a future tobacco free campus policy.

Adoption of a tobacco free policy would make the university the eighth college campus in North Dakota to adopt a smoke free or tobacco free policy. To date, over 88 colleges and universities nationwide have expanded smoking restrictions to campus-wide tobacco and/or smoking bans.

University of Mary Health PRO (Peers Reaching Out) students, Greg Springen and Melinda Paulson have taken leadership

roles toward making the University of Mary tobacco free policy happen. Laura Fuerstenberg, a Family Nurse Practitioner with the Student Health Center advises the Health PRO Organization and is active in the student's policymaking process. Laura also plays a vital role in policy through providing tobacco cessation services to students and staff. Provision of tobacco cessation medications and counseling is a most important component to any tobacco free policy. In addition to tobacco cessation services at the University of Mary, the Tobacco Cessation Program at Bismarck Burleigh Public Health provides evening classes at 500 East Front Ave. and at St. Alexis Medical Center.

The next step in the policy ladder is for the drafted policy to be presented at the student senate. It is hopeful to see policy enactment by the fall of 2008.

The Bismarck Burleigh Tobacco Prevention and Control Program has provided technical assistance for tobacco policy advocacy for universities and colleges. University of Mary Health PRO students and Emerging Leaders in Health Care have benefited from attending training/courses for smoke free campus policies at the National BACCHUS Network trainings. Funding for the trainings and for technical assistance for policy advocacy was made available through the Community Health Grant Program at Bismarck Burleigh Public Health.

UPCOMING EVENTS

Freedom From Smoking Class
February 6 - March 12

National Spit Tobacco Speaker
Rick Bender
February 11 - 14

Bismarck Tobacco Free
Executive Board Meeting
February 15

Bismarck Tobacco Prevention
Network Breakfast
February 26

Bismarck Tobacco Free General
Membership Meeting
March 13

For information about these events: call 355-1594 or visit www.bismarcktobaccofree.com



GOLD STAR AWARD By Susan Kahler

At the 3rd Annual Bismarck Tobacco Prevention Youth Summit area schools received the Gold Star Award for having a comprehensive tobacco prevention policy. This award is an honor given to a school that follows all the procedures in obtaining a full tobacco prevention program. Schools must offer tobacco prevention education, tobacco-free buildings/grounds and tobacco cessation information. Connie Susag, School Tobacco Prevention Coordinator and Simle Middle School SADD students; Kendal Hammeren, Lindsey DeKrey, Reese Paulson presented their Principal Mr. Riehl the Gold Star Award to be display in their schools. The following schools received the Gold Star Award at the 3rd Annual Bismarck Tobacco Prevention Youth Summit: Horizon Middle School, Simle Middle School, Bismarck High School, Century High School, South Central High School and St. Mary's High School.

Research has proven that schools with strong tobacco prevention policies have lower youth smoking prevalence rates when compared to schools without policies. In order to be considered strong, a policy must be tobacco-specific, properly communicated to everyone affected, and consistently enforced. In keeping with our goal of reducing



SADD students present award to Simle Middle School Principal Mr. Riehl

youth tobacco use in the Bismarck – Burleigh area, we have developed the Gold Star Award program that recognizes those schools that are working hard to reduce the number of youth smokers in our communities. The policies were evaluated according to the checklist that was developed using the Model School Policy for Tobacco Use recommended by the North Dakota Department of Health (available online at <http://www.ndtobaccoprevention.net/schools.htm>).

NEW EXECUTIVE BOARD MEMBER - DR. STEVE HAMAR By Pat McGeary

Dr. Steve Hamar is the newly elected executive board member for the Bismarck Tobacco Free Coalition. Dr. Hamar has been a surgeon for Mid Dakota Clinic for the past 29 ½ years. He received surgical training at Baylor College of Medicine in Houston, Texas. He has many different hobbies including sailing, mountain climbing, photography, music, traveling, and spending time with family and grandchildren.

Dr. Hamar claims there are three things you can do to decrease the cost of healthcare tremendously:

- Don't ever smoke, and if you do, quit.
- Exercise regularly, avoid obesity and being overweight.
- Always wear your seat/lap belt when you are in a vehicle.

Dr. Hamar states, "As a surgeon I have seen first hand the end stages of tobacco use, primarily smoking. It has resulted in the death of several very important people to me personally, including my father."

Members are looking forward to Dr. Hamar's involvement with tobacco prevention work in our local area.



Dr. Steve Hamar Selected as Executive Board Member