



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

Cavalier County Health District

# Cavalier County Health District

OCTOBER 2017

## TOBACCO 21: PROTECTING THE MOUTH & THE REST OF THE BODY

Here's a quick challenge: make a list of the reasons why you should never start using tobacco products. Was improved oral health among them? Preventing early onset of tobacco use is an important factor in preventing gum disease and oral cancer. That's why the Campaign for Dental Health supports Tobacco 21. Because 90% of smokers begin their tobacco use before age 18, public health interventions that reduce youth access to tobacco can make a big difference in protecting children from lifelong addiction. One successful strategy is the "Tobacco 21" movement. Tobacco 21 laws raise the minimum purchase



age for tobacco products from 18 to 21 years. This change helps limit access to tobacco: youth who cannot buy cigarettes typically rely on older friends to purchase them. In fact, 90% of people who purchase tobacco for distribution to minors are between the ages of 18 and 20. Raising the purchase age to 21 means less access to cigarettes, and thus less potential for nicotine addiction. According to an [Institute of Medicine Report](#), increasing the tobacco purchase age

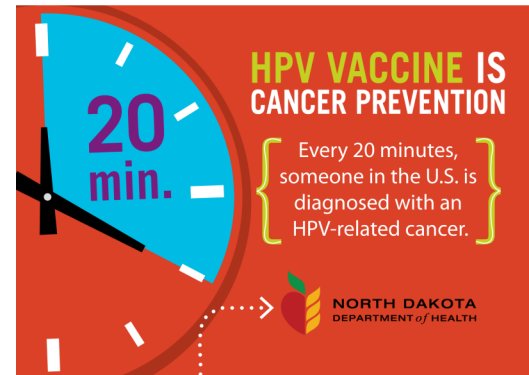
to 21 would result in a 12% overall reduction in smoking prevalence, and 25% reduction in smoking initiation among 15-17 year olds.

- The Tobacco 21 movement began in Needham, MA in 2005. From 2006-2010, Needham saw a 47% reduction in teen smoking, compared to only a 14% reduction in neighboring towns. Following this success, these laws have gained traction across the country. **As of August 2017, five states and over 255 cities and towns have raised the minimum tobacco age to 21!** In addition, public support is strong: 71% of US adults support raising the tobacco age to 21.

## School Based Cancer Prevention a Success

Cavalier County Health District received a grant this past year from the North Dakota Department of Health Comprehensive Cancer Control Program to offer HPV vaccinations at county schools in order to increase vaccination rates making getting this cancer prevention vaccine series more convenient for teens and parents. Letters were sent to parents of teens who had not yet received the vaccine and clinics were held during the

school year at county schools for students in grades 7-12. Rates of HPV vaccination of 7-12 grade students were assessed prior to beginning this effort and after the final school based clinic. HPV vaccination rates increased at every grade level. Seventy-nine percent of students have either completed the vaccine series or are in the process of receiving the vaccine series compared to sixty five percent



prior to the current school year.

Please contact the Cavalier County Public Health Office to review or schedule vaccinations for your child.

## Local Daycare Protects Kids

Grow and Learn Childcare Center has committed to protecting the health of children attending their daycare by opening with a comprehensive tobacco free daycare policy. This policy prohibits the use of tobacco products anywhere on the daycare property including the grounds.

The policy eliminates the problem of unsightly and toxic cigarette butt litter. As few as three cigarette

butts, one whole cigarette or a pinch of snuff can potentially be poisonous in children if ingested.

In addition to the risks of tobacco litter secondhand smoke exposure has been shown to increase health risks in children including asthma, ear infection, and SIDS.

Research has also shown that reducing children's exposure to adult tobacco use through

comprehensive smoke free policies like the one at Grow and Learn Child Childcare Center decrease the chances a child will ever use tobacco themselves. Congratulations to Grow and Learn Childcare Center for protecting the children they care for.

## Citizens Encouraged to Dispose of Drugs

Cavalier County Health District, Cavalier County Sheriff's Department and Langdon Drug encourage citizens to prevent unintentional poisoning, medication theft and abuse by ridding their homes of potentially dangerous expired, unused and unwanted prescription or over-the-counter medications. Bring your medications to the Cavalier County Sheriff's Department or Langdon Drug to safely and properly dispose of unused or unwanted medications.

Properly disposing of excess drugs is everyone's responsibility as a matter of public safety. Medications left in homes can lead to theft, misuse, diversion, unintentional poisoning, abuse and overdose. Please find time to clean out your medicine cabinet and drop off controlled, non-controlled or over-the-counter medication.

**\* LOCK – Keep medication out of sight & in a safe and secure place**

**\* MONITOR – Keep track of medication and take only as directed**

**\* TAKE BACK – Drop off unused medication at Take Back Sites**

### Local Take Back Locations

Langdon Drug  
805 3<sup>rd</sup> Street  
Langdon ND 58249  
701-256-3330

Cavalier County Sheriff's Department  
901 3<sup>rd</sup> Street, Suite 4  
Langdon ND 58249  
701-256-2555



## North Dakota Low Tax Slows Prevention

### Major Tobacco

**States' Average: 48.5 cents**

- North Carolina: 45 cents
- **North Dakota: 44 cents**
- Georgia: 37 cents
- Virginia: 30 cents
- Missouri 17 cents

**Median tax rate:**

**\$1.60 per pack**

- New York: \$4.35

- Connecticut: \$3.90
- Minnesota: \$3.04
- Montana: \$1.70
- South Dakota: \$1.53

**Also, currently:**

- 35 states have cigarette tax rates of \$1.00 per pack or higher,
- 17 states have cigarette tax rates of \$2.00 per pack or higher, and
- 8 states have cigarette tax rates of \$3.00 per

**Raising Cigarette Taxes  
Lowers Consumption,  
Especially Among Younger People**



For more information go to *excise tax rates and rankings* go to  
<http://www.tobaccofreekids.org/research/factsheets/pdf/0097.pdf>

Source: Congressional Budget Office

Center on Budget and Policy Priorities | cbpp.org



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**Our vision...Healthy Choices, Healthy  
People, Healthy Community**

Cavalier County Health District

901 3rd St. Suite #11

Langdon, ND 58249

701-256-2402

[stwelsh@nd.gov](mailto:stwelsh@nd.gov)

[tgustafs@nd.gov](mailto:tgustafs@nd.gov)

It's not too late to  
get a flu shot! Call  
to schedule an  
appointment today.

Check out our website at  
[www.cavalliercountyhealth.com](http://www.cavalliercountyhealth.com)

