

TOBACCO *Facts*

Adult Cigarette Smoking

Smoking Prevalence in North Dakota

- In North Dakota, 19.5 percent of adults smoke.¹
- Each year, 49.1 percent of North Dakota's adult smokers try to quit.¹

Smoking Prevalence in the United States

- In the United States, 20.1 percent of all adults smoke.¹
- Each year, nearly 47.7 percent of adult smokers in the U.S. try to quit.²

The Cost of Smoking in North Dakota

- Medical claims and lost productivity costs due to smoking in North Dakota amount to \$437 million per year, or \$10.48 per pack.²
- Medicaid costs due to smoking in North Dakota are \$47 million per year, or \$94.87 per capita.²

Smoking Policies in North Dakota

- In 2005, the North Dakota Legislative Assembly passed a smoke-free law that restricts smoking in all workplaces and public places, with some exceptions.³

The Ultimate Cost of Smoking

- Cigarette smoking remains the leading preventable cause of death in the United States, resulting in approximately 438,000 deaths annually.²
- In North Dakota, 874 adults die prematurely each year from illnesses caused by smoking. That means two of our family members, friends and neighbors die every day in North Dakota from smoking.⁵

Helping Smokers Quit

- The North Dakota Tobacco Quitline is a free telephone-based counseling service available to help North Dakota tobacco users quit. North Dakota residents can call the toll-free number, **866.388.QUIT**, to discuss quitting with a professionally trained counselor.

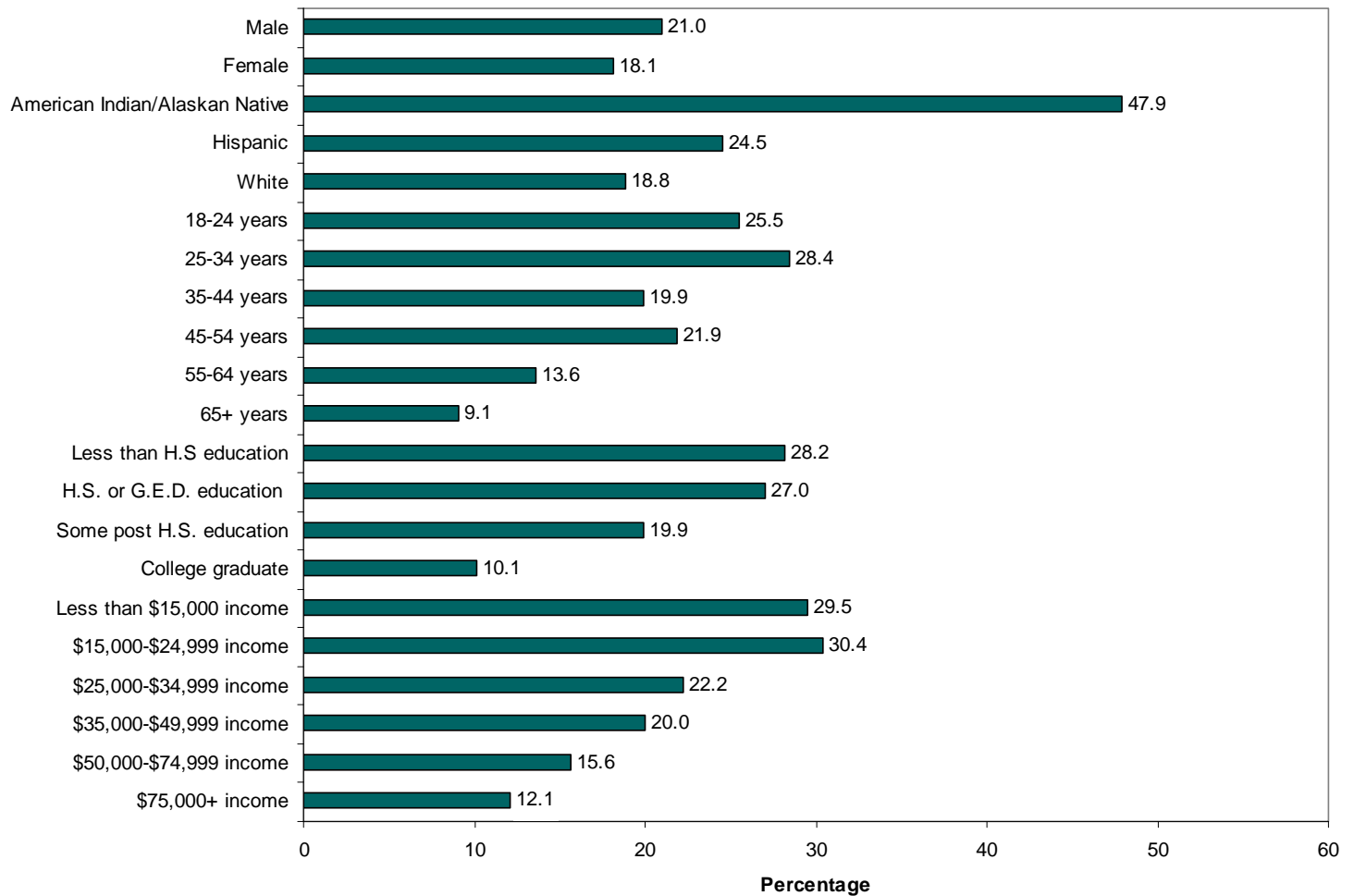


- Several local public health units and medical facilities offer cessation counseling. A directory of North Dakota's tobacco cessation programs can be found at www.ndhealth.gov/tobacco.

Funding for Comprehensive Tobacco Prevention and Control Programs

To implement tobacco-control programs fully and reduce the prevalence of tobacco use further, the U.S. Centers for Disease Control and Prevention (CDC) recommends spending \$9.3 million in North Dakota.⁶ In 2006, North Dakota utilized \$4.4 million (47 percent of the CDC recommended amount) for tobacco prevention and control. Funding was provided by the Master Settlement Agreement and grants, including one from the CDC.³

Percentage of Population Groups Who Smoke in North Dakota¹



¹ 2006 Behavior Risk Factor Surveillance System (BRFSS) – The BRFSS is an ongoing state-based telephone surveillance system supported by the CDC. Through a series of monthly telephone interviews, states uniformly collect data on the behaviors and conditions that place people at risk for chronic diseases, injuries and preventable infectious diseases. (Because of a small sample size, percentages for racial/ethnic groups come from a combination of the 2005 and 2006 BRFSS surveys.)

² CDC Data Highlights, 2006.

³ North Dakota Division of Tobacco Prevention and Control.

⁴ 2005 Youth Risk Behavior Survey – The YRBS monitors priority health-risk behaviors among youth and young adults. During the spring of 2005, the North Dakota Department of Health and the North Dakota Department of Public Instruction conducted the seventh biennial YRBS.

⁵ U.S. Centers for Disease Control and Prevention (CDC). Smoking-Attributable Mortality, Morbidity and Economic Costs (SAMMEC) report, 2003.

⁶ CDC Best Practices for Comprehensive Tobacco Control, October 2007.



For more information, contact
 Division of Tobacco Prevention & Control
 North Dakota Department of Health
 600 E. Boulevard Ave., Dept. 301
 Bismarck, N.D. 58505-0200



701.328.3138 or 800.280.5512 / www.ndhealth.gov/tobacco