

TOBACCO *Facts*

Adult Smokeless Tobacco and Cigar Use

Prevalence of Smokeless Tobacco and Cigars in North Dakota

- In North Dakota, 4.7 percent of adults use smokeless tobacco. Males use smokeless tobacco at a rate of 9.4 percent and females use it at a rate of .08 percent.¹
- In North Dakota, 3.7 percent of adults smoke cigars.²

Prevalence of Smokeless Tobacco and Cigars in the United States

- In the United States, 3.0 percent of all adults use smokeless tobacco. Men use smokeless tobacco at a rate of 6 percent and women use it at a rate of .4 percent.³
- In the United States, 5.6 percent of people 12 years of age or older smoke cigars.³

Helping Tobacco Users 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.⁴ 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.⁵

¹ 2005 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.

² 2003 BRFSS.

³ Substance Abuse and Mental Health Services Administration. *Results from the 2005 National Survey on Drug Use and Health*

⁴ *CDC Best Practices for Comprehensive Tobacco Control*, October 2007.

⁵ North Dakota Division of Tobacco Prevention and Control.



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