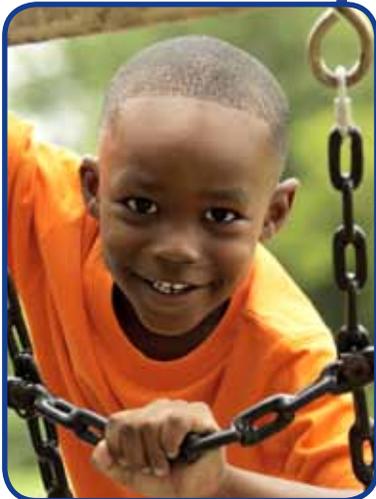


# North Dakota Coordinated School Health Strategies

## Tobacco

### Physical Education

- Promote recreational activities as healthy alternatives to tobacco use.
- Demonstrate the effect tobacco use has on cardiovascular health and fitness.



### Health Services

- Have school nurses use Ask, Advise, Refer (AAR) to screen students for tobacco use.
- Implement teen cessation program and refer to the North Dakota Tobacco Quitline (1.800.QUIT.NOW) or North Dakota QuitNet ([www.nd.quitnet.com](http://www.nd.quitnet.com)).



### Health Education

- Implement evidence-based tobacco prevention curricula (Project Towards No Tobacco, Life Skills Training).
- Implement alternatives to suspension and refer to the North Dakota Tobacco Quitline (1.800.QUIT.NOW) or North Dakota QuitNet ([www.nd.quitnet.com](http://www.nd.quitnet.com)).
- Teach about the impact that tobacco use has on all aspects of life (i.e., health, work, finances).

### Nutrition Services

- Provide healthy food, snacks and drinks for all students.
- Provide education on nutrition issues related to tobacco use, such as weight control.



# North Dakota Coordinated School Health Strategies

## Healthy School Environment

- Implement and enforce a comprehensive tobacco-free school policy.
- Display tobacco-free school policy signs.

**Tobacco-Free  
ZONE**

For the Health of our Community,  
**NO TOBACCO** is permitted on  
School Property or at School  
Sponsored Events.

Strictly enforced by School/District Policy #000000.



## Family & Community Involvement

- Offer tobacco cessation resources for family and community members.
- Partner with law enforcement to report teen tobacco-use violators.
- Partner with youth groups working on tobacco prevention projects.
- Encourage local businesses not to sell tobacco products to youth.
- Organize a school health committee that meets twice per year and includes parents/guardians, students and community members to review and address current needs.

## Counseling, Psychological & Social Services

- Train school counselors in public health services (PHS) guidelines such as AAR.
- Offer counseling services to students who use tobacco and refer to the North Dakota Tobacco Quitline (1.800.QUIT.NOW) or North Dakota QuitNet ([www.nd.quitnet.com](http://www.nd.quitnet.com)).



- ▶ For information about tobacco prevention and control, visit the North Dakota Division of Tobacco Prevention and Control website at [www.ndhealth.gov/tobacco](http://www.ndhealth.gov/tobacco).

## Health Promotion for Staff

- Enforce a comprehensive tobacco-free environment.
- Offer tobacco cessation resources to staff.



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