

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).



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).
- 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.



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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).



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

Health Promotion for Staff

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



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