

TOBACCO

November 2009

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, **1.800.QUIT.NOW** (1.800.784.8669), 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.

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*