

## Adult Smokeless Tobacco and Cigar Use

### **Prevalence of Smokeless Tobacco and Cigar Use in North Dakota**

- In North Dakota, 7.5 percent of adults use smokeless tobacco. Males use smokeless tobacco at a rate of 14.1 percent and females use it at a rate of .7 percent.<sup>1</sup>
- In North Dakota, 10.4 percent of adults smoke cigars.<sup>2</sup>

### **Prevalence of Smokeless Tobacco and Cigar Use in the United States**

- In the United States, 4.0 percent of all adults use smokeless tobacco.<sup>1</sup> Men use smokeless tobacco at a rate of 6.7 percent and women use it at a rate of .6 percent.<sup>3</sup>
- In the United States, 4.9 percent of adults smoke cigars.<sup>3</sup>

### **Helping Tobacco Users Quit**

- Contact NDQuits, either by visiting [www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits) or by calling 1.800.QUIT.NOW (1.866.388.7878). NDQuits offers free help with quitting via telephone, online and mobile device options for any North Dakota resident. Services include:
  - Telephone counseling.
  - Quit coaches.
  - Chatting with other tobacco quitters.
  - Free nicotine patches, nicotine gum or nicotine lozenges to qualified enrollees

**NDQuits**  
 1.800.QUIT.NOW  
[www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits)

<sup>1</sup> 2015 Behavioral 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.

<sup>2</sup> 2015 North Dakota Adult Tobacco Survey.

<sup>3</sup> 2015 National Survey on Drug Use and Health (reported of persons ages 12 and older).

**NOTE: Due to changes in BRFSS survey sampling methodology (the addition of cell phone-only users and a new method of weighting data), North Dakota Department of Health Division of Tobacco Prevention and Control tobacco data collected prior to 2011 cannot be compared to data collected in 2011 and moving forward.**

For more information, contact:  
 Tobacco Prevention & Control Program  
 North Dakota Department of Health  
 600 E. Boulevard Ave., Dept. 301  
 Bismarck, N.D. 58505-0200  
 701.328.3398 or 800.280.5512 / [www.ndhealth.gov/tobacco](http://www.ndhealth.gov/tobacco)

**NDQuits**  
 1.800.QUIT.NOW  
[www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits)

 NORTH DAKOTA  
 DEPARTMENT of HEALTH