

# TOBACCO *Facts*

## Adult Cigarette Smoking

### Smoking Prevalence in North Dakota

- In North Dakota, 21.2 percent of adults smoke.<sup>1</sup>
- In 2013, 51.0 percent of North Dakota's adult smokers tried to quit.<sup>1</sup>

### Smoking Prevalence in the United States

- In the U.S., 19.0 percent of all adults smoke.<sup>1</sup>
- In 2013, nearly 59.7 percent of adult smokers in the U.S. tried to quit.<sup>1</sup>

### The Cost of Smoking in North Dakota

- Medical claims and lost productivity costs due to smoking in North Dakota amount to \$559 million per year.<sup>2</sup>
- Medicaid costs due to smoking in North Dakota are \$57 million per year, or \$77.08 per capita.<sup>3</sup>

### Smoking Policies in North Dakota

- In 2012, an initiated measure was passed that provided a comprehensive no-smoking law throughout the state in all public places, including bars, motels, restaurants, truck stops and long-term care facilities.<sup>4</sup>

### The Ultimate Cost of Smoking

- Cigarette smoking and exposure to secondhand smoke result in more 480,000 deaths annually in the United States.<sup>2</sup>
- In North Dakota, 1,000 adults die prematurely each year from illnesses caused by smoking. That means nearly three of our family members, friends and neighbors die every day in North Dakota from smoking.<sup>3</sup>

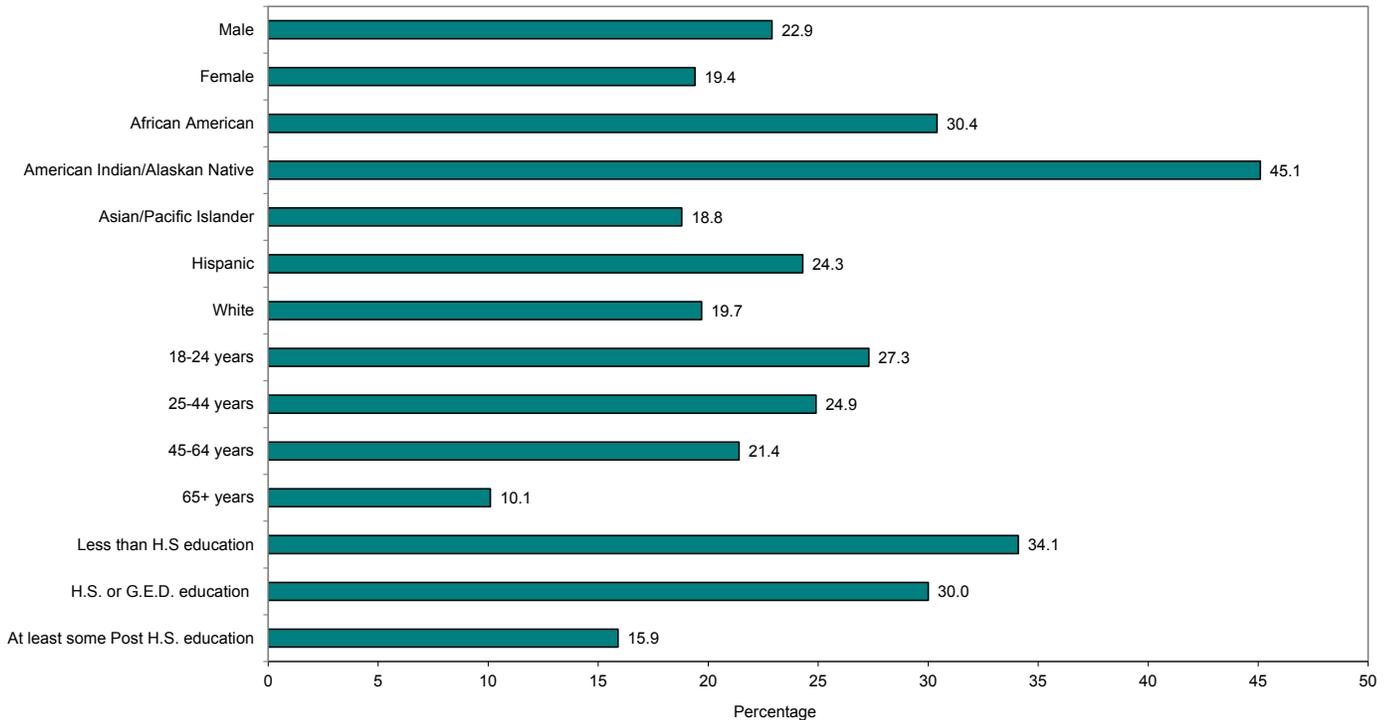
### Helping Smokers Quit

- 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)



Percentage of Population Groups Who Smoke in North Dakota<sup>1</sup>



This chart shows that in general, the older a person is, the less likely they are to smoke, and the more education a person has completed, the less likely they are to smoke. Also, men smoke at a higher rate than women and people of American Indian/Alaska Native descent have a higher smoking rate than those of other descents.

**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.**

<sup>1</sup> 2013 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.

<sup>2</sup> Campaign for Tobacco-Free Kids, 2015.

<sup>3</sup> Campaign for Tobacco-Free Kids and U.S. Census Bureau, 2015.

<sup>4</sup> North Dakota Tobacco Prevention and Control Program.