

TOBACCO

Facts

April 2016

Adult Smokeless Tobacco and Cigar Use

Prevalence of Smokeless Tobacco and Cigars in North Dakota

- In North Dakota, 7.6 percent of adults use smokeless tobacco. Males use smokeless tobacco at a rate of 13.9 percent and females use it at a rate of 1.2 percent.¹
- In North Dakota, 9.7 percent of adults smoke cigars.²

Prevalence of Smokeless Tobacco and Cigars in the United States

- In the United States, 4.2 percent of all adults use smokeless tobacco.³ Men use smokeless tobacco at a rate of 7.8 percent and women use it at a rate of .9 percent.⁴
- In the United States, 5.4 percent of adults smoke cigars.⁴

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.

Helping Tobacco Users Quit

- Contact NDQuits, either by visiting www.ndhealth.gov/ndquits or by calling **1.800.QUIT.NOW** (1.866.388.7848). 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

¹ 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.

² 2011-2012 North Dakota Adult Tobacco Survey.

³ 2013 BRFSS.

⁴ 2012 National Survey on Drug Use and Health (reported of persons ages 12 and older).