



TOBACCO FREE NORTH DAKOTA

TOBACCO PREVENTION AND CONTROL PROGRAM

ACHIEVEMENTS

YOUTH INVESTMENT

- We continued our annual Video Essay Contest for high school seniors for the opportunity to win a college scholarship
- In the late fall of 2022, we hosted a special edition contest celebrating the 10th anniversary of North Dakota's smoke-free air law



TFND Executive Director Heather Austin with 2022 winner Madeline Erickson



Our guest speaker from Truth Initiative during the 2022 summit in Bismarck.

- TFND travels all around the state doing school presentations: since 2020 we've presented to more than 2,000 K-12 students at a number of events including:
 - SAFE Night in Emmons County
 - School presentations in Glen Ullin, Kenmare, Langdon, Mandan, and Oakes
 - Presentations at the North Dakota Association of High School Student Councils Annual conferences in 2021 and 2022, as well as for the ND Middle School Student Councils Conferences.
- We've also reached hundreds of college students at community events, like the University of Mary Health Fair, and through presentations to nursing students at North Dakota State University.
- We continued sponsoring prizes for the annual Bismarck-Burleigh Public Health Big Tobacco Exposed College Graphic Designer Contest

ORGANIZATIONAL GROWTH

TFND prides itself on being part of North Dakota's nonprofit community. Every year we participate in the regional event Giving Hearts Day- including trainings offered by the Dakota Medical Foundation- as a way to grow our base of support.

Aside from Giving Hearts Day, TFND has met with other nonprofits to discuss ways to maximize resources.

We are also proud members of the North Dakota Association of Nonprofit Organizations (NDANO)

YOUTH ACTION SUMMITS

The summits scheduled for fall 2022 went on as planned, again with hundreds of people attending, including lawmakers from Bismarck, Grand Forks and Fargo. Students in attendance learned the valuable skill of how to talk to their peers about the dangers of nicotine products and how to seek help quitting

PROFESSIONAL DEVELOPMENT

In order to best serve North Dakota, we collaborated with other professionals in New Orleans for the National Conference on Tobacco or Health in June 2022.

Data collected by TFND was presented to more than 2,000 attendees in the poster sessions during the conference.



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MAKING A DIFFERENCE

THIS IS QUITTING

On April 1, 2022 in partnership with Truth Initiative, TFND launched "This Is Quitting" in North Dakota. We are one of a handful of states offering this program. TIQ is a text-to-quit resource for people aged 13-24. The program is specifically tailored for this age group and proven more effective than quitting alone. It is free and confidential.

As of November 9th, 2022, 34 people have enrolled in "This Is Quitting," 12 teens and 22 YA, making this a great resource to address youth nicotine dependence.



COMMUNITY OUTREACH AND TRAINING

- Quit Week media campaign raising awareness to available cessation resources. The campaign has shown a marked increase in calls to NDQuits in the time surrounding the campaign
- Organized the inaugural Badlands Symposium, training more than 50 healthcare professionals in tobacco cessation best practices
- We continue to work with tribal stakeholders to find any opportunity to help North Dakota's American Indian population
- Created a webinar training series-which is ongoing-covering topics from talking to youth, cessation best practices, lessons learned from Quit Week
- Assisted Professional Data Analysts in the creation of *The State of Tobacco Control in North Dakota* report
- Sponsored tobacco treatment specialist trainings, resulting in 90 healthcare providers receiving TTS credentials
- TFND also does outreach through local media stations including:
 - Talking about the importance of Quit Week in 2021 and 2022 with local Bismarck TV stations
 - Announcing the winners of our Video Essay Scholarship Contest
 - Joined KFGO radio "It Takes 2" about the dangers of vaping and available cessation resources
 - Interview with Prairie Public about cessation resources

COMMUNITY OUTREACH CONTINUED

Displayed booths or presented at multiple conferences including:

- ND Dental Association Winter Conference
- NDANO Nonprofit Leadership Conference
- Dakota Conference on Rural and Public Health
- CHI/Sanford/Mayo Nicotine Dependency Conference in Bismarck, ND
- Washburn Community Fair
- First Presbyterian Church Health Fair-Bismarck