



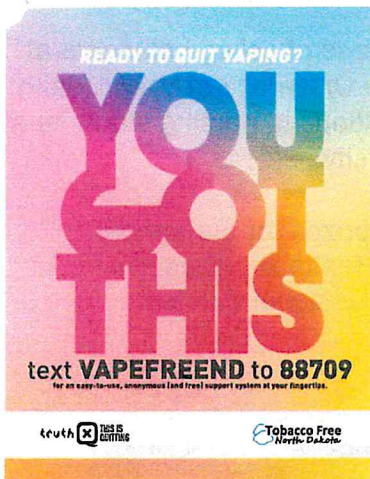
TOBACCO FREE NORTH DAKOTA

TOBACCO PREVENTION AND CONTROL PROGRAM

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 April 1, 2024, 127 people have subscribed to "This Is Quitting," with more than half of 13-24 year olds enrolling in the program.

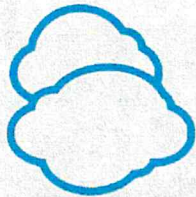
Changes will be coming to the program in 2025 to help grow its reach.

Tribal Partnerships and Collaboration

- Host quarterly webinar series with tribal partners covering issues unique to their communities.
- Also utilized TFND's train the trainer program and resources to develop local experts and a customized resources hub.
- Collaborating to co-host a customized Youth Action Summit for tribal youth next year.

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. TFND's role is to help organize the social media and earned media with our grassroots partners. 2024 was our most successful earned media year.
- Hosted a 2-day tribal coalition training in June 2023 with representatives from three North Dakota tribes. TFND provided financial assistance to each community project
 - Spirit Lake Nation's project led to multiple community education sessions on the dangers of tobacco products, which resulted in one member attempting to quit vaping
- Hosted a full-day youth engagement workshop for local public health partners in April.
- Created a webinar training series-which is ongoing-covering topics from talking to youth, cessation best practices, lessons learned from Quit Week. These webinars are used to help train new tobacco coordinators at local public health units and the recordings are available on TFND's website and Youtube page.
- Assisted Professional Data Analysts in the creation of *The State of Tobacco Control in North Dakota* report
- Sponsored multiple tobacco treatment specialist trainings, resulting in more than 200 healthcare providers receiving TTS credentials



Tobacco Free
North Dakota

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ACHIEVEMENTS

YOUTH INVESTMENT

- We continued our annual Video Essay Contest for high school seniors for the opportunity to win a college scholarship. Since the 2017-18 school year, we have awarded more than \$10,000 in prize money to students.



TFND Executive Director Heather Austin with 2022 winner Madeline Erickson



Our 2024 winner Tia at Dickinson State University

- TFND traveled all around the state doing school presentations: from 2017-2023 we've presented to more than 3,000 K-12 students at a number of events. We have now transitioned to a train the trainer program empowering local experts to use TFND resources in their community presentations to area schools. Through these efforts, we estimate we've reach several thousand more students.

- 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

YOUTH ACTION SUMMITS

The Break Free Youth Action Summits bring youth from around the state to learn how to become an advocate in their communities. Since the first summit in 2018, more than 1,200 students have learned about the importance of getting involved.

TFND hosted the summits in 2023 again with more than 250 people attending. With the help of guest speakers from Truth Initiative and Stanford REACH Lab, students learned valuable skills like peer to peer communication and how to get involved in their community advocacy.

Bismarck hosted its summit in October 2024, learning more about the legislative session. Fargo will be hosting its next summit in March 2025. These events are an invaluable resource to engage young people in outside advocacy.



Sen. Michelle Axtman and Rep. Glenn Bosch speak to students about how they became legislators



Students present their idea on how to encourage young people to stay away from nicotine products.



Our 2023 presenters stop for a photo during the Fargo summit



Teamwork makes the dream work

Vaping-Related Lung Injury in Vermont: Documenting the Harms

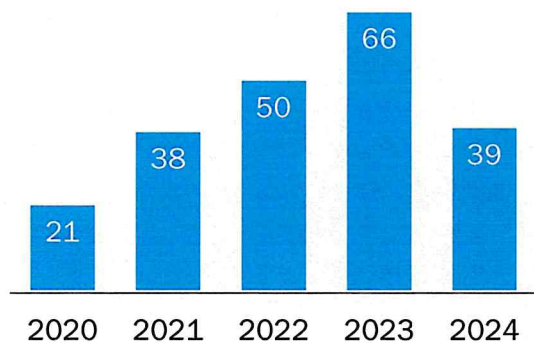
Despite mixed messaging, vaping is not harmless.

Vaping can lead to severe adverse health effects in the short-term and long-term, which includes injury to the lungs and pulmonary system. The rise of cases of e-cigarette or vaping product use-associated lung injury in 2019 led to the development of a medical code in 2020 (U07.0) that health care practitioners can use to **diagnose, treat or manage dabbing or vaping related lung injury**. This brief documents the use of the vaping-related injury claim code in Vermont from 2020 - 2024 using data from Komodo's Healthcare Map®. The Komodo Healthcare Map® is limited to patients that have at least two tobacco and nicotine dependence codes, so the number of patients and claims included in these analyses may represent an undercount of the number of vaping-related injury claims and patients, especially among youth.

Vaping-related injury health care claims have increased since 2020.

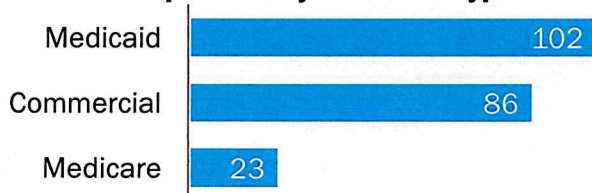
There have been **214 patients** across five years who have received at least one vaping-related injury code in Vermont.

Number of patients in Vermont with at least one vaping-related disorder claim



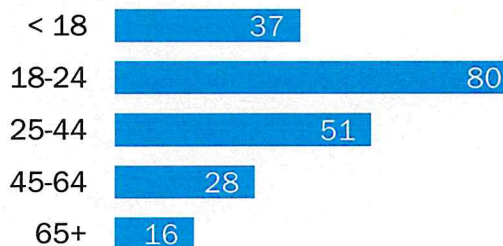
Over half of patients (55%) were insured through government insurance programs.

Number of patients by insurance type*



*Insurance type was missing for 3 patients

Age at first vaping-related injury code*



*Age was missing for 2 patients

58 patients (**27%**) had at least two health care visits where they received the vaping injury related claim, and of those, 31 patients (15%) had at least three visits.

Commercial Insurer Makeup

Individuals insured by the Veterans Health Administration and those who are uninsured are missing from this analysis. The most frequently used commercial providers in Vermont are included in the claims data, including Blue Cross Blue Shied VT, Cigna and MVP.

