

THE NEXT GENERATION



MAKING AN IMPACT IN YOUR LOCAL COMMUNITY



Participating in the Annual Bismarck or Fargo Youth Action Summit is a great way to connect with likeminded peers that are passionate about creating positive change in their communities.

How can you get involved?

YOUTH ENGAGEMENT OPPORTUNITIES



Looking for an opportunity to get involved in your community? Then, Day at the Capitol is the event for you. Youth will get the chance to work with state organizations such as Tobacco Free North Dakota (TFND), and ND Health and Human Services to engage in tobacco-related legislative sessions so that their voice can be heard. To learn more, contact Executive Director, Heather Austin at heather@tfnd.org.

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ADVOCACY IN ACTION



Upcoming awareness events that provide youth activism opportunities are as follows:

- **Red Ribbon Week** - October 23-31, 2025
- **Great American Smoke Out** - November 20th, 2025
- **Great American Spit Out** - February 19, 2026
- **National Drugs & Alcohol Facts Week** - March 15-21st, 2026
- **Take Down Tobacco: National Day of Action** - April 1, 2026
- **World No Tobacco Day** - May 31, 2026

For more information, visit www.hhs.nd.gov/local-public-healthsites to locate your local public health unit. If you live in Bismarck, contact Bismarck Burleigh Public Health for more assistance at the following number: (701)-355-1540.

SOURCES:

1 BreatheND

BreatheND. (n.d.). <https://www.breathend.com/youth-action-summit/break-free/>

2 American Lung Association

American Lung Association. (n.d.). Cigarette & tobacco taxes. <https://www.lung.org/policy-advocacy/tobacco/tobacco-taxes#:~:text=increasing%20tobacco%20taxes%20can%3A,for%20much%20needed%20health%20programs%20Truth%20Initiative>

3 Truth Initiative

Tobacco use in North Dakota 2023. (2024). In Truth Initiative. <https://truthinitiative.org/research-resources/smoking-region/tobacco-use-north-dakota-2023>

4 Centers for Disease Control and Prevention

STATE System Excise tax fact sheet. (n.d.). <https://www.cdc.gov/statesystem/factsheets/excisetax/ExciseTax.html#:~:text=According%20to%20the%20US%20Surgeon,among%20adolescents%20and%20young%20adults>

5 Centers for Disease Control and Prevention

<https://www.cdc.gov/tobacco/e-cigarettes/about.html>

6 American Lung Association

American Lung Association. (n.d.-b). Tobacco Prevention Program funding. <https://www.lung.org/policy-advocacy/tobacco/prevention/tobacco-prevention-program-funding>

