

COMMERCIAL TOBACCO USE & YOU


Commercial tobacco use is the #1 cause of preventable disease, disability and death for American Indians/Alaskan Natives.

AMERICAN INDIAN/ALASKA NATIVE SMOKING RATES

9%
use smokeless tobacco products


smoke more cigars than any other group

26%
smoke commercial cigarettes


commonly use more than one commercial tobacco product

DISEASES CAUSED BY SMOKING


CANCER


HEART DISEASE


DIABETES


CHRONIC LIVER DISEASE & CIRRHOSIS


CHRONIC LOWER RESPIRATORY DISEASES


STROKE

COMMERCIAL TOBACCO TIPS

KEEP TOBACCO SACRED IN YOUR COMMUNITY. ONLY USE TOBACCO FOR SPIRITUAL OR CEREMONIAL REASONS.

WORK WITH A QUIT COACH AND USE QUIT MEDICATIONS TO HAVE THE BEST CHANCE OF MEETING YOUR COMMERCIAL TOBACCO USE GOALS.

ASK A MEDICAL PROVIDER OR TRADITIONAL HEALER FOR HELP.

For more information, visit njhealth.org/quittobaccohelp