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
- **26%** smoke more cigars than any other group
- **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