ASIAN-AMERICANS & TOBACCO

Tobacco use is the #1 cause of preventable disease, disability and death for Asian-Americans.

**ASIAN-AMERICAN SMOKING RATES**

- **12%** of all Asian-Americans are smokers
- **6%** of all Asian-Americans smoke menthol cigarettes
- **31%** of all Asian-Americans smoke menthol cigarettes
- **1 in 3** Vietnamese and Korean-American men smoke
- **1 in 3** South Asian-Americans use smokeless tobacco

**DISEASES CAUSED BY SMOKING**

- **CANCER**
- **HEART DISEASE**
- **STROKE**

**TIPS FOR QUITTING**

- **CONSIDER USING A NICOTINE REPLACEMENT THERAPY (NRT) SUCH AS GUM OR A LOZENGE IF YOU SMOKE FEWER THAN 10 CIGARETTES A DAY.**
- **WORK WITH A QUIT COACH AND USE QUIT MEDICATIONS TO HAVE THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD.**
- **SMOKE FEWER CIGARETTES EACH DAY BEFORE YOUR QUIT DATE TO GIVE YOU THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD.**

For more information, visit [njhealth.org/quittobacchelp](http://njhealth.org/quittobacchelp)