TOBACCO USE IN THE HISPANIC/LATINO COMMUNITY

Tobacco use is the #1 cause of preventable disease, disability and death for Hispanics/Latinos.

HISPANIC/LATINO SMOKING RATES

14%

Mexican smokers use FEWER THAN 20 CIGARETTES per day

Cuban smokers use MORE THAN 20 CIGARETTES per day

DISEASES CAUSED BY SMOKING

LUNG CANCER

HEART DISEASE

STROKE

ASTHMA

DIABETES

TIPS FOR QUITTING

ASK A MEDICAL PROVIDER FOR HELP WITH QUITTING.

WORK WITH A QUIT COACH AND USE QUIT MEDICATIONS TO HAVE THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD.

CONSIDER USING NICOTINE REPLACEMENT THERAPY (NRT) IF YOU ONLY USE TOBACCO IN SOCIAL SITUATIONS.

For more information, visit njhealth.org/quittobaccohelp