



COMMERCIAL TOBACCO USE



More than
1 in 4

AI/AN adults
smoke cigarettes.

At **26%**, that's
1.5 times

greater than the US smoking rate.



18%

26%



Out of the 10 leading
causes of death
among AI/AN, 6 of them
have been
linked to smoking.



Smoking commercial tobacco
can damage every part of your
body. Poisons in cigarette
smoke weakens the body's
immune system.



Smoking commercial tobacco
causes cancer, heart disease,
stroke, lung diseases,
diabetes, and many other
life-threatening diseases.



People who stop smoking
commercial tobacco greatly
reduce their risk for cancer,
heart disease, lung disease,
and early death.

There are health benefits from quitting smoking at any age.

WHAT YOU CAN DO



Tobacco users

- Call the quitline today (1-800-QUIT-NOW) for information, advice, support, and referrals to help you quit. The sooner you quit, the sooner your body can begin to heal, and the less likely you are to get sick from commercial tobacco use.
- Never smoke commercial tobacco in your home, vehicles, or around nonsmokers, especially children, pregnant women, and persons with heart disease or respiratory conditions.
- Ask a health provider or traditional healer for help quitting.



Community members

- Make your home and vehicles 100% smoke-free 24/7 from commercial tobacco smoke.
- Don't start, if you aren't already using commercial tobacco.
- Tell your community leaders you support commercial tobacco control programs and smoke-free policies in all indoor air environments.
- Teach children about the health risks of smoking commercial tobacco and secondhand smoke.
- Encourage friends, family, and coworkers to quit. Support them in their efforts.



Health care providers

- Ask your patients if they use commercial tobacco; if they do, help them quit.
- Advise all patients to make their homes and vehicles 100% smoke-free 24/7 from commercial tobacco smoke.
- Make quitting commercial tobacco part of an overall approach to health and wellness.
- Advise nonsmokers to avoid secondhand smoke exposure, especially if they are pregnant or have heart disease or respiratory conditions.
- Refer patients to recommended resources and support groups.



Community leaders

- Fund comprehensive commercial tobacco control programs.
- Designate all indoor air environments 100% smoke-free from commercial tobacco smoke.
- Increase the price of all commercial tobacco products.
- Implement hard-hitting media campaigns that raise public awareness of the danger from commercial tobacco use and secondhand smoke exposure.
- Reduce commercial tobacco use by making these products less accessible, affordable, and desirable.

KEEP IT SACRED

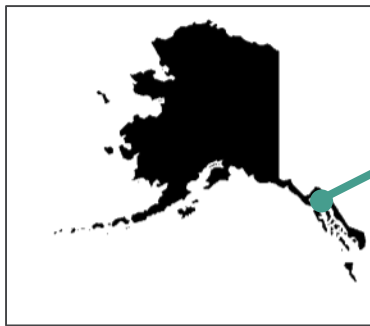
NATIONAL NATIVE NETWORK

This infographic was supported by the Cooperative Agreement Number DP004979 funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

RESOURCES

The National Native Network is a national network of Tribes, tribal organizations and health programs working to decrease commercial tobacco use and cancer health disparities among American Indians and Alaska Natives across the United States. We offer technical assistance, culturally relevant resources, and a place to share up-to-date information and lessons learned, as part of a community of tribal and tribal-serving public health programs.

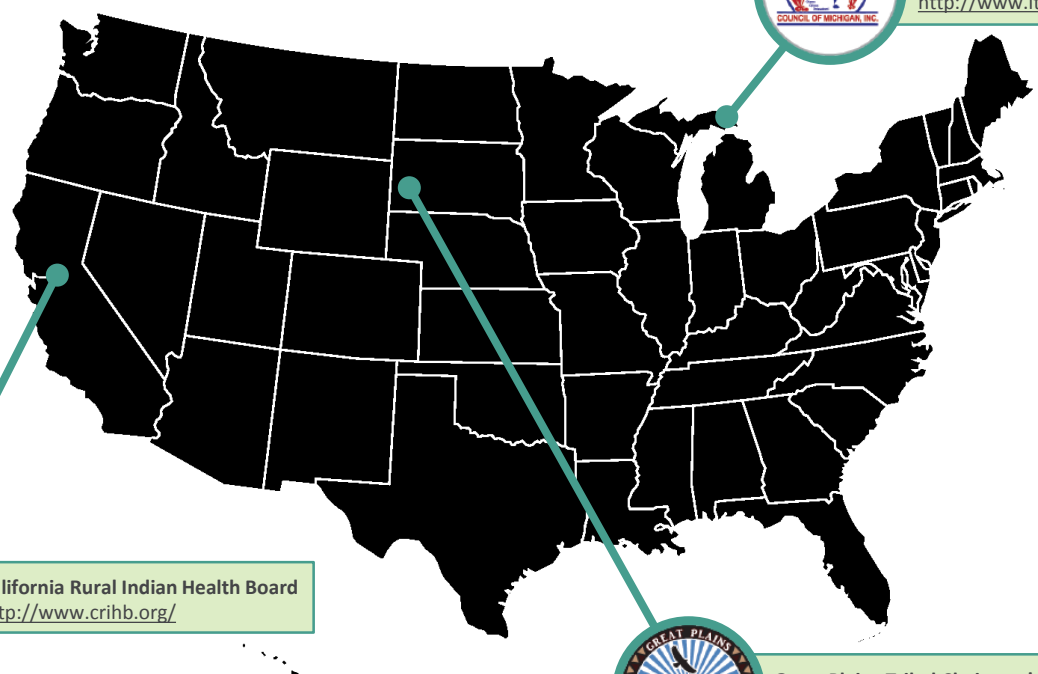
The strength of our Network lays in partnerships between Tribes and tribal, national, state, and local organizations across Indian Country. The National Native Network is jointly funded by the Office on Smoking and Health (OSH) and Division of Cancer Prevention and Control (DCPC). The Network is administered by the Inter-Tribal Council of Michigan and directed by a board composed of three partner tribal organizations. For more information, please visit the websites of the Network's partner tribal organizations listed below.



SouthEast Alaska Regional Health Consortium
<http://www.searhc.org>



Inter-Tribal Council of Michigan
<http://www.itcmi.org/>



California Rural Indian Health Board
<http://www.crihb.org/>



Great Plains Tribal Chairmen's Health Board
<http://gptchb.org/>