



American Indian and Alaska Native Adult Cigarette Use in the U.S.

AMERICAN INDIAN AND
ALASKA NATIVE



39.0%

WHITE



25.8%

BLACK OR AFRICAN AMERICAN



24.2%

HISPANIC OR LATINO



20.8%

NATIVE HAWAIIAN OR
OTHER PACIFIC
ISLANDERS



20.7%

ASIAN



11.3%

What can we do to support commercial tobacco-free communities?

- Keep tobacco sacred
- Adopt a commercial tobacco-free policy
- Increase access to services to help quit tobacco
- Mass campaigns

Where to get help

If you need help to quit commercial tobacco use, please contact your Tribal or Indian Health Service clinic or call 1-800-QUIT-NOW (1-800-784-8669) or text “NATIVE” to 47848 for tips, advice, and encouragement to overcome challenges and stay motivated.

A Healthy Start Be Vape Free

Protect your baby and family!



Vaping is unsafe and addictive

If you are ready to quit, call 1-800-QUIT-NOW (800)784-8669 or text **“NATIVE”** to 47848 for tips, advice, and encouragement to overcome challenges and stay motivated.

Our Home is Free of Tobacco Smoke!



Tobacco smoke free homes and communities protect our children.

They are protected from the dangers of secondhand and thirdhand smoke.

- **Secondhand smoke is smoke that comes off of a lit cigarette, and comes out of the smoker's mouth and nose.**
- **Thirdhand smoke is smoke that stays in clothes, hair, walls, and furniture, and the skin of the smoker. It stays there even after the cigarette is put out.**





Help protect our children from secondhand and thirdhand smoke by:

- **Not allowing anyone to smoke tobacco anywhere in or near your home.**
- **Not allowing anyone to smoke tobacco in your car, even with the windows down.**
- **Making sure that your children's day care centers and schools are free of tobacco smoke.**

Thank YOU!

A tobacco smoke free home protects our children. It helps them be healthier as they grow up. If you smoke tobacco, do it outside your home and car, or get help to quit. Call 1-800-QUIT-NOW (1-800-784-8669) or your Tribal or Indian Health Service clinic.



WE BREATHE HAPPY!



In Our Tobacco Smoke Free Home Thanks to YOU!

A tobacco smoke free home protects our children. It helps them be healthier as they grow up. If you smoke tobacco, do it outside your home and car, or get help to quit. Call 1-800-QUIT-NOW (1-800-784-8669) or your Tribal or Indian Health Service clinic.





KEEP TRADITIONAL TOBACCO — SACRED —

Please see the back for facts about the hazards of commercial tobacco use versus sacred tobacco.



A black and white photograph of three people in a desert landscape. In the foreground, a woman with dark hair and a headband looks slightly to the right. Behind her, a man wearing sunglasses and a hoodie looks forward. To the right, another man looks towards the camera. The background shows a hazy desert with mountains.

KEEP TRADITIONAL TOBACCO — SACRED —

Sacred Tobacco

Spiritual

Natural, found in nature

Used for prayer, healing,
and ceremonial
purposes

No chemical additives

Used with good
intentions

Commercial Tobacco

Profit driven

Unnatural, contains
harmful chemicals

Used as a personal
choice

Contains additives that
may cause cancer, heart
disease and diabetes

Used to support a
harmful habit

You can also text "**NATIVE**" to 47848
if you or someone you know wants to quit smoking.
You will receive tips, advice, and encouragement to overcome challenges
and stay motivated.