

COMMERCIAL TOBACCO CESSATION

Impact of Commercial Tobacco in Indian Country



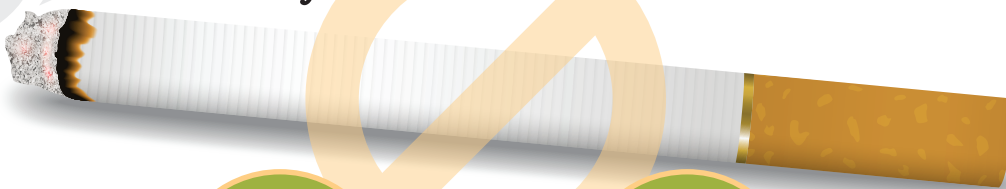
**AMERICAN INDIANS & ALASKA
NATIVES SMOKING RATES ARE
THE HIGHEST AMONG ALL
RACIAL/ETHNIC GROUPS**

AI/ANS HAVE A HIGHER RISK OF TOBACCO RELATED DISEASE AND DEATH

- Cardiovascular disease is the leading cause of death among American Indians & Alaska Natives.²
- Lung cancer is the leading cause of cancer deaths among American Indians & Alaska Natives.²
- Diabetes is the fourth leading cause of death among American Indians & Alaska Natives. The risk of developing diabetes is 30-40% higher for smokers than nonsmokers.²

WHY QUIT?

Quitting smoking reduces the risk of
many diseases and illnesses



**1
year**

**RISK FOR A
HEART ATTACK
DROPS³**

**2-5
years**

**RISK FOR A STROKE
MAY REDUCE TO
ABOUT THAT OF A
NONSMOKER³**

**5
years**

**RISK FOR CANCERS OF
THE MOUTH, THROAT,
ESOPHAGUS, AND
BLADDER DROP BY HALF³**

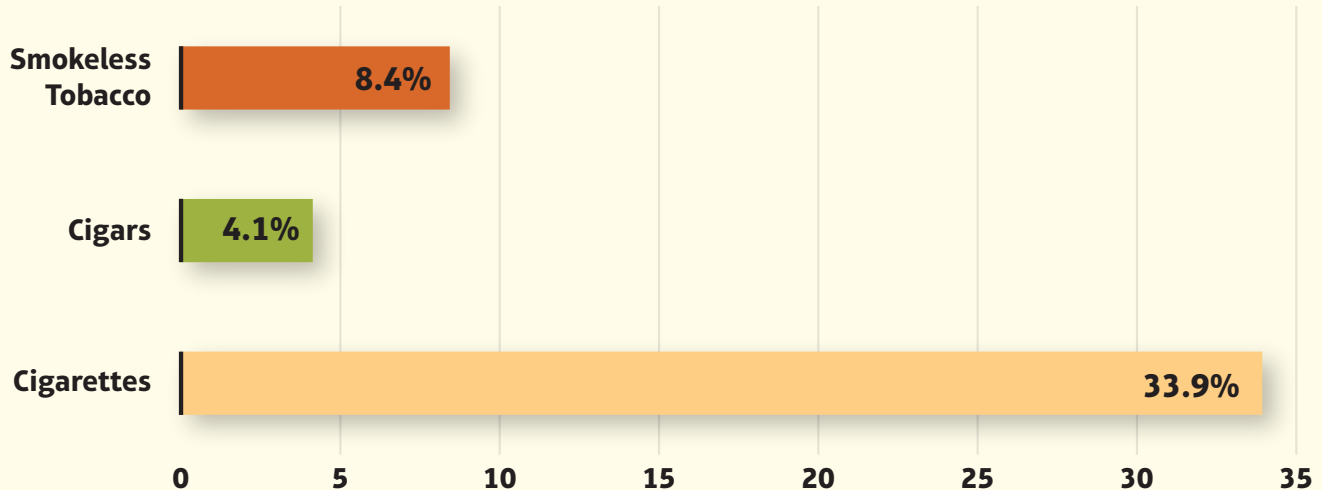
**10
years**

**RISK FOR DYING
FROM LUNG CANCER
DROPS BY HALF³**



COMMERCIAL TOBACCO USE AMONG AMERICAN INDIANS & ALASKA NATIVES

Current Tobacco Use Among American Indians & Alaska Natives, 2016²*



* "Current Use" is defined as self-reported consumption of cigarettes, cigars, or smokeless tobacco in the past month.

† Data taken from the National Survey on Drug Use and Health, 2016, and refer to American Indians/Alaska Natives aged 18 years and older.

HELP QUITTING



- American Indian Commercial Tobacco Program (AICTP) | 1-855-372-0037
- 1-800-QUIT NOW or visit www.cdc.gov/quit
- www.keepitsacred.itcml.org/quitlines
- www.americanindiancancer.org

1 U.S. Census Bureau. American Fact Finder, 2016. American Community Survey Demographic and Housing Estimates. [accessed 2018 Jun12].

2 <https://www.cdc.gov/tobacco/disparities/american-indian/index.htm>

3 https://www.ced.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/

