**Impact of Commercial Tobacco in Indian Country**

**Why Quit?**

Quitting smoking reduces the risk of many diseases and illnesses.

- **1 year**
  - Risk for a heart attack drops by half

- **2-5 years**
  - Risk for a stroke may reduce to about that of a non smoker

- **5 years**
  - Risk for cancers of the mouth, throat, esophagus, and bladder drop by half

- **10 years**
  - Risk for dying from lung cancer drops by half

**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.
- Lung cancer is the leading cause of cancer deaths among American Indians & Alaska Natives.
- 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 non-smokers.
COMMERCIAL TOBACCO USE AMONG AMERICAN INDIANS & ALASKA NATIVES

Current Tobacco Use* Among American Indians & Alaska Natives, 2016

- **Smokeless Tobacco**: 8.4%
- **Cigars**: 4.1%
- **Cigarettes**: 33.9%

*“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.itcmi.org/quitlines
  - www.americanindiancancer.org

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/