

# Commercial Tobacco Use

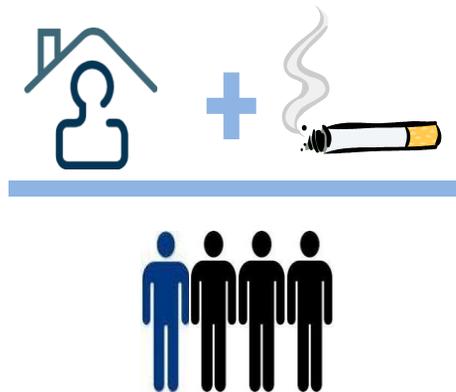
## Smoking & Secondhand Smoke



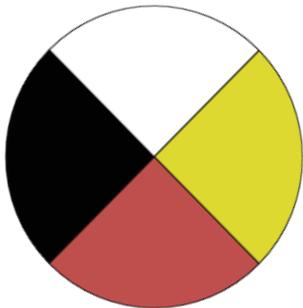
Commercial tobacco use is the leading preventable cause of death, disease, and disability. The life expectancy of smokers is 10 years shorter than non-smokers. Quitting smoking before age 40 lowers the risk of dying from smoking-related diseases by 90%. 1 in 2 adults who continue to smoke will die from smoking-related causes.<sup>1</sup>

In the Sault Tribe, 33% of adults smoke. Of those that smoke, over half have tried to quit in the past 12 months.

Secondhand smoke is dangerous to the health of everyone. 1 in 4 Sault Tribe households allow smoking inside the home, putting families at risk of poor health and illness caused by breathing secondhand smoke. Although almost all Sault Tribe adults believe that breathing secondhand smoke is harmful, beliefs about where smoking should be allowed still differ.



**96% of adults**  
hold beliefs that  
secondhand  
smoke is  
harmful



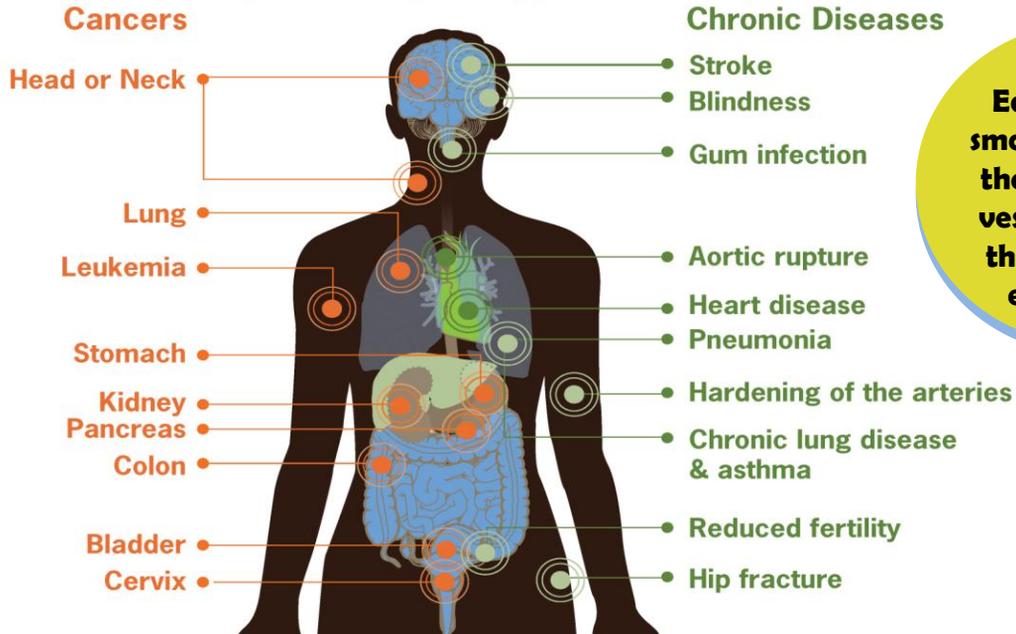
Traditional tobacco (Sema) is sacred medicine to Anishnaabe. It is used in prayer and offering, and when used in traditional ways, it is considered a medicine for one's spiritual and physical health and well being. When tobacco is abused in ways such as smoking cigarettes, it causes serious illness and disease, and can lead to death.



<sup>1</sup>Centers for Disease Control and Prevention (2011). Vitalsigns. Adult Smoking in the U.S. Available online at: <http://www.cdc.gov/vitalsigns/AdultSmoking/index.html>

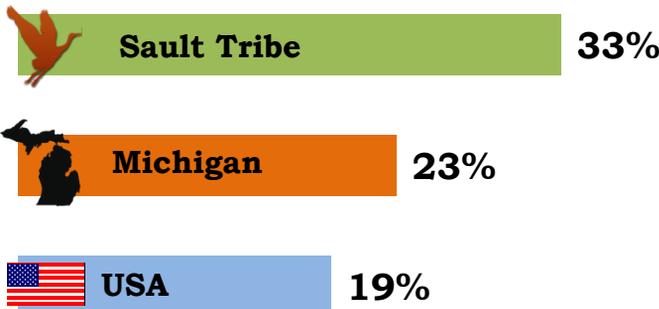
# Risks from Smoking

Smoking damages every part of the body

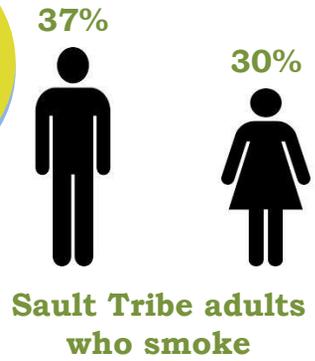


Each cigarette smoked damages the lungs, blood vessels, and cells throughout the entire body.

## Who is At-Risk?



Men are more likely to smoke than women

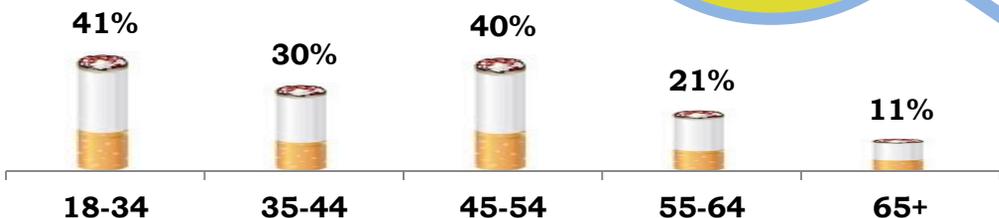


Adults who smoke cigarettes

1.5x higher than Michigan

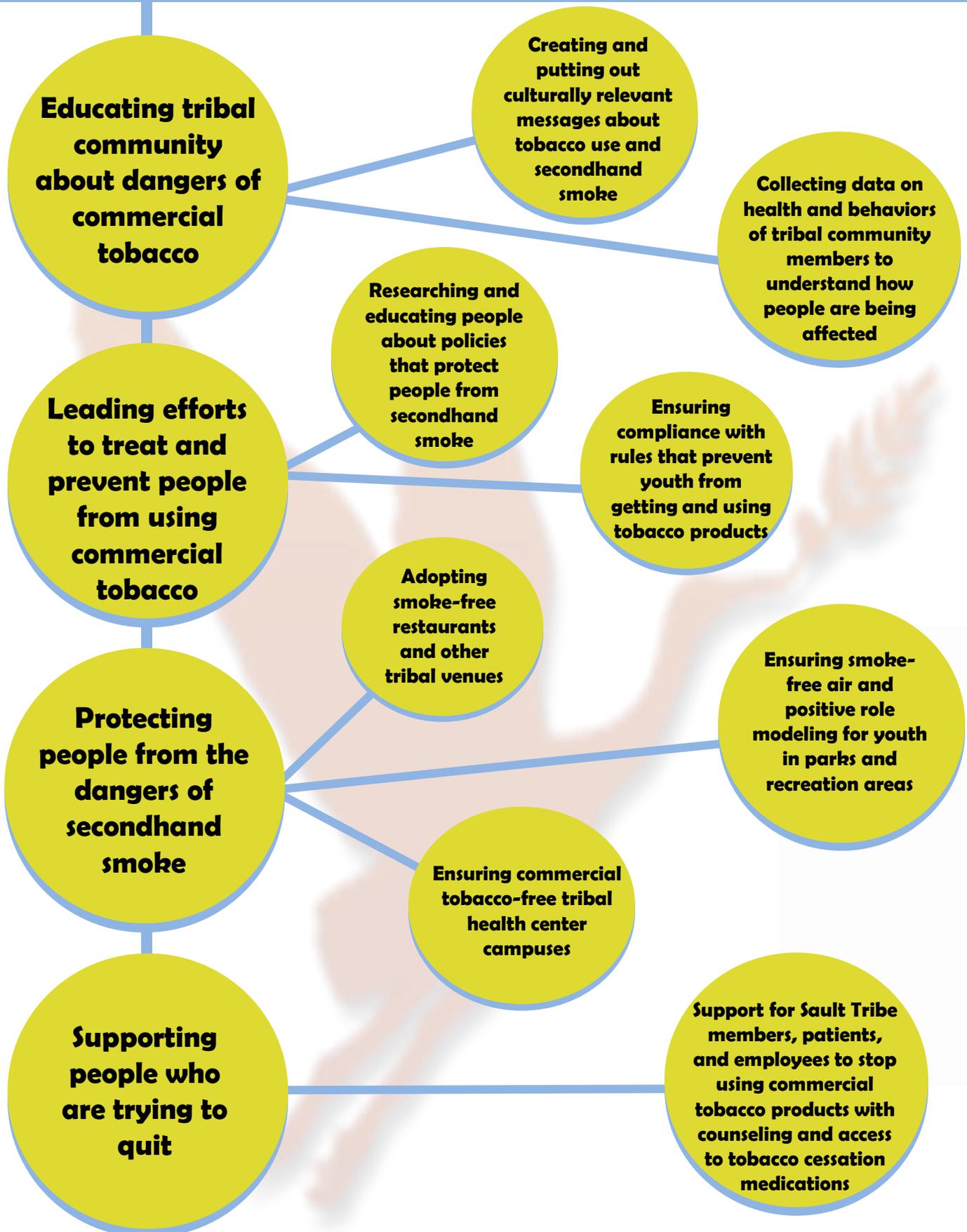
1.7x The smoking rate for Sault Tribe is over 1.7 times higher than the US smoking rate

Highest smoking rates are among adults age 18-34



Sault Tribe adult smokers by age

# How is Sault Tribe Working on this Issue?



# What Can We Do?

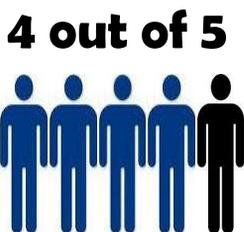
## Tobacco users can:

- Quit. The sooner you quit, the sooner your body can begin to heal, and the less likely you are to get sick from tobacco use.
- Never smoke 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.

## Retailers can:

- Never sell any tobacco product to customers younger than 18 years of age.
- Check the photo ID of any customer trying to buy tobacco products who appear to be 26 years of age or younger

**81% of adults support tribal government enforcing laws that prevent the sale of tobacco products to minors**



## Community members can:

- Make your home and vehicles smoke-free.
- Not start, if you aren't already using tobacco.
- Teach children about the health risks of smoking and secondhand smoke
- Encourage friends, family, and coworkers to quit.

## Health care providers can:

- Ask their patients if they use tobacco; if they do, help them quit.
- Advise all patients to make their homes and vehicles 100% smoke-free 24/7.
- Advise nonsmokers to avoid secondhand smoke exposure, especially if they are pregnant or have heart disease or respiratory conditions.

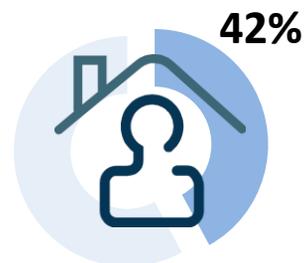


**Smoking is not allowed anywhere or at any time in 75% of tribal homes**

## Community leaders can:

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

**42% of adults favor rules that prohibit any smoking in tribal housing**



**For more information, please contact:**

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Healthy Sault Tribe



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