

Hecel Oyate Kin Nipi Kte



"So that the People May Live"

# Commercial Tobacco Will Cost You

## Your Health!

- 43.8% of American Indian/Alaska Native (AI/AN) adults reported current use of commercial tobacco in 2013.
- Cardiovascular disease is the leading cause of death among AI/AN.
- Lung cancer is the leading cause of cancer deaths among AI/AN.
- Smokers are at a higher risk of developing diabetes.
- 400,000 deaths in a year are attributed to smoking.

## Your Check Book!

- One pack a day for an entire year is the same amount as a trip for one person to go to Disney World!
- Smoking-related illness costs more than \$300 billion each year.
- Direct medical care for adults costs \$170 billion each year.
- \$5.6 billion in lost time at work due to secondhand smoke exposure.
- Smokers hike up the cost of insurance premiums that effect all non-smokers.

Sources: <https://www.cdc.gov/tobacco/disparities/american-indians/index.htm>  
[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/economics/econ\\_facts/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/economics/econ_facts/index.htm)



*The tobacco industry targets our AI/AN populations by using our culture, art and names that attract our people by making us think its spiritual and all natural.*

**KEEP TOBACCO SACRED!**

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