

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



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!

Great Plains Good Health and Wellness Program
1770 Rand Road | Rapid City, SD 57702 | (P) 605.721.1922 | (F) 605.721.1932 | gptchb.org