TOBACCO USE AMONG AFRICAN-AMERICANS

Tobacco use is the #1 cause of preventable disease, disability and death for African-Americans.

AFRICAN-AMERICAN SMOKING RATES

30% are smokers

1 in 10 pregnant African-American women smoke during pregnancy

72% smoke menthol cigarettes

7 in 10 African-American children are exposed to secondhand smoke

DISEASES CAUSED BY SMOKING

CANCER

HEART DISEASE

DIABETES

STROKE

TIPS FOR QUITTING

USE A COMBINATION OF QUIT MEDICATIONS IF USING MENTHOL PRODUCTS.

SWITCH TO A NON-MENTHOL TOBACCO PRODUCT TO HELP MAKE QUITTING EASIER.

WORK WITH A QUIT COACH AND USE QUIT MEDICATIONS TO HAVE THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD.