



RESPECT TRADITIONAL TOBACCO

PROTECT OUR COMMUNITIES
FROM SECONDHAND SMOKE



Tobacco Use In Our Communities

Sacred Tobacco

Unlike commercial tobacco, the tobacco plant is held sacred in our community. It is used for:

- prayer and healing
- as an offering
- as a sign of respect
- for purification

Using commercial tobacco is abuse of a plant meant for sacred use only. Commercial tobacco use can harm both the smoker and non-smokers.

What is secondhand smoke?

Secondhand smoke is smoke released from a cigarette, pipe, or cigar and exhaled by the smoker. Secondhand smoke is made of thousands of chemicals. Many are poisons that stay in your body.

Here are just a few of the chemicals and poisons found in commercial tobacco smoke:

Chemical	Found In
Cadmium	Car batteries
Ammonia	Cleaning products
Hydrogen cyanide	Chemical weapons
Toluene	Paint thinner
Benzene	Gasoline
Butane	Lighter fluid

The U.S. Surgeon General found that 14 million children aged 3–11 years are exposed to secondhand smoke. When children breathe secondhand smoke, it is like they are smoking, too.



Why is secondhand smoke dangerous?

Smoke from cigarettes, pipes, and cigars in homes, cars, and the community affects everyone. This includes people of all ages, in both private and public places. **Secondhand smoke can cause illness and disease.**

Health Effects

In adults it can cause:

- Lung cancer
- Heart disease
- Stroke

In children it can cause:

- Bronchitis
- Pneumonia
- More frequent asthma attacks
- Ear infections

In infants it can cause:

- Low birth weight
- Sudden Infant Death Syndrome (SIDS)



Are you breathing secondhand smoke?



Everyone has been exposed to secondhand smoke in daily activities. Some of these include:

- At an outdoor setting where smoking is allowed
- While talking to someone who is smoking
- When passing a group of smokers outside the entrance of a smoke-free building
- At a bingo hall or casino
- At a bus stop
- In a car or at home

Because secondhand smoke is harmful to the health of American Indians, it is critical to guard against it.

No-Smoking Policies

Establishing a no-smoking policy is one way to protect yourself and those you care about from secondhand smoke.

How can a no-smoking policy help our community?

- Prevent illness and doctor visits for young children
- Decrease the number of people developing secondhand smoke-related diseases
- Provide a cleaner environment for those working in tribal workplaces and tribally-owned businesses
- Protect family members in your home
- Provide an environment that supports people who try to quit using commercial tobacco
- Ensure safe, healthful recreation areas for adults and children

Our Community

Each community should determine its own smoking policy. Some communities allow sacred use of tobacco only. Others do not allow smoking in or around tribal buildings or workplaces. To be effective, a smoking policy should be established and supported by the community.

No-smoking policies do work.



We can protect our community from secondhand smoke.

Here are some ways to start:

- Respect your culture—keep tobacco sacred.
- If you smoke, make a plan to quit. (See a list of resources on the back page.)
- Keep your home and car smoke-free.
- Learn how to reduce secondhand smoke for yourself, your family and your community.
- Ask if there is a no-smoking policy in your community. If not, ask how to start one.

Learn More

To learn more about developing a no-smoking policy in your community, contact your local Indian Health Council or the clinic in your area. You can also find free brochures, signs and other materials to help you at www.tecc.org.

Sources

Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion. How We Can Protect Our Children from Secondhand Smoke: Native American Population. www.cdc.gov/tobacco/basic_information/secondhand_smoke/protect_children/native-american-population/ [Accessed 8/2019]

Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion. Health Effects of Secondhand Smoke. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm [Accessed 8/2019]

Free Help to Quit Commercial Tobacco

California Smokers' Helpline

1-800-NO-BUTTS (1-800-662-8887)

www.nobutts.com

Keep It Sacred, National Native Network

The American Indian Commercial Tobacco Program

1-855-372-0037

<https://americanindian.quitlogix.org>

This secondhand smoke guide was originally developed by the American Indian Tobacco Education Network. It was updated in 2019 by the Tobacco Education Clearinghouse of California in conjunction with the American Indian Coordinating Center.

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Funded under contract #16-10064. www.tecc.org J463 - 08/19