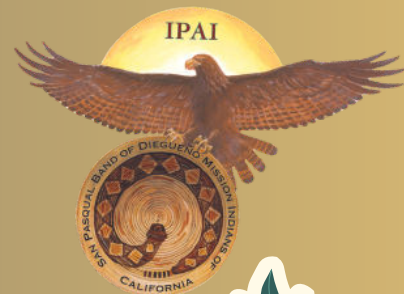
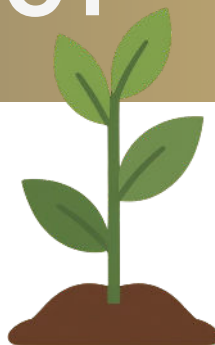


THE SAN PASQUAL ANTI TOBACCO DISPARITIES PROJECT



Strong Hearts, Clear Lungs *A Tobacco Awareness Brief*



Earth Day, Our Land, and Our Health

Earth Day is a time to care for the land, water, and air that keep us alive. For the San Pasqual Community, taking care of the earth also means taking care of our people. One important way to do this is by choosing not to use commercial tobacco products.

How Commercial Tobacco Hurts the Earth

Commercial tobacco hurts the earth in many ways. Growing tobacco often means cutting down trees and using harmful chemicals that damage the soil and water. After tobacco is used, waste is left behind. Cigarette butts are the most common trash item found on the ground. They contain plastic and toxic chemicals that pollute the land and water. Vapes also leave behind plastic parts and batteries that harm nature. When we refuse commercial tobacco, we help keep our land cleaner and safer.

How Commercial Tobacco Hurts Our Bodies

Commercial tobacco also harms our health. These products have many dangerous chemicals and are made to be addictive. Using them can cause cancer, heart disease, lung problems, and other serious illnesses. Commercial tobacco is not traditional and was introduced through outside business practices, not culture or ceremony. Choosing not to use commercial tobacco helps our bodies stay strong and healthy.

Quitting Commercial Tobacco Products is hard, but help is available

Earth Day is about healing and making healthy choices. Choosing to quit or not start using commercial tobacco helps protect both our bodies and the earth.

If you want help quitting, Kick It California offers free and private support. They provide coaching, text support, and quit aids to help people succeed. Scan the QR Code to visit the website.

This Earth Day, let us honor the land by making choices that support a healthy earth, a healthy body, and a strong future for the San Pasqual Community.

