

THE SAN PASQUAL ANTI TOBACCO DISPARITIES PROJECT



Strong Hearts, Clear Lungs *A Tobacco Awareness Brief*

World No Tobacco Day, What It Means for Our Community

World No Tobacco Day is a special day each year on May 31. On this day, people all over the world learn about the dangers of tobacco and how it can harm our bodies, our families, and our community. It is also a time to support people who want to quit using tobacco.

Tobacco includes cigarettes, chewing tobacco, and e cigarettes. These products can hurt the heart and lungs. They can also cause cancer and make it harder to breathe. When people stop using tobacco, they can feel better, have more energy, and live longer.

For tribal communities, taking care of our health is very important. Some tribes use traditional tobacco in ceremonies in a respectful way. This is different from commercial tobacco, which can harm our health when used every day. Learning the difference helps us stay strong and honor our traditions.

If you or someone you know wants help to quit tobacco, there are free resources available. You can visit the Kick It California website to get support, talk to a coach, and find tools to quit.

How to get help:

- Visit the website, <https://kickitca.org>, or use the QR Code
- Call 1-800-NO BUTTS, which is 1-800-662-8887
- You can also text or chat online through their website



These services are free and private. They are there to support you, your family, and your community.

On World No Tobacco Day, let's take a step together toward better health and a stronger future.

