

What **CAN** we do to lower the impact of cigarette smoke to create a healthier environment?

- Promote smoking outside of the home and in designated smoking areas away from main entrances
- Increase local tobacco taxes and tobacco cost to help deter people from purchasing tobacco products
- Create policies to make public properties smoke free (i.e. store properties, community halls, ball fields)
- Provide tobacco cessation education along with the Quitline information

Take it Outside~

Everyone deserves to breathe smokefree air!
Encouraging you to create a tobacco free Interior.



To join the Interior Alaska Coalition of Tobacco Free Advocates (I ACT Free)

facebook.com/I.ACT.Free

Contact: Melanie Brenner or Shawna Hildebrand at
907-459-3800



Information also available at:

tcclivethetradition.org

alaskaquitline.com

hss.state.ak.us/dph/chronic/tobacco/default.htm



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Tobacco in the Interior



*"Healthy People
Across Generations"*

907-459-3800

Secondhand Smoke

What is it?

Any type of smoke coming from the end of a lit cigarette, cigar, or tobacco pipe

Why is it bad?

The smoke coming from the end of a lit cigarette has been shown to contain almost the same amount of cancer causing carcinogens as the smoke being inhaled by the smoker.

The secondhand smoke contains roughly 4000 chemicals, with 50 of those chemicals being known to cause cancer.



Types of Health Risks in Adults:

Alaska Quitline

30% of all deaths to cancer and 30% of all deaths to heart disease are tobacco related

- Various Cancers (esophageal, stomach, lung)
- Heart disease
- Increased risk of a Stroke by 80%

Types of Health Risks in Children

47,000 children are exposed to secondhand smoke at home

- Higher risk of sudden infant death syndrome (SIDS)
- Higher risk of asthma development in young children
- Higher risk of respiratory tract infections
- Increases the risk of ear infections
- Low birth weight among pregnant women, as well as respiratory developmental problems.

Alaska Statistics

- Alaskan Natives are twice as likely to smoke tobacco than Non-natives.
- Roughly 40.6% of Alaskan Natives smoke tobacco within the TCC region.
- **23.2% of all smoking related deaths in Alaska are Alaskan Natives, about 490 deaths per year**
- 47.5% of Alaskan youth have tried smoking tobacco.
- Currently 19.2% of Alaskan teens are regular smokers (8900 total)
- 12.8% of Alaskan youth reported smoking a whole cigarette before the age of 13
- **15% of Alaskan Youth think smoking one or more packs of cigarettes a day is of slight to no risk to their health**

