

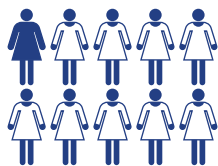
TOBACCO USE AMONG AFRICAN-AMERICANS

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

AFRICAN-AMERICAN SMOKING RATES

30%

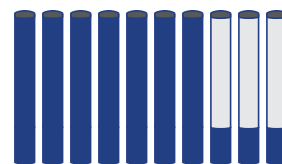
are smokers



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.

For more information, visit njhealth.org/quit tobacco help