

TOBACCO USE IN THE HISPANIC/LATINO COMMUNITY

Tobacco use is the #1 cause of preventable disease, disability and death for Hispanics/Latinos.

HISPANIC/LATINO SMOKING RATES



↓
Mexican smokers use
FEWER THAN 20
CIGARETTES
per day



↑
Cuban smokers use
MORE THAN 20
CIGARETTES
per day

DISEASES CAUSED BY SMOKING



LUNG CANCER



HEART DISEASE



STROKE



ASTHMA



DIABETES

TIPS FOR QUITTING

ASK A MEDICAL PROVIDER FOR HELP WITH QUITTING.

WORK WITH A QUIT COACH AND USE QUIT MEDICATIONS TO HAVE THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD.

CONSIDER USING NICOTINE REPLACEMENT THERAPY (NRT) IF YOU ONLY USE TOBACCO IN SOCIAL SITUATIONS.

For more information, visit njhealth.org/quittobaccohelp