According to BRFSS
In the Bristol Bay Region:
• 11% of adults and
• 17% of high school
• students currently use spit tobacco.

The NEAM Study
People who joined:
• Were at least 19 years old
• Most had at least 3 or more Alaska
• Native Grandparents
• Lived in Bristol Bay region
• Did not use marijuana in the last 7 days
• Non Users had not used any tobacco products in the last 12 months

The NEAM study involved:
• People of all education levels
• People working full time, part time/seasonal, and unemployed
• Both men and women

NEAM Participants:
- 163 Cigarette Users
- 76 Spit Tobacco Users
- 20 Iqmik Users
- 31 Mixed Users
- 110 Non Users
TOTAL = 400 People

Healthy Activities
Being active and eating a balanced diet are the best ways to get and stay healthy. Overweight or obese people may be at higher risks for diseases and illnesses such as high blood pressure, heart disease, stroke, diabetes, colon and pancreatic cancers.
If you are concerned about your weight or health please talk to your doctor or community health aide.

Boating and fishing are great ways to exercise.
Hot Topics: Up-and-Coming Health Concerns

Thirdhand Smoke

The dangerous chemicals left after the smoke is gone.

When you smoke, even outdoors, tobacco smoke gets on your clothes, hair, and skin. Then when you touch someone else or hold a baby, these carcinogens and chemicals can be passed from you to the other person. Thirdhand smoke can cause the same deadly illnesses that smoking causes.

Even if you only smoke outside, you are still putting loved ones at risk for illness or disease.

Spit Tobacco

There are several brands of commercial chew, but none of them are safe to use. There are at least 28 carcinogens in spit tobacco, which make the products hazardous to your health. Tobacco industries are creating new products to attract new customers and keep current users addicted. Some of these new products have added flavors and some dissolve in the mouth instead of being spit out. Even these new products have nicotine and harmful chemicals which make them highly addictive and likely to cause cancer and gum disease.

Nutrition

People who are overweight or obese may be at greater risk for certain health issues including high blood pressure and diabetes.

Curious about the nutrition in the food you’re eating? Check out http://www.nativeknowledge.org/db/nutriout.asp

This website can tell you the nutritional value of foods from the Alaska Traditional Knowledge and Native Foods Database.

“I’m feeling much better, a lot more energetic, I started lifting things with no problem, tireless without panting. And I’m happy about it.”

- A NEAM participant; tobacco free for 4 years.

NEAM participants:

• 96% do not allow smoking in their home.
• 97% said they were not exposed to other people’s smoke at work.
Dear Community Members,

I’d like to take the opportunity to thank all of the participants and supporters of the Nicotine Exposure and Metabolism (NEAM) study. Without the support from the community this study would not have been possible. One goal of this study was to better understand tobacco use and beliefs about tobacco in the Bristol Bay region. Measuring carcinogens in the bodies of people who use tobacco can help bring better understanding about the effects of tobacco.

Tobacco is addictive and can increase people’s risk for developing cancer and other diseases. There is no safe amount of tobacco use and no safe type of tobacco products. Cessation programs like the Bristol Bay Area Health Corporation (BBAHC) Nicotine Dependence Treatment Program are helpful places where Alaska Native people can get the help that they may need to stop using tobacco. If you are interested in getting help or would like more information about Nicotine Replacement Therapy (NRT) please call 1-800-478-5201 ext 6320 or go online to www.bbahc.org/tobacco.html.

Thank you,

Sally Smith
Sometimes being addicted to tobacco can make you feel like you are alone, but with the support and guidance from a Tobacco Treatment Specialist you can be tobacco free. Call today.

BBAHC Nicotine Dependence Treatment Program
P.O. Box 130
Dillingham, Alaska 99576
Phone: 907-842-9547
1-800-478-5201 ext. 6547
Fax: 907-842-9468
www.bbahc.org/tobacco.htm