Many kids start using tobacco because their friends and family members use. Your choice to smoke or chew tobacco affects the whole community, especially the kids.

WHAT WOULD YOU RATHER BUY?
Some people interviewed in the NEAM study, who use spit tobacco, spent as much as $137.00 per week on tobacco. That’s $7,124.00 per year. If you use tobacco, ask yourself how much you spend on it. What else could you buy with that money instead of tobacco?

The Maximum NEAM Participants Spent on Tobacco per Week:

- Cigarette Users: $84
- Mixed Users: $60
- Iqmik Users: $20
- Spit Tobacco Users: $137

Teenage cigarette use is down 34% since 1995. Check out Page 2 for details on teenage tobacco trends.

How does tobacco affect your sports skills? See page 2 to find out!
The Effects of Tobacco on Sports

Tobacco can effect your energy, endurance, and stamina in negative ways. The nicotine in all tobacco products narrows your blood vessels and puts added strain on your heart. This can lead to heart health problems and less cardiovascular strength and endurance. Some short-term effects of chewing tobacco are cracked lips, bad breath, white spots, sores, and bleeding in the mouth; all of which can be painful and distracting during a game. The resting heart rates of tobacco users are 2-3 beats faster per minute than those of non-tobacco users. Healthy athletes have slower resting heart rates. Smokers run slower and can’t run as far, which affects overall athletic performance and endurance, even in teenagers trained in competitive running.

Teenage Tobacco Use is Declining

According to the Alaska Native Epidemiology Center at ANTHC and the CDC Youth Risk Behavior Surveillance System:

The Percent of Teens Who Used Spit Tobacco or Cigarettes on One or More Days During the 30 Days Before the Survey.

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<td>Cigarettes</td>
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The Alaska Native Epidemiology Center at the Alaska Native Tribal Health Consortium (ANTHC) and the Centers for Disease Control and Prevention Youth Risk Behavior Surveillance System conduct surveys looking at various aspects of teen life. Their findings show that more Alaska Native teens use tobacco than the amount nationwide, but both groups have decreased since 1995. The most recent data, from 2007, shows that 32% of Alaska Native teens use cigarettes, which is almost half of as many teens who were cigarette users in 1995. The percentage of spit tobacco teen users has dropped 6% statewide. Tobacco use is becoming less socially acceptable nationwide, and these decreases show that more teens are choosing to be non-users everyday.
Unscramble each of the clue words.  
Copy the letters in the numbered boxes to the boxes at the bottom with the same number to reveal the hidden message.

Outdoor activities and sports are great things to share with friends and family instead of tobacco.

Thinking about quitting tobacco? Not sure if you’re ready?

At www.quitnow.net there’s a readiness quiz to help you decide if you’re ready to quit and help you get started when you are.
“Losing somebody to cancer, it makes you feel sad, the community feels sad about it too as well as family members. I’ve seen lots of friends and families that have gone through that, it makes you think about cancer, how it can affect you, how you can get it mainly through tobacco products. It has been the number one killer of our friends and families.”

Moses Toyukak
Mayor of Manokotak

Moses Toyukak, Mayor of Manokotak encourages teens to be tobacco free.

Are You Ready to Quit Smoking or Chewing Tobacco?
We are here to help!
Bristol Bay Area Health Corporation
Nicotine Dependence Treatment Program
Phone (907)842-9292 Toll Free 1-800-478-5201
Website: www.bbahc.org/tobacco.html