

Tobacco use is the number 1 cause of preventable deaths in the United States.¹ The good news is that a majority of smokers want to quit, including

67.4%

of Hispanic current daily² cigarette smokers and

69.6%

of Asian American current³ daily cigarette smokers

READY TO TAKE THE NEXT STEP?

Help is out there! These smoking quitlines offer FREE in-language services



THE ASIAN SMOKERS' QUITLINE

Provides in-language, one-on-one phone counseling, free nicotine patches, and self-help materials

Chinese 1-800-838-8917
Korean 1-800-556-5564
Vietnamese 1-800-778-8440
www.asiansmokersquitline.org

SMOKEFREE ESPAÑOL

Provides Spanish-speaking callers with Spanish-language support, tips, tools, and expert advice for quitting

1-855-DÉJELO-YA (1-855-335-3569)
espanol.smokefree.gov

For English speakers call
1-800-QUIT-NOW (1-800-784-8669)

Hear from FORMER Smokers

The CDC "Tips from Former Smokers" campaign highlights real stories from former smokers and non-smokers affected by tobacco. The website provides free valuable resources and materials for smokers who want to quit and for anyone who wants to help someone quit. Visit their website at www.cdc.gov/tobacco/campaign/tips

For Spanish language visit
www.cdc.gov/tobacco/campaign/tips/spanish

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WHAT IS YOUR REASON TO QUIT SMOKING?

A SIMPLE GUIDE TO START YOUR TOBACCO-FREE LIFE



Asian Pacific Partners for Empowerment, Advocacy, and Leadership (APPEAL)
(510) 844-4147 | appealforhealth.org



National Alliance for Hispanic Health

1-866-783-2645 | healthyamericas.org

THE BENEFITS OF QUITTING TOBACCO START IN 20 MINUTES *



20 minutes after quitting
Your heart rate drops to a normal level.



12 hours after quitting
The carbon monoxide level in your blood drops to normal.



2 weeks to 3 months after quitting
Your risk of having a heart attack begins to drop. Your lung function begins to improve.



1 to 9 months after quitting
Your coughing and shortness of breath decrease.



1 year after quitting
Your added risk of coronary heart disease is half that of a smoker's.



5 years after quitting
Your risk of having a stroke is reduced to that of a nonsmoker's. Your risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker's.



10 years after quitting
Your risk of dying from lung cancer is about half that of a smoker's. Your risk of getting bladder cancer is half that of a smoker's. Your risk of getting cervical cancer or cancer of the larynx, kidney or pancreas decreases.



15 years after quitting
Your risk of coronary heart disease is the same as that of a nonsmoker.

* Source: American Lung Association <https://www.lung.org/stop-smoking/i-want-to-quit/benefits-of-quitting.html>

TIPS TO HELP YOU QUIT

1. **Find a motivating reason to quit.** Ask yourself why you want to quit or who you want to quit for.
2. **Make a plan.** Identify what makes you want to smoke and plan out how you'll get through it.
3. **Set a quit date** for yourself and quit on that date.
4. **Support the process and take care of yourself.** Make sure you're drinking plenty of water, eating more fruits and vegetables, and exercising.
5. **Get support from family and friends,** the more motivation you have, the better.
6. **Find a hobby** that will distract you from your urges.
7. **Make your personal spaces smoke-free** such as your house and your car. Try not to visit places where smoking is permitted.
8. **Call free quitline numbers** such as the ones in the back of this toolkit.
9. **Ask your doctor about nicotine replacement therapy** which could help with your nicotine withdrawals.
10. Perhaps the most important tip for quitting tobacco - **don't give up!** Most smokers attempt quitting several times before succeeding so don't be hard on your self if you fail the first few times.

DID YOU KNOW...

17.45%

of Native Hawaiian or Pacific Islander adults living in the U.S. smoke cigarettes.⁴

The cigarette smoking prevalence amongst Asian American and Hispanic subgroups rank some of the highest in the U.S.

Asian Americans⁵

JAPANESE	19.37%
VIETNAMESE	18.86%
KOREAN	18.83%
FILIPINO	18.06%
COMBINED AANHPI**	16.97%

Hispanics⁶

OVERALL HISPANIC POPULATION	16.6%
PUERTO RICAN	28.5%
CUBAN	19.8%
MEXICAN	19.1%
CENTRAL & SOUTH AMERICANS	15.6%

Sources

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**Asian American, Native Hawaiian, and Pacific Islander