

## **TOBACCO CONTROL AND PREVENTION RESOURCES**

### **NHPI and Tobacco Use**

According to the CDC, **tobacco use is the #1 cause of preventable deaths** across the United States, including for Native Hawaiians and Pacific Islanders (NHPI). Tobacco use is associated with the top 3 leading causes of death in NHPIs – cancer, cardiovascular disease, and stroke. **NHPIs have one of the highest tobacco use prevalence in the country.**

In addition to smoking cigarettes, many Pacific Islanders chew betel nut– also known as areca nut. **Chewing betel nut is known to cause oral lesions and oral cancer.** When it is combined with tobacco, it greatly increases the risks for oral cancer.

Read [this recent study](#) about “California Native Hawaiian and Pacific Islander Adult Health Behaviors and Attitudes on Tobacco.”

### **Effects of Vaping and Smoking**

1. Researchers from the Keck School of Medicine found that [vapers and smokers had similar levels of DNA damage: 2.6 times and 2.2 times that of non-users, respectively](#). DNA Damage was higher among those who vaped or smoked frequently.
  - a. DNA damage is an early change associated with an increased risk for many types of chronic disease, including cancer and inflammatory diseases.
2. The American Heart Association conducted an online survey among 2,505 teens and adults (13-24 years old) and found that [vaping nicotine and THC was associated with self-reported symptoms of depression and anxiety](#).

### **Tobacco-Use Prevention Resources**

LA County Office of Education (LACOE) offers Tobacco-Use Prevention Education:

- LACOE has created a platform to provide DOJ-Tobacco Grant Program grantees in Los Angeles County an opportunity to connect and facilitate a collective impact in preventing and reducing county-wide student tobacco use. LACOE will facilitate quarterly virtual collaborative meetings for grantees to share best practices and resources in addressing youth tobacco use and the current vaping epidemic. For more information and registration visit [here](#)
- **See Flyers Below**

Join the NCADD Tobacco Coalition (**See Flyer Below**)

The role of states, jurisdictions, and local communities:

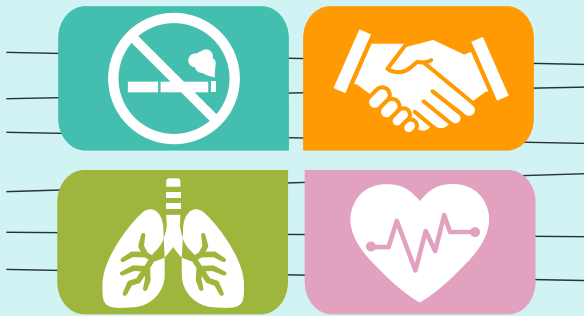
1. Reduce youth access to tobacco and enforce existing restrictions
2. Establish policies restricting tobacco use on school property, at healthcare facilities, and other youth sensitive areas
3. Support education and information
4. Provide appropriate cessation services campaigns that focus on youth and children for betel nut and tobacco

## Tobacco Cessation Resources

The **Tobacco Quitline** is a free and confidential service to help people quit smoking, vaping, or other tobacco use. Call to see if you qualify for free tobacco cessation services, obtain free educational materials, and find referrals to local resources.

**CALL 1-800-784-8669**

# Join our Coalition!



Calling all community members, clinical providers,  
and community-based organizations!

We are looking for your collaboration in examining barriers to accessing tobacco treatment and improvements we can make to increase cessation services among Pacific Islanders, Native Hawaiians, American Indians and Alaskan Natives.

Meeting will be held via Zoom on  
Tuesday, May 16th at 9:00 am

[https://us02web.zoom.us/j/82970720060?  
pwd=ZWkxSE9SRkpyVVBKY25iRFQrWDBlUT09](https://us02web.zoom.us/j/82970720060?pwd=ZWkxSE9SRkpyVVBKY25iRFQrWDBlUT09)



SCAN ME



If you would like to join our coalition please click:  
<https://forms.gle/P4aEzSp1yeGva53D9>  
or contact Alix Politanoff: [apolitanoff@bhs-inc.org](mailto:apolitanoff@bhs-inc.org)



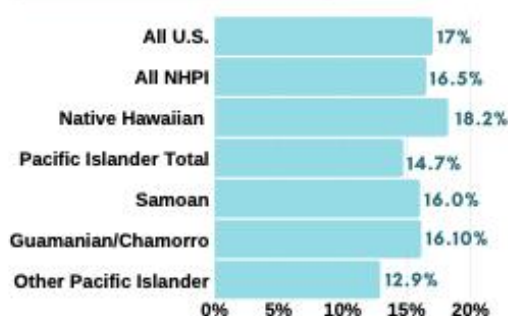
# TOBACCO USE IN NATIVE HAWAIIAN AND PACIFIC ISLANDER COMMUNITIES



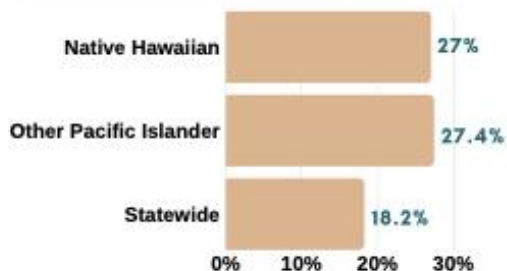
Tobacco use is the #1 cause of preventable deaths across the United States, including for Native Hawaiians and Pacific Islanders (NHPI). Tobacco use is associated with the top 3 leading causes of death in NHPIs - cancer, cardiovascular disease, and stroke.<sup>[1]</sup>

**NHPIs have one of the highest tobacco use prevalence in the country.**

## CURRENT SMOKERS: AANHPI ADULTS LIVING IN THE U.S.<sup>[2]</sup>



## CURRENT SMOKERS: ADULT NATIVE HAWAIIANS LIVING IN HAWAII<sup>[3]</sup>



## BETEL NUT

In addition to smoking cigarettes, many Pacific Islanders chew betel nut- also known as areca nut. Chewing betel nut is known to cause oral lesions and oral cancer.<sup>[4]</sup>

When it is combined with tobacco, it greatly increases the risks for oral cancer.



## HOW COMMUNITIES CAN HELP

States, jurisdictions, and local communities can play an important role in helping people reduce tobacco consumption by using evidence-based approaches such as:

**Reduce youth access**  
to tobacco and enforcing existing restrictions

**Establish policies**  
restricting tobacco use on school property, at healthcare facilities, and other youth sensitive areas

**Support education and information**  
campaigns that focus on youth and children

**Provide appropriate cessation services**  
for betel nut and tobacco

### SOURCES:

[1] CDC Website: <https://www.cdc.gov/tobacco/disparities/asian-americans/index.htm>. Accessed July 30, 2019

[2] National Health Interview Survey 2014. [https://www.cdc.gov/nchs/data/series/sr\\_03/sr03\\_040.pdf](https://www.cdc.gov/nchs/data/series/sr_03/sr03_040.pdf). Accessed February 12, 2019.

[3] Behavioral Risk Factor Surveillance System 2014. Hawaii Health Data Warehouse; Hawaii State Department of Health, Behavioral Risk Factor Surveillance System, (report title and year), Report Created: 1/19/16. [http://hhdw.org/wp-content/uploads/BRFSS\\_Prevalence\\_IND\\_000012\\_2011.pdf](http://hhdw.org/wp-content/uploads/BRFSS_Prevalence_IND_000012_2011.pdf) Accessed February 15, 2019.

[4] Pabutsky, Ann M and Nerl, Enric. Betel Nut Chewing in Hawaii: Is it Becoming a Public Health Problem? Historical and Socio-Cultural Considerations. 2012. Accessed 7/2/19 [www.ncbi.nlm.nih.gov/pmc/articles/PMC3298432/#R17](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3298432/#R17)

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Asian Pacific Partners for Empowerment, Advocacy, and Leadership

Learn more at [www.appealforhealth.org](http://www.appealforhealth.org)

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Los Angeles County Office of Education's  
Tobacco-Use Prevention Education (TUPE) Unit presents

## Brief Intervention

Join us for two half-day virtual sessions as we introduce, Brief Intervention. This counseling type of intervention was developed by Dr. Ken Winters, consisting of 2-4 sessions for adolescents who use alcohol or other drugs.

### What you'll learn:

- Examine attitudes and relationships with teens
- Teach adolescents how to take a more active and reflective role in decisions about their own behavior
- Identify strategies that would support an adolescent-driven plan to make decisions they see as beneficial
- Increase knowledge about drug, alcohol, and tobacco use among teens

**September 13 & 14, 2023**  
8:30am - 12:00pm

Registration Deadline: September 6

[REGISTER](#)

**October 11 & 12, 2023**  
1:00pm - 4:30pm

Registration Deadline: October 4

[REGISTER](#)

**November 14 & 15, 2023**  
8:30am - 12:00pm

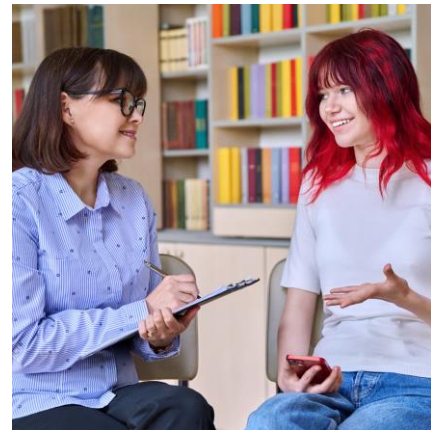
Registration Deadline: November 7

[REGISTER](#)

**February 28 & 29, 2024**  
1:00pm - 4:30pm

Registration Deadline: February 21

[REGISTER](#)



The TUPE Unit provides no-cost technical assistance, training, and resources for districts and schools working to reduce youth tobacco-use by helping youth make healthy tobacco-related decisions through tobacco-preventative educational instruction, intervention, cessation programs, and reinforcement.

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☎ (562) 922-6772

🌐 [tupe.lacoed.edu](http://tupe.lacoed.edu)



**Los Angeles County  
Office of Education**

Tobacco-Use Prevention Education