

ASIAN-AMERICANS & TOBACCO

Tobacco use is the #1 cause of preventable disease, disability and death for Asian-Americans.

ASIAN-AMERICAN SMOKING RATES

12%

of all Asian-Americans are smokers



31%

of all Asian-Americans smoke menthol cigarettes



1 IN 3

Vietnamese and Korean-American men smoke



1 IN 3 South Asian-Americans use smokeless tobacco

DISEASES CAUSED BY SMOKING



CANCER



HEART DISEASE



STROKE

TIPS FOR QUITTING

CONSIDER USING A NICOTINE REPLACEMENT THERAPY (NRT) SUCH AS GUM OR A LOZENGE IF YOU SMOKE FEWER THAN 10 CIGARETTES A DAY.

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

SMOKE FEWER CIGARETTES EACH DAY BEFORE YOUR QUIT DATE TO GIVE YOU THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD.

For more information, visit njhealth.org/quit tobacco help