

What can you do to QUIT commercial tobacco?

- Speak to a pastor or spiritual leader in your community
- Schedule an appointment to talk to your doctor about options to quit
- Call American Indian QuitlineNC for culturally appropriate help and FREE resources: 888-7AI-QUIT (888-724-7848)
- Online registration at www.QuitlineNC.com
- Text READY to 34191

If you are ready to QUIT, QuitlineNC is a great resource:

- All services are FREE and CONFIDENTIAL (information collected will not be shared)
- A QUIT tobacco coach, trained to work with American Indians, will help you make your QUIT plan
- Available: 24 hours a day, 7 days a week
- Free nicotine patches and gum or lozenges mailed to your home



Lumbee Tribe of North Carolina
6984 NC Hwy 711 West
Pembroke, NC 28372
910-521-7861

Tobacco Prevention & Control Branch
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NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES
Division of Public Health



NC Department of Health and Human Services
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LUMBEE TRIBE

HONOR WHAT IS SACRED

STOP TOBACCO ABUSE



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES
Division of Public Health



Keep it Sacred

Traditional Tobacco is a sacred plant and is used in ceremony and as medicine. Cedar, sweet grass and sage are other plant medicines used in ceremony and for healing.



Tobacco abuse causes significant health damage, and diseases such as lung cancer. American Indians/Alaska Natives have one of the highest prevalence's of cigarette smoking among all racial/ethnic groups.¹

The Lumbee Tribe supports the cessation of recreational tobacco abuse and supports educational workshops, prevention programs, and other means to bring health and vitality to the Lumbee People. All tribal facilities, including Community Centers, Boys & Girls Clubs, the Tribal Housing Complex and Cultural Center are Smoke-Free areas.

¹ MMWR Morb Mortal Wkly Rep. 2017 Dec 22; 66(50): 1374-1378. Published online 2017 Dec 22. doi: 10.15585/mmwr.mm6650a2

“We come out of the earth, and there’s something in the earth to cure everything.”

- VERNON COOPER, LUMBEE HEALER

Commercial vs. Traditional Tobacco

Traditional (non-recreational) – the tobacco that grows in the wild, and/or is specifically for ceremonial or medicinal uses.

Examples of medicinal/ceremonial uses:

- Physical: medicine for lungs, stomach, nose, cuts, wounds, animal/insect bites
- Spiritual: prayer tool, gift, offering

Plants used as medicine:

- mullein
- cedar
- sage
- sweet grass
- red willow bark
- tobacco



Commercial (recreational) - the tobacco that is farmed and manufactured for profit. Manufactured tobacco contains more than 7,000 chemicals when lit. Smokeless forms of tobacco (chew, snuff, dip, e-cigarettes, and vaping) also contain cancer-causing agents.



HONOR WHAT IS SACRED: Our Bodies are Sacred

When you QUIT:

Stopping recreational tobacco use honors yourself and your relatives and restores respect to the traditional use of tobacco as a sacred plant.

Other benefits include:

- Decreased chances of cancer, COPD, heart disease, diabetes and other related chronic diseases
- Healthier gums and fewer cavities
- Fewer wrinkles on your face
- Better breathing and more energy
- Increased savings from money normally spent on tobacco
- Children and others no longer exposed to secondhand smoke
- Longer life
- Better example set for the next seven generations

HONOR TRADITION, NOT ADDICTION

