

YAHGHELI CH'TSIZLAN

WE ARE GETTING

Healthier

TOBACCO IS NOT OUR TRADITION

Tobacco is not a part of Alaska's history, and is not used traditionally in Alaska Native culture. In fact, tobacco was brought to Alaska during the 1700s by fur traders. In a short time, Alaska Native people became familiar with tobacco, and many became addicted to smoking.

4,000 NICOTINE TAR
CHEMICALS CARBON MONOXIDE

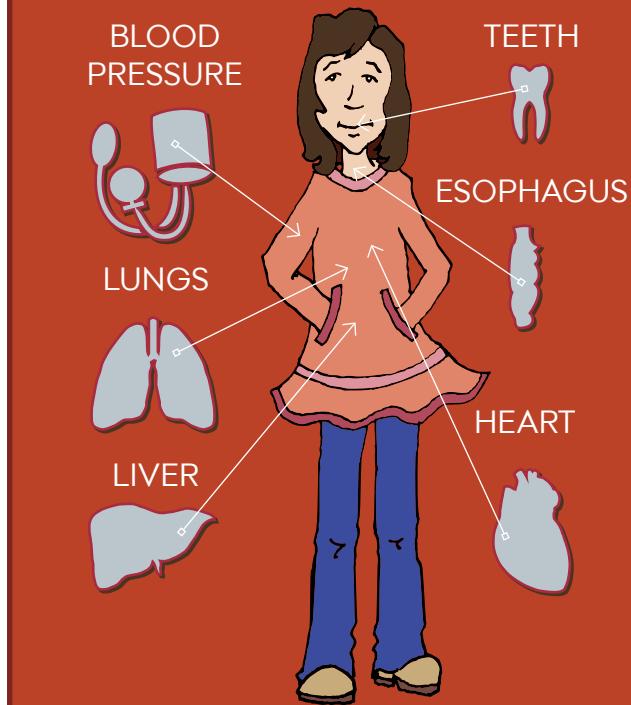
WHAT IS TOBACCO?

Tobacco comes from the leaves of the tobacco plant which are dried, cured and aged, and combined with other ingredients to make a range of tobacco products such as cigarettes, cigars, pipe tobacco, Iqmik and chewing tobacco (smokeless tobacco). Tobacco plant leaves contain nicotine, which is a stimulant and very addictive. Cigarettes are the most common form of tobacco.

There are more than 4,000 chemicals in tobacco smoke, of which 43 are carcinogenic (cancer causing agents). The three major chemicals in tobacco smoke are nicotine, tar and carbon monoxide.

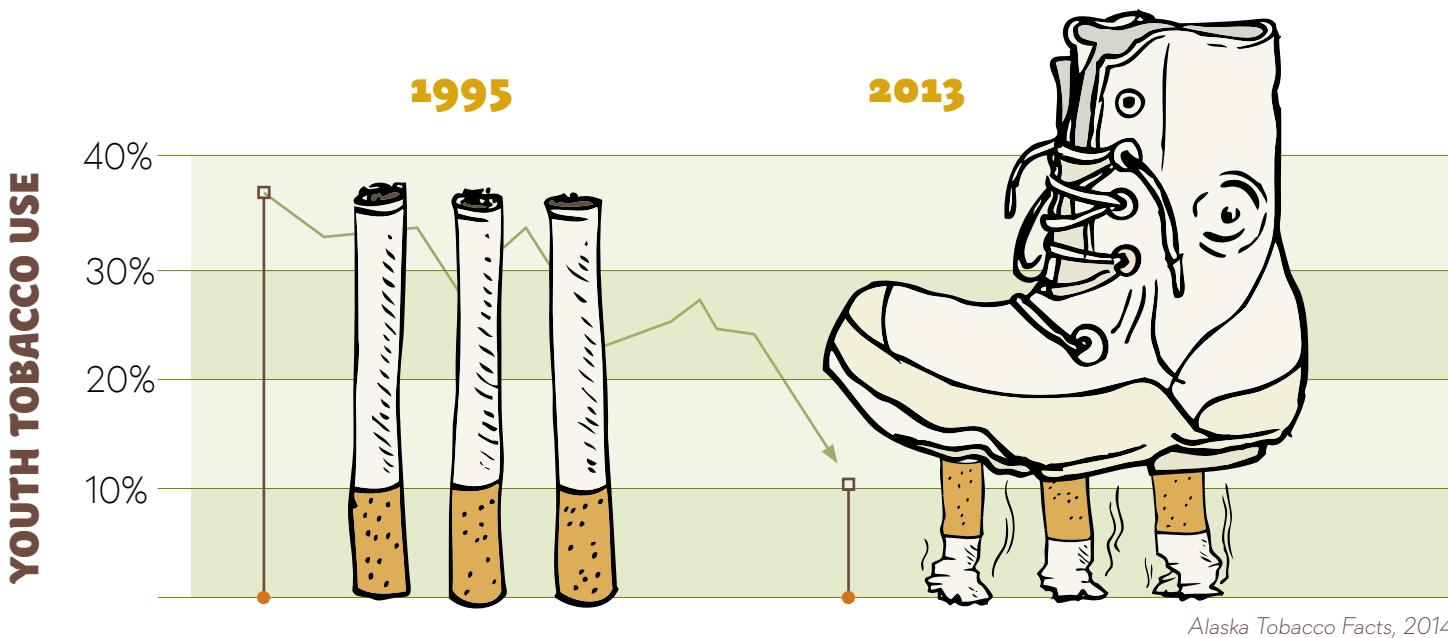
HOW DOES SMOKING AFFECT YOUR BODY?

When any tobacco product is used, it affects many parts of your body. Tobacco does not only affect your lung health, as many people think. The truth is, tobacco can cause many different cancers and health issues in different areas of your body. This includes your heart, liver and esophagus. Using tobacco can also complicate existing health issues such as high blood pressure and diabetes.



OUR SUCCESS: OUR YOUTH ARE GETTING HEALTHIER

In Alaska, youth tobacco use rates have dropped from 36.5% in 1995 to 10.6% in 2013. This decrease means that there were **10,825 fewer Alaska youth smoking in 2013 than in 1995.**



COMMUNITY PERSPECTIVE: “I was suffocating to death!”



That's what Michael P., an Alaska Native and member of the Tlingit Tribe, remembers when he thinks back to why he quit smoking. Michael tried his first cigarette when he was 9 and was addicted

to cigarettes for most of his adult life. At 44, he was diagnosed with chronic obstructive pulmonary disease, or COPD. This is a condition that includes chronic bronchitis and emphysema that

LEARN MORE

Alaska Tobacco Quit Line:
www.alaskaquitline.com

ANTHC Tobacco Prevention and Control Program:
www.anthc.org/chs/wp/tobacco

makes it harder and harder to breathe. He ignored the symptoms until he was 52 and he awoke gasping for air. He quit smoking that day. Since then, Michael had part of his lungs removed to make it easier to breathe. Michael now needs a lung transplant. His doctor gave him five years to live, and that was five years ago. That's why he is called a ghost walker by some people in his Tribe.

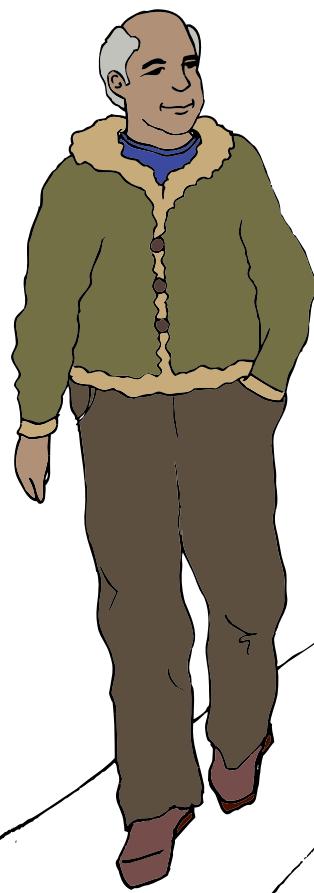
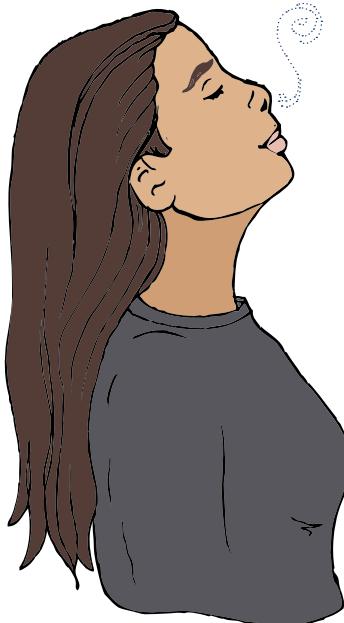
OUR PRESENT CHALLENGE: TOBACCO USE CONTINUES

The percentage of Alaska Native people who smoke has stayed high. **More than 1 of every 3 Alaska Native adults smoke**, which hasn't changed much over the past 15 years.



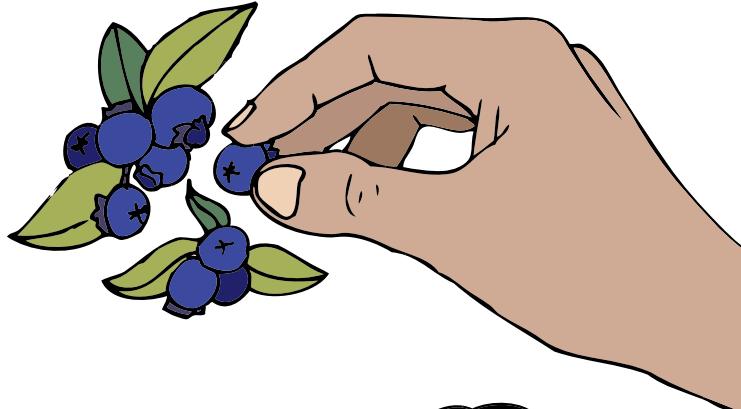
BREAK THE CYCLE: Things to do instead of using tobacco

Breathe in and out
deeply 10 times



Take a walk

Go hunting or berry picking



Try meditating or
listening to calming
music



WANT TO QUIT?

Did you know that as a customer-owner of the Alaska Native Medical Center, you have access to free tobacco cessation services? This means that if you are currently a tobacco user and are interested in quitting, you can receive counseling and nicotine replacement therapy (NRT) such as nicotine patches, gum and lozenges, or Chantix/Zyban (Note: these medications require prescriptions from a medical provider). Counseling, NRT and medication refills are provided for up to one year and there is no limit to how many times you may access services.



Interested? For more information or to get started on your road to quitting tobacco, please contact the ANTHC Tobacco Prevention and Control Program at (907) 729-4343.



SMOKED SALMON

Smoke fish, not tobacco! All types of salmon are excellent sources of protein, and low levels of saturated fat make it heart-healthy. Red salmon is also a good source of iron.

INSTRUCTIONS:

1. In a bowl, stir salt and brown sugar until thoroughly combined.
2. Spread out a small layer of the salt/sugar mixture in an airtight container. Add a layer of salmon and then cover with salt/sugar mixture.
3. Set container in a cool location for five hours – as the salmon sits, it will create its own brine mixture.
4. In a small bucket, place the smoking chips and four cups of water. Let sit.
5. After five hours, remove each piece of salmon, wipe off any extra salt/sugar brine, and place onto wire smoker racks.
6. After all fish is on racks, place into smoker; fill the wood chip pan with moistened chips and plug in to begin the smoking process.
7. Check fish every 45 minutes to 1 hour and replace wood chips; repeat for 5-7 hours. As you replace chips, you may need to rotate racks to ensure consistent smoking.
8. Once done, pull from the smoker and allow to cool. When ready, store in vacuum-sealed bags and freeze for up to a year.
9. Enjoy!

INGREDIENTS:

- 4-6 salmon filets cut into 3-inch pieces
- 2 cups fine salt
- 6 cups brown sugar
- 1 bag smoking chips
- 1 hot smoker, such as a Big Chief or Little Chief



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM