



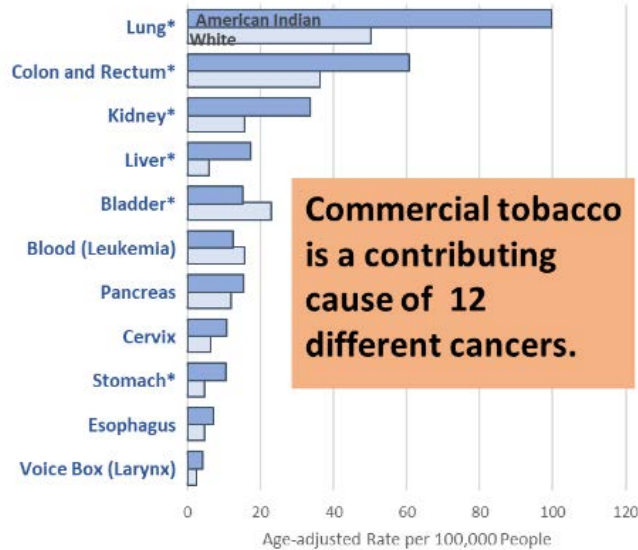
# KEEP TOBACCO SACRED IN YOUR COMMUNITY AND FOR YOUR RELATIVES!



## For More Information

**Rocky Mountain Tribal Leaders Council**  
Good Health and Wellness in Indian Country  
2929 Third Avenue North, Suite 300  
Billings, Montana 59101  
(406) 252-2550  
[www.rmtlc.org/ghwic/](http://www.rmtlc.org/ghwic/)

### Rate of new cancer cases among adults in Montana, 2011-2020



**Commercial tobacco is a contributing cause of 12 different cancers.**

\* Significantly different rate between American Indian and White populations



**Montana Tobacco Use Prevention Program**  
**American Indian Tobacco Education**  
1400 Broadway, POB 202951  
Helena, Montana 59620  
(406) 444-7408  
[infotobaccofree@mt.gov](mailto:infotobaccofree@mt.gov)



# CANCER FACT SHEET

for  
*American Indian Commercial  
Tobacco Users*





## CANCER

Cancer presents a significant burden to American Indians (AI) throughout Montana. Lung cancer is the leading cause of cancer deaths among American Indians in Montana.<sup>1</sup>

The high prevalence of commercial tobacco use (40%) and obesity (47.1%),<sup>2</sup> along with limited access to preventive healthcare and treatment contribute greatly to the cancer burden among Montana American Indians.

Photo credit: Angela Swedberg, Bead and Quillwork Artist, Native Art Restoration. Photo shows the cleaning process of a 100 year old artifact exposed to commercial tobacco smoke.

**DON'T BE  
A *STATISTIC!*  
QUIT COMMERCIAL  
TOBACCO USE  
TODAY!**

Developed from Information provided by Montana Tobacco Use Prevention Program (MTUPP) and Montana Cancer Screening Program:

1. Montana Vital Statistics, 2014-2018, DPHHS
2. Montana Behavioral Risk Factor Surveillance System, 2020, DPHHS
3. Montana Central Tumor Registry, 2009-2018, DPHHS
4. *Tobacco and Cancer*, Centers for Disease Control and Prevention, <https://www.cdc.gov/cancer/tobacco/>

## Protective Factors



### Traditional Healing & Health

- Only use tobacco for spiritual or ceremonial reasons.
- Offer traditional tobacco to a healer for help to control blood sugars and reduce your risk for cancer.
- Eat traditional foods or eat healthy while attending pow wows.
- Play Native games with family.



### Daily Activity



- Increase your physical activity everyday: go running, walking, Pow Wow dancing, harvesting, and participate in Native Games.
- Decrease consumption of foods that contain high starch, sugar, and carbohydrates.
- Eat lean meat like buffalo or wild game.
- Increase leafy vegetables like spinach into your diet.

### Tribal Health



- Reach out to Tribal Health for information on healthy lifestyle choices.
- Screening tests can prevent cervical and colon cancer. They can find breast and lung cancer early, giving you the best chance of survival.
- Eligibility is open to women, 21-64 years, who are under-insured and meet income guidelines.
- Ask a medical provider or commercial tobacco Quit Coach on how to use quit medications to have the best chance of quitting commercial tobacco use.



**AMERICAN INDIAN**  
Commercial Tobacco Quit Line  
**1-855-5AI-QUIT**  
MTAmericanIndianQuitLine.com