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Smoking Takes A Big Toll On African Americans

The numbers are staggering, nearly one in five African American adults smoke cigarettes and each year, approximately 45,000 die from a smoking related disease.

It's time to call attention to the needless deaths of mothers, fathers, sisters, brothers, uncles and aunts from smoking related disease.   Death from smoking is higher among African Americans than among whites, despite the fact that African Americans typically smoke less.

Another staggering statistic is diseases from smoking kill more African Americans each year than car crashes, AIDS, murders and substance abuse combined.

The bottom line is smoking cigarettes puts you at risk for heart disease, cancer and stroke which are the three leading cause of death for blacks in the U.S.

One other shameful tidbit is the tobacco industry has been targeting their marketing in African American communities to increase sales and profits for years.

Use of menthol cigarettes is disproportionately high among African Americans with 84 percent of them aged 12 years of age and older using a mentholated brand of cigarette compared to 24 and 32 percent of their Caucasian and Hispanic counterparts.

Changing the statistics starts at home, if you or someone you know is interested in quitting, please call the Oklahoma Tobacco Helpline: 1-800-QUIT-NOW (1-800-784-8669).

The Oklahoma Tobacco Helpline is a FREE service available by phone or online. There are no judgments, just help when you call and it's open to all Oklahomans who want to stop smoking or using other tobacco products. Nicotine-replacement patches, gum or lozenges are available for free to registered participants.

Learn more at our website: http://www.occhd.org/community/tobacco-use-prevention