

National Native American AIDS Prevention Center



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HEALTH POLICY FELLOW PARTNERED WITH

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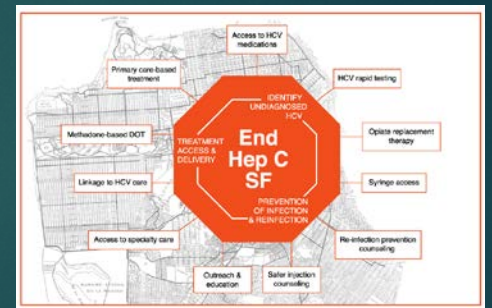
CARING AMBASSADORS PROGRAM

www.nnaapc.org

www.nnaapc-hcv.org



NNAAPC Advocacy Efforts Community Partnership



NPAIHB
Indian Leadership for Indian Health

Lung Cancer Rates

A recent tribal tobacco use survey found that 59 percent of Minnesota's native people smoke. Nearly 3,000 people completed the questionnaire, making it the largest tobacco survey ever conducted among American Indians in Minnesota.

Lorna Benson, MPRNews

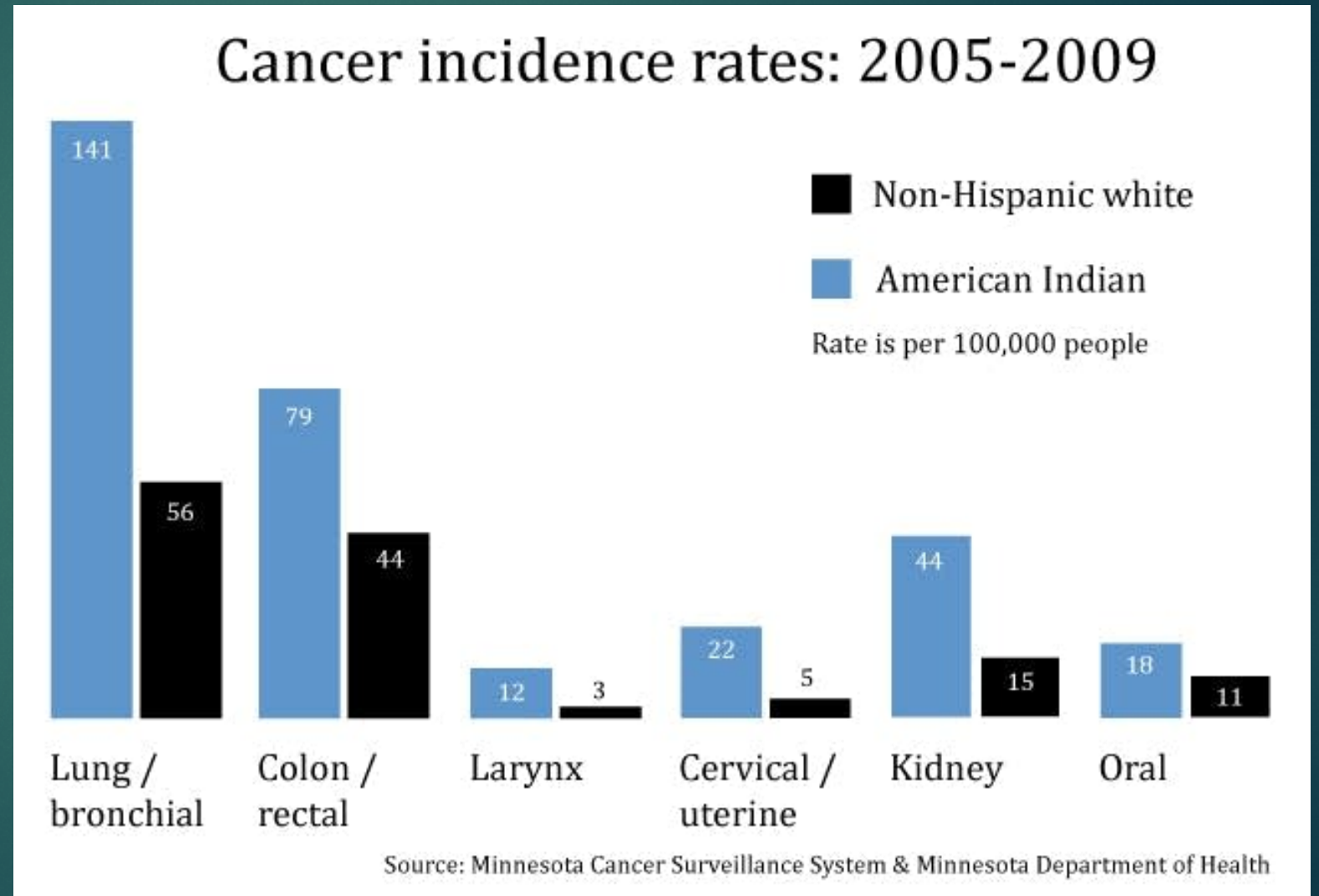


Photo Credit: Jennifer Simonson/MPR News

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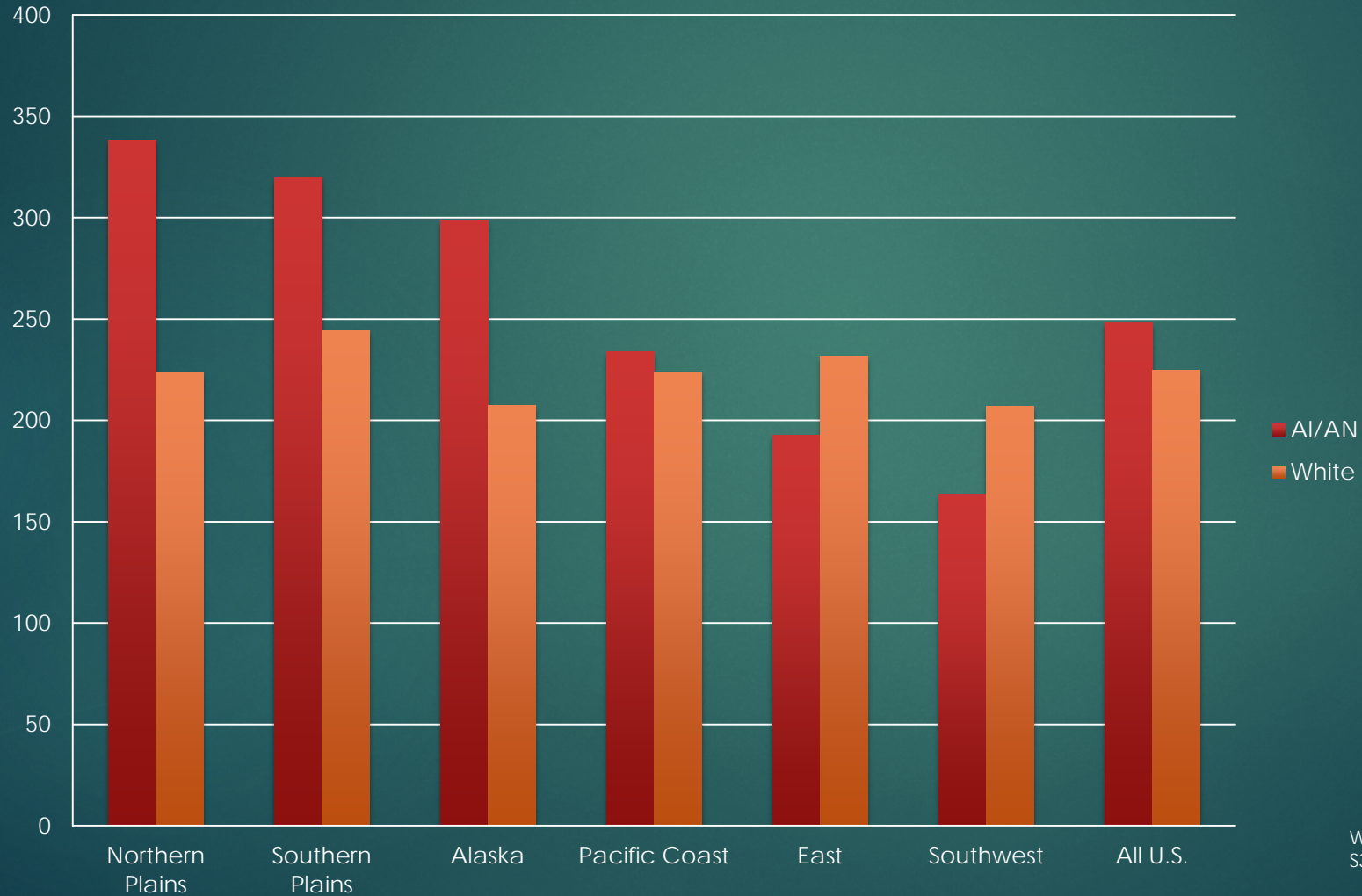
Lorna Benson, MPRNews



Cancer in Indian Country

Cancer Death Rates

(Rate per 100,000 population)



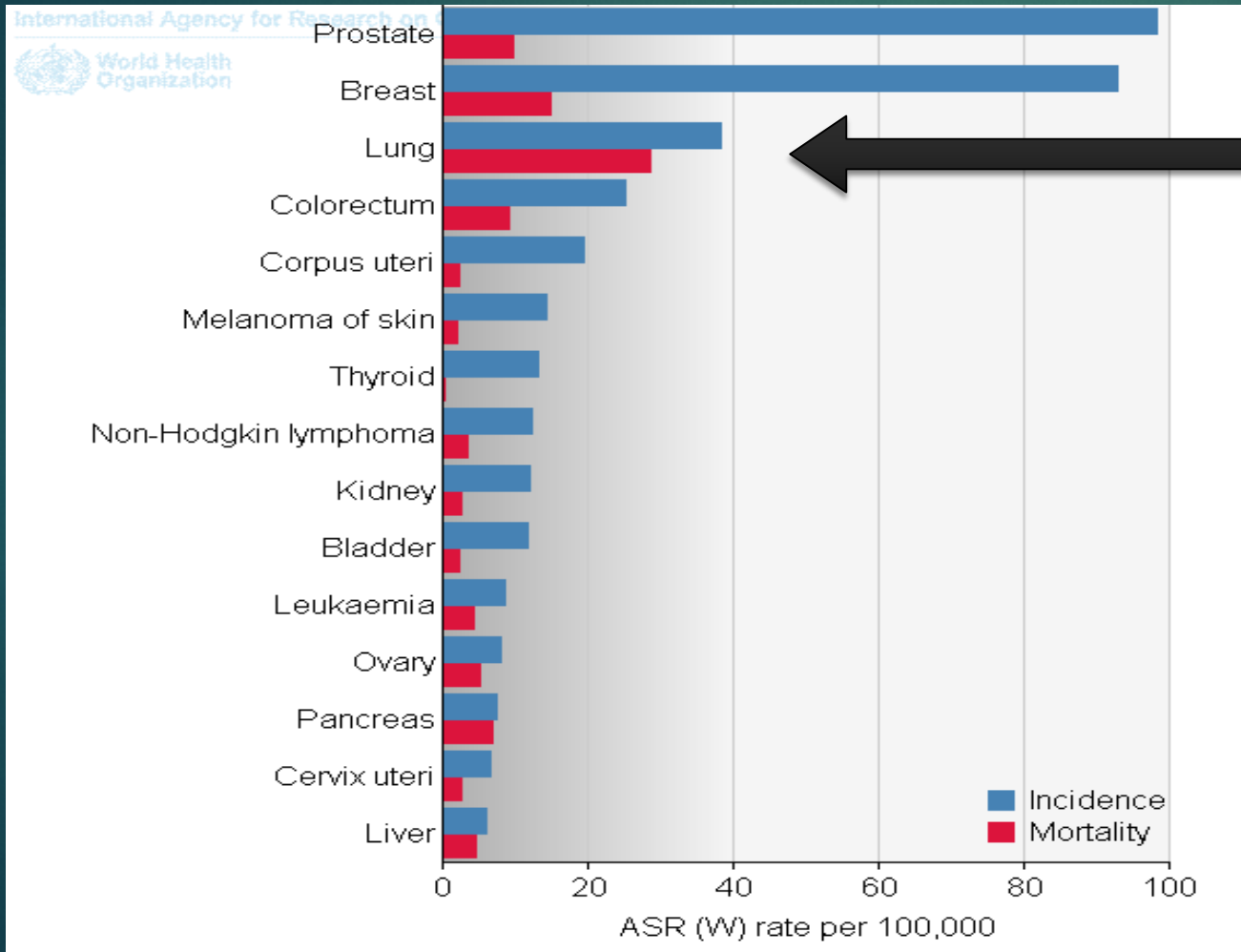
Lung Cancer Rates?

- Cancer has emerged as the leading cause of death among AI/AN populations ⁽¹⁾.
- Lung Cancer diagnosis rates are among the highest cancer diagnosis in AI/AN populations.
- Worldwide, Lung Cancer has a high incidents/mortality rate, ranked third.
- **1 in 15 people in the U.S. will be diagnosed with lung cancer in their lifetime.**
 - 1 in 14 men and 1 in 17 women**

CDC's Report:

- **23.1%** (2012-2014): Percent of Native men 18 years and over smoke commercial cigarettes
- **18.7%** (2012-2014): Percent of Native women 18 years and over smoke commercial cigarettes

Worldwide Incidence (male/female): World Health Organization

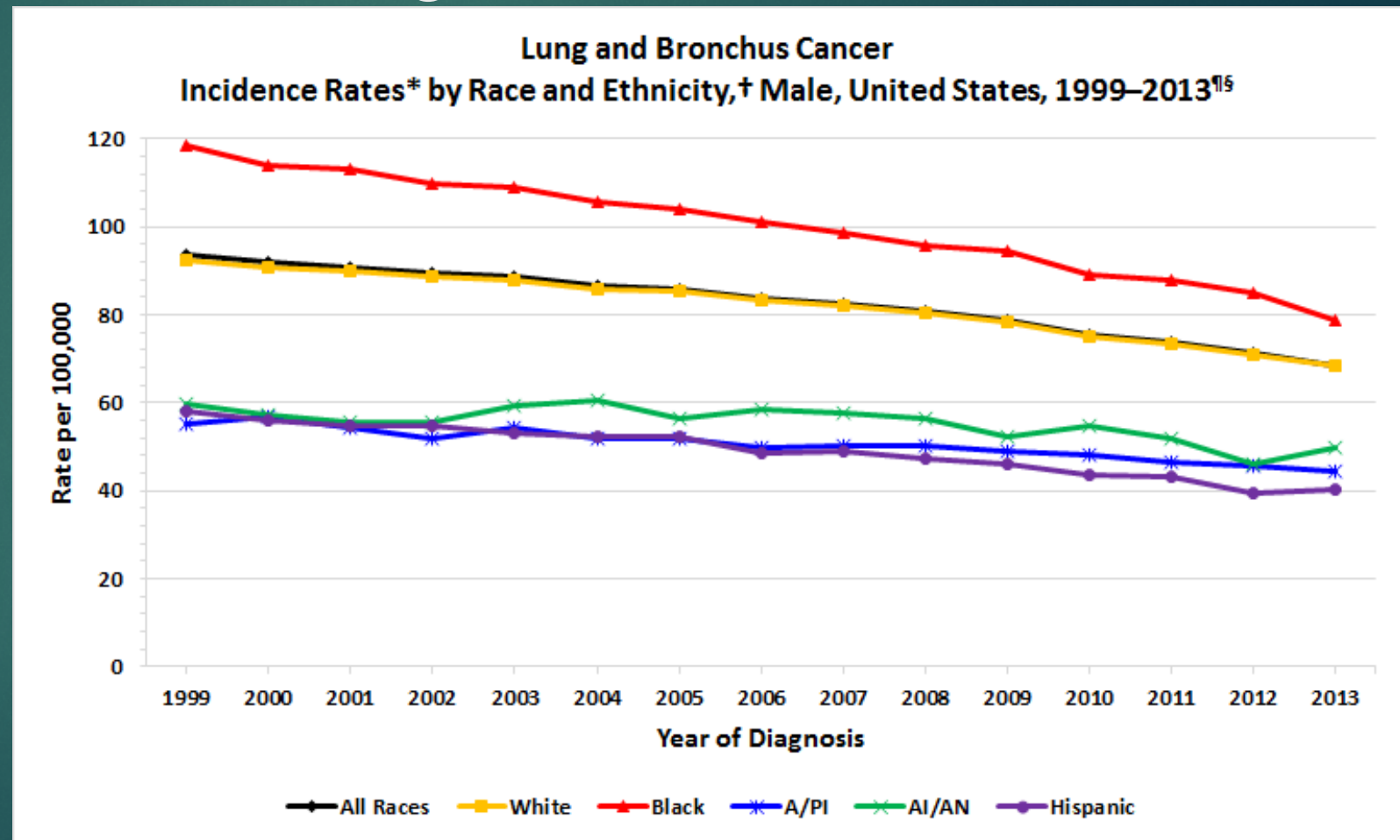


Lung Cancer is ranked
3rd in the world
(incidence/mortality)

Reported number Lung & Bronchus Cancer by race

MEN
1999 - 2013

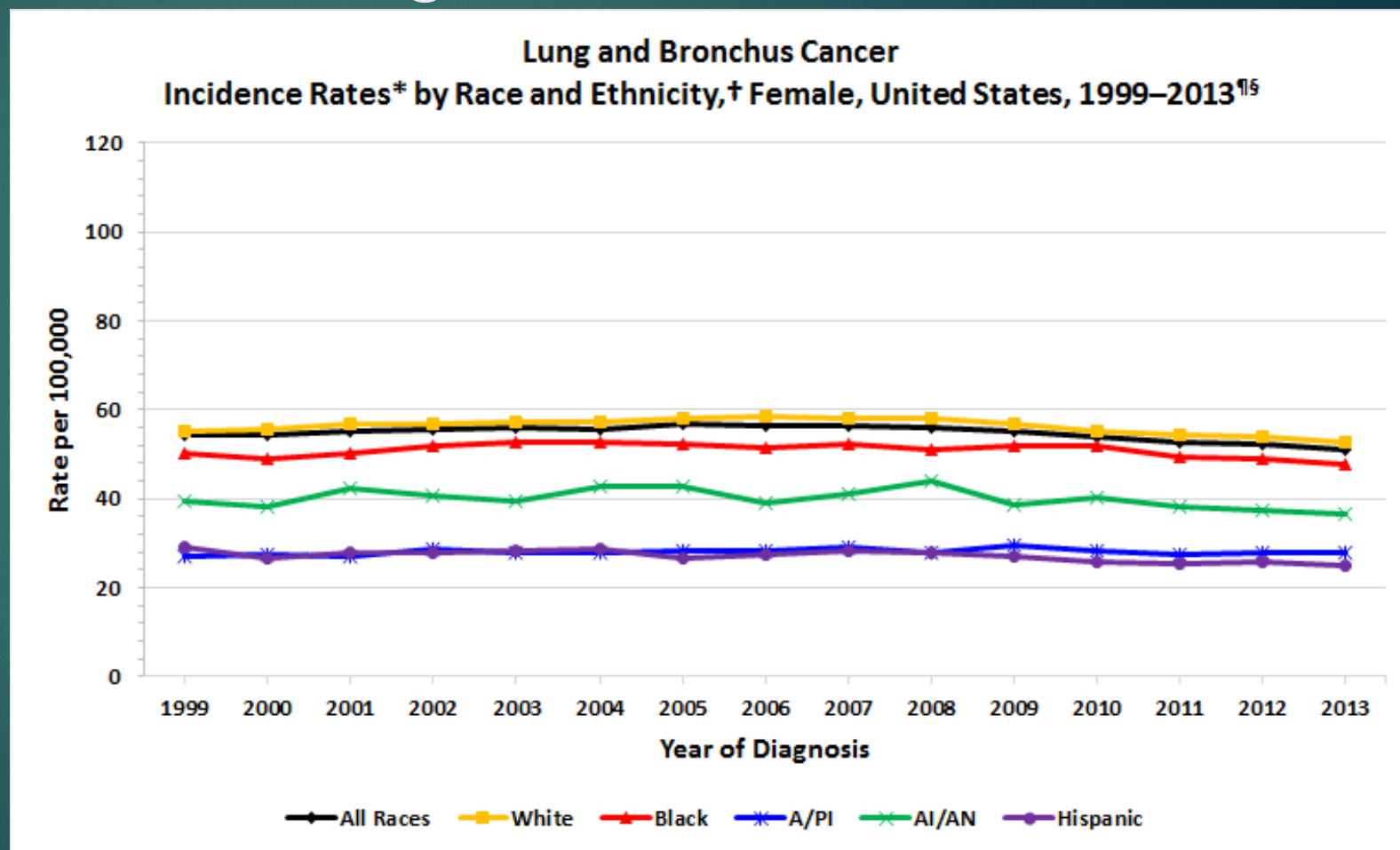
Black men had the highest rate of getting lung cancer, followed by white, American Indian/Alaska Native (AI/AN)



Reported number Lung & Bronchus Cancer by race

WOMEN
1999 - 2013

White women had the highest rate of getting lung cancer, followed by black, American Indian/Alaska Native (AI/AN)



American Indian Mortality Data

In American Indian and Alaska Native communities across the United States, cancer is the...

**#1 Cause of Death
for Women**

- ❤️ #2 Heart Disease
- ⚠️ #3 Unintentional Injury

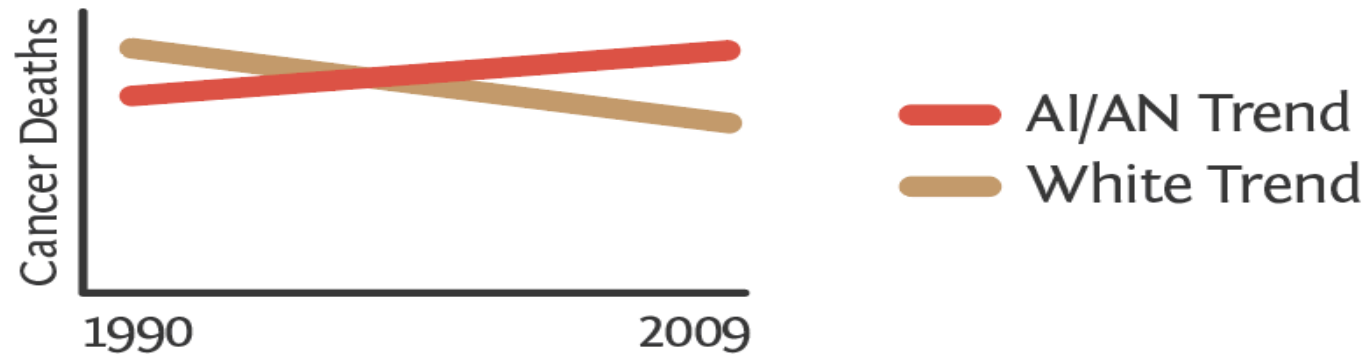
**#2 Cause of Death
for Men**

- ❤️ #1 Heart Disease
- ⚠️ #3 Unintentional Injury



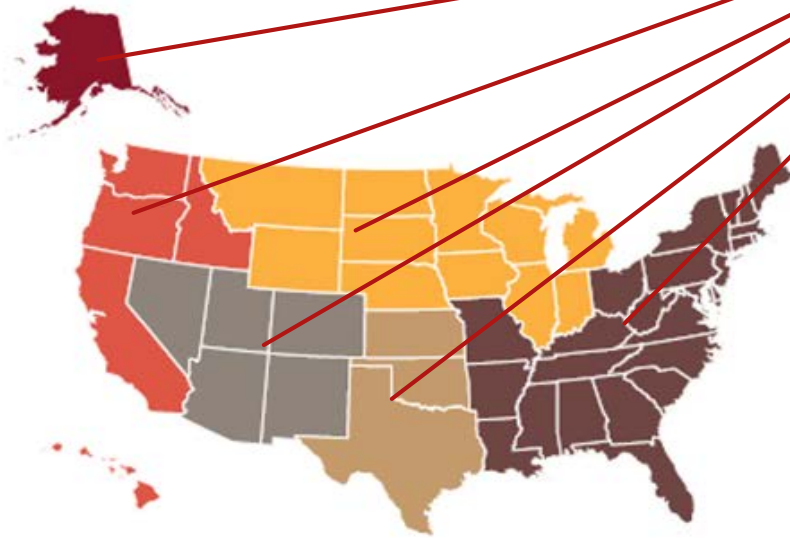
American Indian Cancer Data

Cancer death rates for AI/AN increased over a 20 year span, while decreasing for Whites over the same time frame.



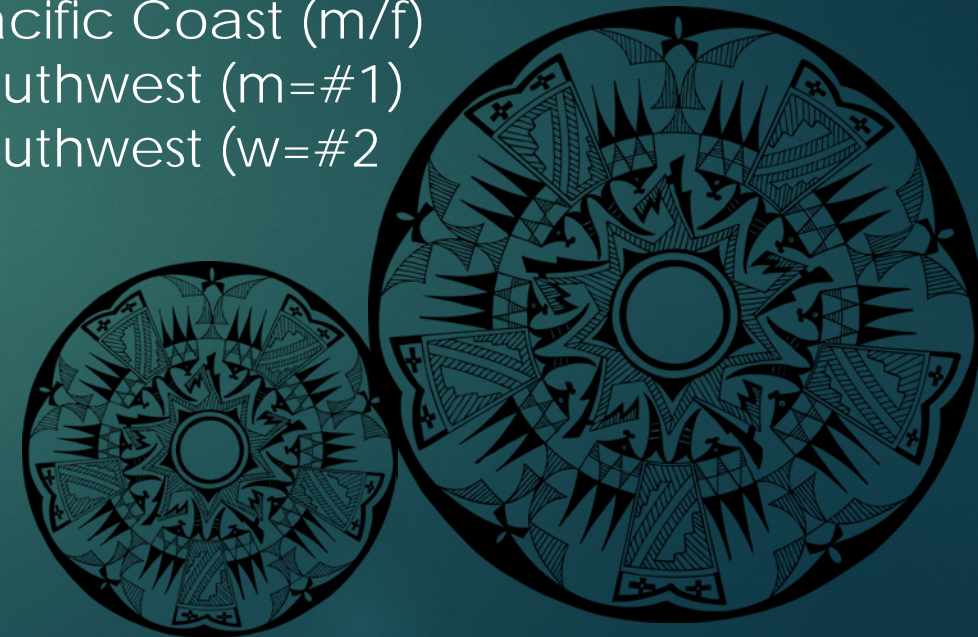
American Indian Cancer Data

Distinct patterns in AI/AN cancer rates are observed across six geographic regions defined by the Indian Health Service.

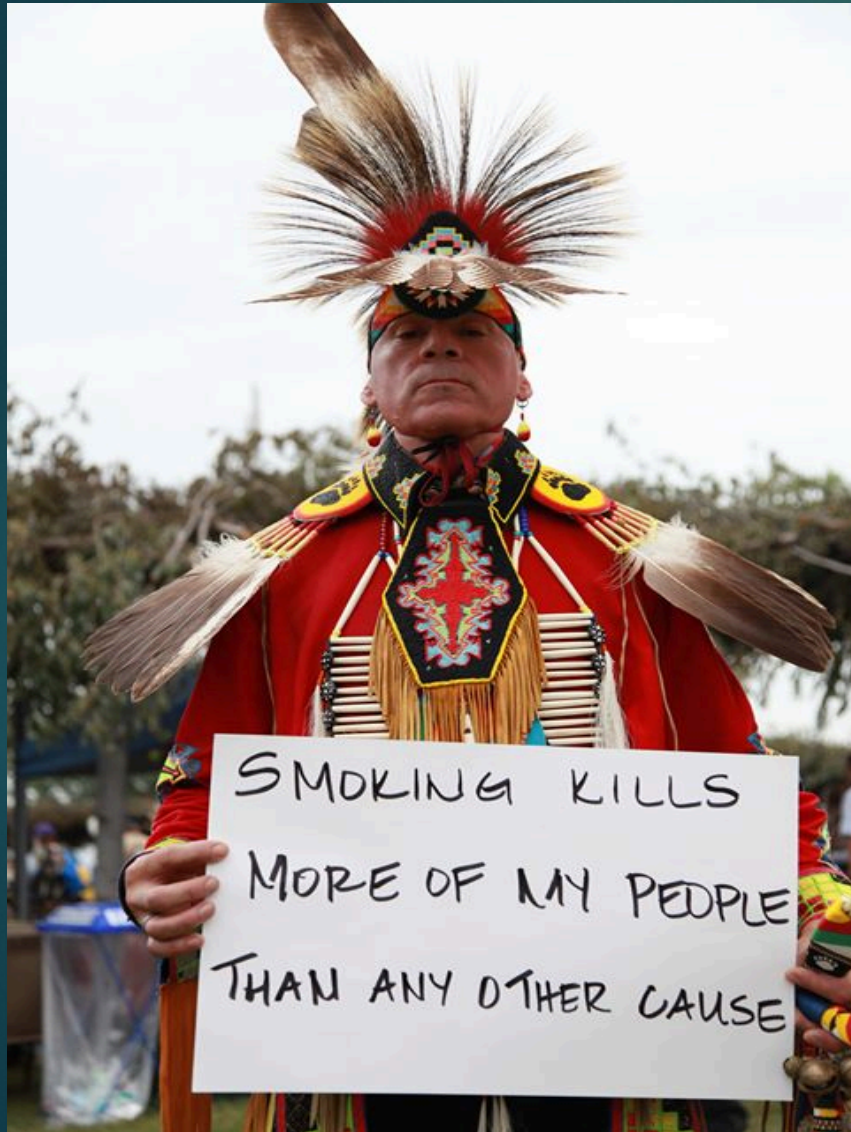


Lung Cancer #1 Deaths

- Alaska (m/f)
- East (m/f)
- Northern Plains (m/f)
- Southern Plains (m/f)
- Pacific Coast (m/f)
- Southwest (m=#1)
- Southwest (w=#2)



Lung Cancer



Leading Causes

- Cigarette smoking / tobacco chewing
- 2nd hand cigarette smoke exposure
- Low screening rates due to education



Smoking Cessation

Tobacco Traditions

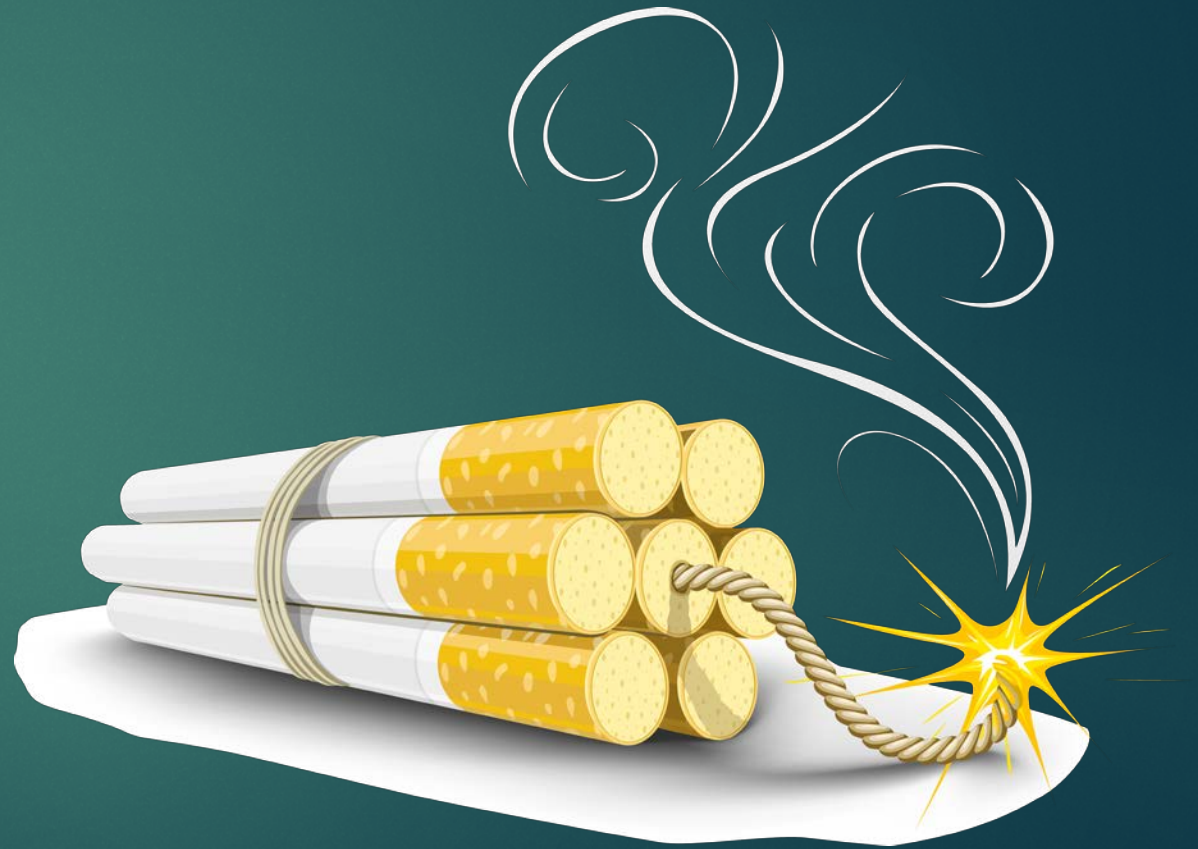
Within Our Native Communities,
Traditional Uses of Tobacco

- Gods gift to our people
- Offering sign of respect
- Prayer and in song
- Medicine



Smoking Cessation

WHY
QUIT?



Smoking Cessation

24 people
minute

Someone is
told they
have lung
cancer



Smoking Cessation

70%

Of
Smokers
Want to
Quit

41% of smokers have
tried to quit for at
least one day in the
past year

Smoking Cessation

7,000
harmful
ingredients

ONE of
which is...
NICOTINE

Cigarettes contain tobacco and up to 7,000 other ingredients, including many that are harmful to our health.

Smoking Cessation

Nicotine

How Does Nicotine
Affect the Brain When a
Cigarette is Smoked?

Smoking Cessation

Nicotine

- Attaches to receptors in your brain (nicotinic *acetylcholine* receptor)
- Chemicals in your body are release (*dopamine*)
- Dopamine stimulates the “reward” center in the brain

Smoking Cessation

How to Quit?

The more you smoke, the more circulating nicotine is present and attaches to the nicotinic acetylcholine receptors

When you try to quit...

- dopamine levels drop
- receptors beg for more nicotine – withdrawal

Smoking Cessation

How to Quit?

Practical approaches to quit:

- Nicotine Replacement Therapy
- Transdermal Patch
- Short Acting Nicotine Replacements
- Gum, Inhalers, Lozenge, Nasal Sprays

Smoking Cessation

How to Quit?

**Of the current American Indian Smokers in Minnesota...
Nearly 2/3 want to Quit Smoking but don't know where to start.**

Quit Connections
your path to
commercial tobacco cessation

PATCHES, GUM OR LOZENGES
Available over the counter

- Double your chances of quitting
- Provides a small amount of nicotine to help reduce cravings

BUPROPRION (ZYBAN, WELLBUTRIN) OR VARENICLINE (CHANTIX)
Prescription only

- Reduce nicotine withdrawal symptoms and tobacco cravings
- Bupropion can be combined with a patch
- Do not contain nicotine and are not addictive

COMBINATION OPTIONS
Increase your chances of quitting

- + Patch = 1 thumbs up
- + Bupropion = 2 thumbs up
- + Gum = 3 thumbs up
- + Lozenge = 4 thumbs up
- + Inhaler = 5 thumbs up

COUNSELING & SUPPORT

- Telephone counseling
- Internet-based Programs
- Individual or Group Counseling
- Counseling + Medication is more effective than any one method alone

NASAL SPRAY OR INHALER
Prescription only

- Reduces tobacco cravings
- Nicotine nasal spray = medication that you spray into your nostrils
- Nicotine inhaler = medication that you hold to your mouth and inhale to combat cravings

TAKE ACTION! Talk to your doctor or cessation counselor about what cessation option works best for you.

For cessation options and support, Join Quit Connections on Facebook.

American Indian Cancer Foundation.

1

Within 20 Minutes: Blood pressure & heart rate decrease

2

8-12 Hours: Carbon Monoxide drops, blood oxygen returns to normal

3

2 Weeks to 3 Months: Improved circulation & lung function

4

1-9 Months: Lungs begin to regain normal function, including ability to clean & fight infection

5

1 Year: Risk of coronary disease is cut in half

6

5-15 Years: Risk of stroke reduced to that of a normal smoker

7

10 Years: Risk of cancer reduced, risk of lung cancer cut in half

8

15 Years: Risk of coronary heart disease is similar to non-smoker

If you think you have been smoking too long and it is too late to benefit from quitting, think again. The human body begins to recover quickly.



Benefits

Smoking Cessation