

FOR MORE ANSWERS, CONTACT:

Columbia College

Counseling Services - 573.875.7423
www.ccis.edu/counselingservices

Drury University

Counseling Services - 417.873.7419
www.drury.edu/counseling

Evangel University

Counseling Services/Wellness Center - 417.865.2815, ext. 7222
www.evangel.edu/offices/student-development/counseling-center

Harris-Stowe State University

Office of Counseling Services and Prevention- 314.340.5112

Lincoln University

Student Health Services - 573.681.5476

Maryville University of Saint Louis

Health & Wellness Services - 314.529.9520
www.maryville.edu/studentlife-health.htm

Missouri Southern State University

MSSU Wellness 417.625.9533
www.mssu.edu/wellness

Missouri State University

Taylor Health and Wellness Center - 417.836.4045

Missouri University of Science & Technology

Counseling, Disability Support, and Student Wellness - 573.341.4211
counsel.mst.edu

Missouri Western State University

Counseling Center - 816.271.4327

Northwest Missouri State University

University Wellness Services - 660.562.1348
www.nwmissouri.edu/wellness

Rockhurst University

Counseling Center - 816.501.4275

Saint Louis University

Student Health and Counseling Services - 314.977.2323

Southeast Missouri State University

Counseling and Disability - 573.986.6191
www.semo.edu/SAPE

State Technical College of Missouri

Student Services - 573.897.5110

Truman State University

University Counseling Services - 660.785.4014
ucs.truman.edu

University of Central Missouri

Office of Violence and Substance Abuse Prevention - 660.543.8338
www.ucmo.edu/VSAP

University of Missouri

Wellness Resource Center - 573.882.4634
wellness.missouri.edu

University of Missouri-Kansas City

Counseling, Health and Testing - 816.235.1635
www.umkc.edu/chtc

University of Missouri-St. Louis

Alcohol and Other Drug Prevention Coordinator - 314.516.6369
www.umsl.edu/swbs

Westminster College

Counseling & Health Services - 573.592.5361
www.westminster-mo.edu/studentlife/chs

AFRICAN AMERICANS AND TOBACCO

TOBACCO USE

Of the three major causes of death in African Americans – heart disease, cancer and stroke – tobacco use is a key contributor.

Smoking estimates are highest for adults with General Education Development (GED) diplomas (43.2%) or 9 thru 11 years of education (32.6%), and lowest for adults with an undergraduate college degree (10.7%) or a graduate college degree (7.1%).

**National African American Tobacco Education Network*

THE DANGERS OF MENTHOLATED CIGARETTES

3 out of 4 African American smokers chose mentholated (*Kool, Newport, and Camel*) cigarettes.

Mentholated cigarettes are the tobacco industry's most profitable cigarette. They produce higher sales than non-mentholated cigarettes and are **strategically placed in African American communities.**

There is evidence that smoking mentholated cigarettes may result in **higher rates of lung cancer** than non-mentholated brands.

Menthol smokers may be more likely to inhale deeper with each drag on their cigarette and potentially **take in more harmful chemicals.**

FOR MORE INFORMATION

National African American Tobacco Education Network
www.healthdcouncil.org/naaten/

American Lung Association
www.lungusa.org

National African American Tobacco Prevention Network
www.naatpn.org/

SECONDHAND SMOKE

72% of African Americans are exposed to secondhand smoke compared to 50% of Whites and 45% of Hispanic Americans.

African Americans are disproportionately employed in labor and factory jobs (40% compared to the national average of 27.3%), which **have the highest rates of exposure to secondhand smoke.**

Smoking or being exposed to cigarette smoke contributes to the high rates of asthma among African Americans. **Asthma affects African American children more than any other disease.**

**Data from: National African American Tobacco Prevention Network*

READY TO QUIT?

QUIT HELP LINE: 1-800-QUIT-NOW

BE INFORMED

It is important to stay up-to-date on the effects your lifestyle has on your health, including tobacco use. Staying informed will help you to be better prepared when making healthy choices about your life.

SEEK CESSATION

Your campus may offer services to help you quit, including counseling or medical assistance. You can also ask your medical provider or local health department for help.

ENCOURAGE OTHERS

It is also important to share your knowledge on health with your friends and family. Keeping others informed will help them make healthy choices, encouraging people everywhere to be the strong, healthy individuals they really are.