



Doing Our Part

Sacred Tobacco Education 101 (revised)

Sacred Use Not Abuse



A traditional tobacco booklet written
for and by Native American youth

Northern California Indian Development Council
Del Norte American Indian Education Center



Then when they pray they open them up (their tobacco baskets) they throw the tobacco around.”

“They throw the ground up tobacco about when making medicine...they feed the mountains and the world.”

Phoebe Maddux-Karuk

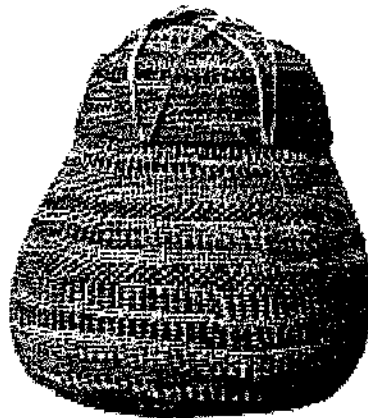


The Use Of Sacred Tobacco Is Our Tradition

SACRED sa•cred (say-Kred) adj. 1. Dedicated to or set apart for worship. 2. Worthy of religious veneration. 3. Made or declared holy. 4. Dedicated or devoted exclusively to a single use, purpose, or person. 5. Worthy of respect; venerable. 6. Of or relating to religious objects, rites, or practices.

Tribal Elders are dedicated to keeping tobacco sacred. Tobacco is offered to the creator of the earth, for our land, our fish, our acorns, our life.

The creator gives us many gifts. These gifts must be respected and used in their proper way. Tobacco is a gift to be used in a sacred way with respect.



Woven bag in which tobacco is carried home.

Tobacco Knowledge

(Pre-Test)



1. About how many chemicals are there in commercial tobacco?
A. About 100
B. About 2,000
C. About 4,000
D. About 10,000

2. Which of the following is found in commercial tobacco?
A. Vinegar
B. Rat poison
C. Moth balls
D. Window cleaner
E. Nail polish remover
F. All of the Above

3. Name the three most abused forms of commercial tobacco products?

4. What is second hand smoke?

5. What are some bad things that happen when you smoke or chew tobacco?

6. Why are big tobacco companies like Coyote?

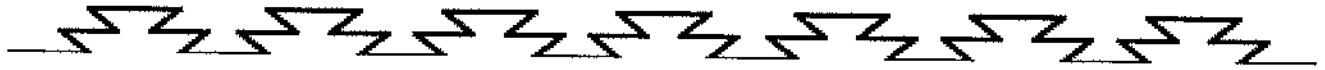
7. Write what you know about traditional Native American tobacco.

8. Do you smoke?
A. Yes
B. No

9. Have you ever tried commercial tobacco (smoking or chewing)?
A. Yes
B. No

10. Does anyone in your family smoke or chew commercial tobacco?
A. Yes
B. No

Traditional Use of Tobacco



Risk of Cancer: * Very low, none if not inhaled.

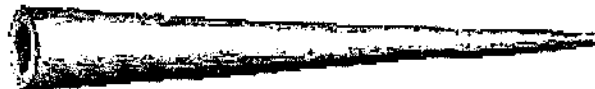
Type of Use:

- * Tobacco offerings to the earth, the drum, a river or a fire. Offerings are often placed/scattered by hand and are not often smoked.
- * Smoking a Sacred Pipe (not all pipes contain tobacco when smoked. In fact some tribes do not use tobacco at all. Some tribal people will use a blend of tobacco with other herbs in their pipe).
- * Offered to a Healer, Elder, or other person as a sign of respect

Benefits:

- * Discipline.
- * Respect for the Creator and all creation.
- * Understanding of one's culture.
- * Spiritual development.

Special Notes: * There are many traditional ways to use tobacco. It is smoked in some traditional ceremonies. However, it is generally used less than once a month. There is very little risk of cancer when used this way.



Traditional Pipe of Native Peoples of N.W. California

Keep It Traditional

Unscramble the following traditional words, then match the numbered letters to spell out the secret message.

CYRMONENE

— — — — —
4

GFTI

— — — — —
12

HYELAHT

— — — — —
13

MUDR

— — — — —
15

TUIVELATC

— — — — —
7

PAUH

— — — — —

CIMDIENE

— — — — —
3

FILE

— — — — —

TEECSRP

— — — — —
1

AGLO

— — — — —
11

RARTOEC

— — — — —
2

RANCO

— — — — —
10

LOTAOW

— — — — —

TOYWI

— — — — —

AMSONL

— — — — —
8

RETBI

— — — — —
14

SINFIGH

— — — — —
16

EELDR

— — — — —
9

REPYRA

— — — — —
5

KORUY

— — — — —

ESRADC

— — — — —
6

RAKKU

— — — — —

CETAIV

— — — — —
17

DECNA

— — — — —

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Secondhand Smoke: What We Know



Passive, sidestream, or secondhand smoke comes from the lit end of a cigarette, cigar, or pipe, as well as exhaled smoke that pollutes the air surrounding the smoker. Non-smokers who breathe secondhand smoke are called passive or involuntary smokers. When the cigarette is not being smoked, it is burning at a lower temperature. This leads to less complete, and therefore dirtier, combustion than when a smoker is inhaling on the cigarette. Because this secondhand smoke is produced by incomplete combustion and is not filtered by the cigarette itself, it is more toxic than the mainstream smoke the smoker inhales. The noxious chemicals in the secondhand smoke produce effects in nonsmokers similar to those smokers experience. So the bottom line is, there are over 4000 chemicals in tobacco smoke, over 50 of them are known to cause cancer.

Non-Traditional Use of Tobacco



Risk of Cancer: * Very high if you use chew, snuff, or smoke cigarettes.

Type of Use:

- * Chewing tobacco in any form.
- * Using snuff in any form.
- * Smoking cigarettes, pipes or cigars.
- * Smoking bidis.

Benefits:

- * No benefits to the user, but the big tobacco companies make billions a year off other people's addictions.

Special Notes:

- * Some people chew or smoke because they believe that it helps them relax, control their weight, and concentrate better. Other people do it to be cool, for an image, or to keep from being bored. Peer pressure results in many new smokers.
- * Chewing tobacco gives your mouth an unpleasant odor and bad breath. Chewing leads to gum disease, tooth decay, addiction to tobacco, and cancers of the mouth and throat.



Can You Guess What This Recipe Is For?



- 3 grams nail polish remover
- 4 grams of vinegar
- 3 grams ammonia
- 4 grams of arsenic
- 4 grams butane
- 1/2 of a re-chargeable battery
- an hours worth of exhaust fumes from your car
- 2 grams wood alcohol
- 4 grams formaldehyde
- 4 grams barbecue lighter fluid
- 4 grams hydrogen cyanide {poison used for the gas chamber}
- 2 grams swamp gas
- 4 grams rocket fluid
- 4 crushed mothballs
- 3.4 grams of nicotine {a pesticide}
- a dash of gasoline additive
- 1/2 gram candle wax
- 1/2 gram of industrial solvent
- 4 chips of sewage pipe
- finely ground black top {tar} to taste
- add a dash of the following metals:
- aluminum, zinc, magnesium, mercury, gold, silver,
- titanium, lead, copper

*Add all the above ingredients and 4 lbs of dried tobacco and you have 1 pack of commercial tobacco

More on Second Hand Smoke



Did you know that secondhand smoke causes:

Developmental Effects:

- Lower birth weight.
- Sudden infant death syndrome

Respiratory Effects:

- Lower respiratory tract infections.
- Bronchitis and pneumonia.
- Asthma induction.

Cancer:

- Lung cancer.
- Nasal sinus cancer.
- Cervical cancer.
- Colon Cancer

Heart Disease:

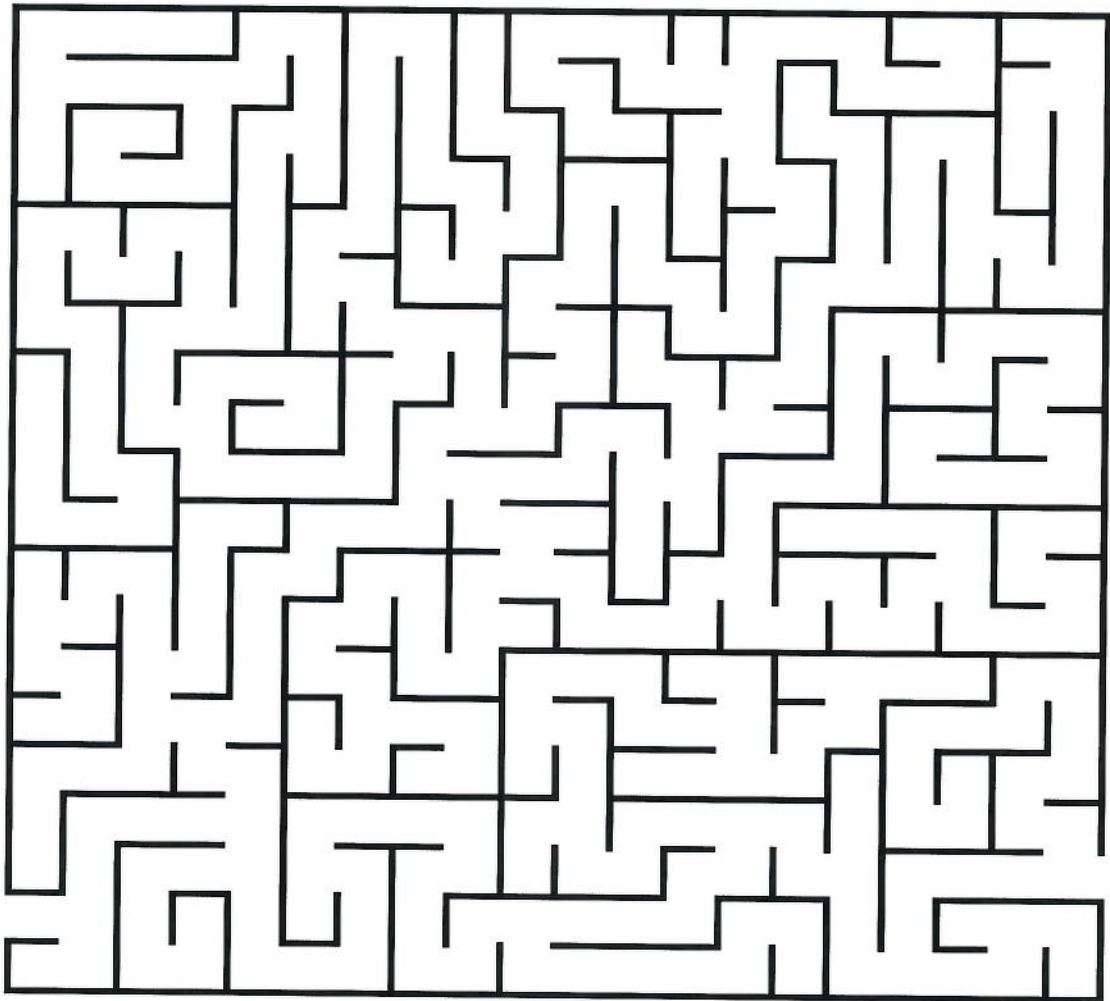
- Heart disease mortality.
- Blocked Arteries



Ever wondered what it feels like to suffer from a tobacco related disease?

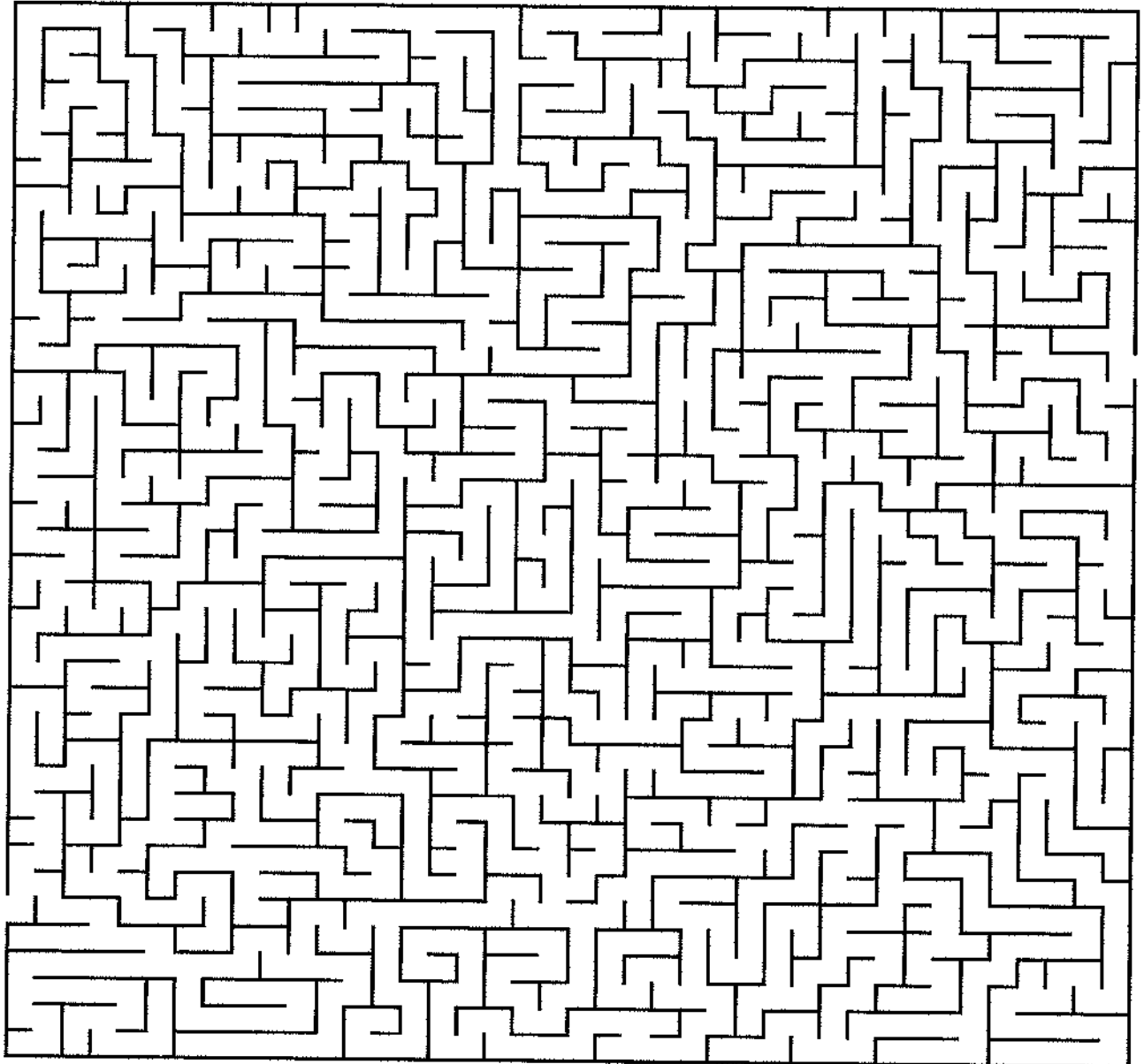


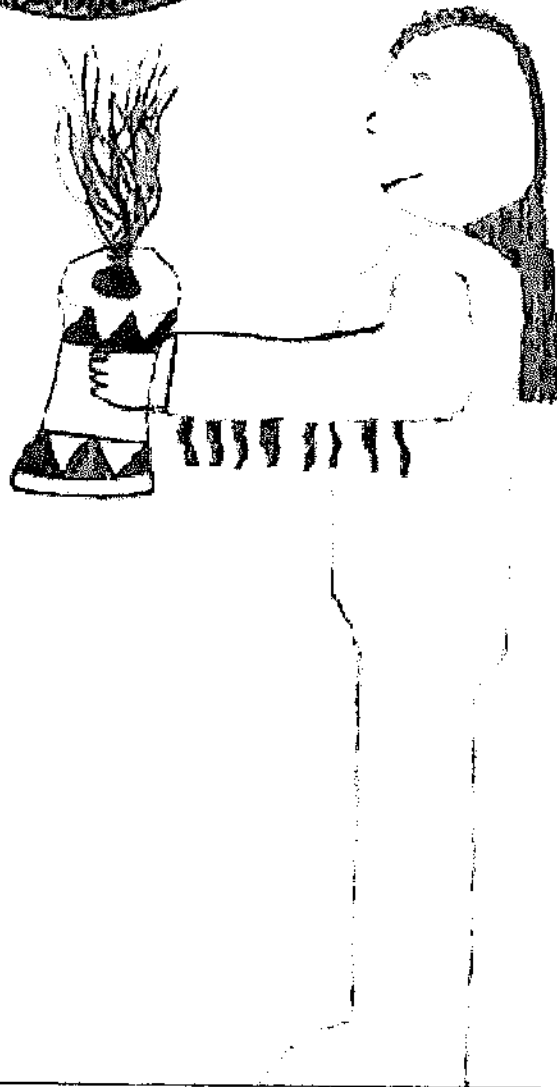
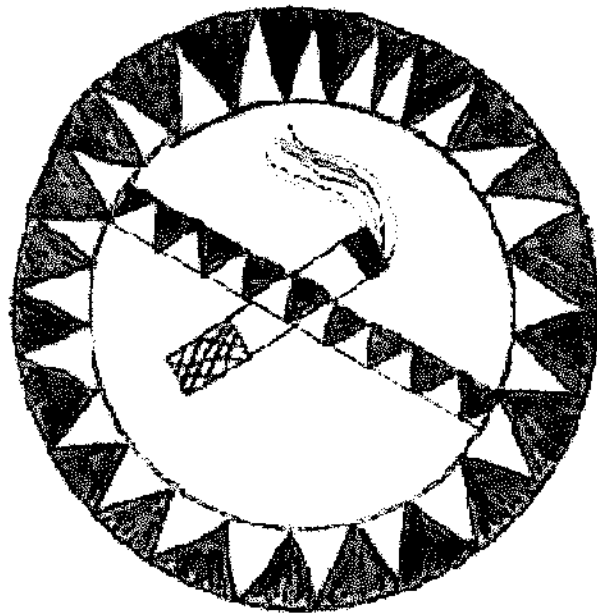
Completing this maze will be as easy as climbing a flight of stairs for a non-smoker.



Now compare that experience to this.
जौ जौ जौ जौ जौ जौ जौ जौ जौ जौ जौ जौ जौ जौ जौ जौ जौ जौ जौ

Completing this maze will be as difficult as climbing a single flight of stairs if you suffered from emphysema.







gaoby
12 7th grade



Current commercial uses of tobacco are not only a great health risk to our society, but also pose a threat to our traditional uses of tobacco. We strongly believe that Native youth's cultural knowledge of the traditional uses of tobacco will help to curb the commercial abuse of tobacco by our youth.

American Indian Tobacco

Karuk

Araheeraha

Yurok

O:Lhohkum

Hupa

Xojim

Wiyot

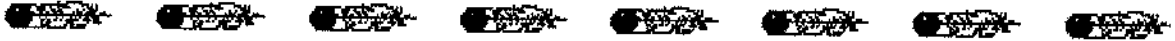
Kuwil Kwoswak

Tolowa

Seetyu'



MONEY TO BURN



Average cost of one pack of cigarettes = \$4.00

What if you smoke *one pack a day* for one week?

$$\$4.00 \times 7 = \underline{\hspace{2cm}}$$

What if you smoke *two packs a day* for one week?

$$\$4.00 \times 2 \times 7 = \underline{\hspace{2cm}}$$

Now multiply that times *four weeks* in one month.

One pack $\underline{\hspace{2cm}} \times 4 = \underline{\hspace{2cm}}$

Two packs $\underline{\hspace{2cm}} \times 4 = \underline{\hspace{2cm}}$

Now take those amounts times *12 months* in one year.

One pack $\underline{\hspace{2cm}} \times 12 = \underline{\hspace{2cm}}$

Two packs $\underline{\hspace{2cm}} \times 12 = \underline{\hspace{2cm}}$



The tobacco industry spends over \$11 billion per year trying to lure you in with their advertisements. Much of this marketing is targeted for youth.

This means YOU are their next target!



The tobacco industry lures you in by producing ads that show happy, thin, healthy people. What they should be showing you is very sick people with numerous medical problems. We have all seen that ad “Bob, I miss my lung”, but most people think it will never happen to them. And when they are the one with the sick lung,,dragging around a oxygen tank, they always say,

“I WISH I HAD NEVER STARTED SMOKING!”

The tobacco industry is like Coyote, *the Trickster*.



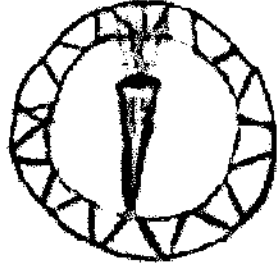
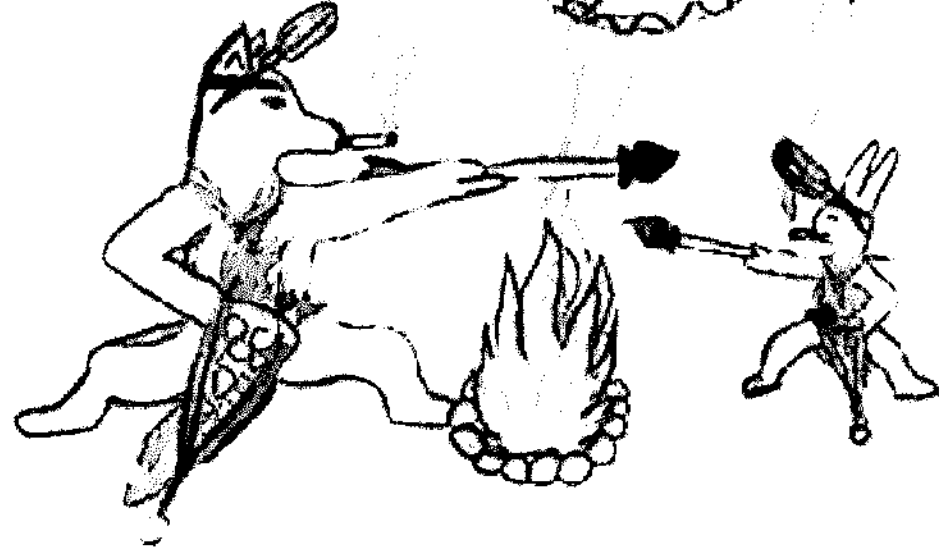
Draw your own anti-tobacco abuse ad

Why Buy Your Own Death

Quit



Smoking



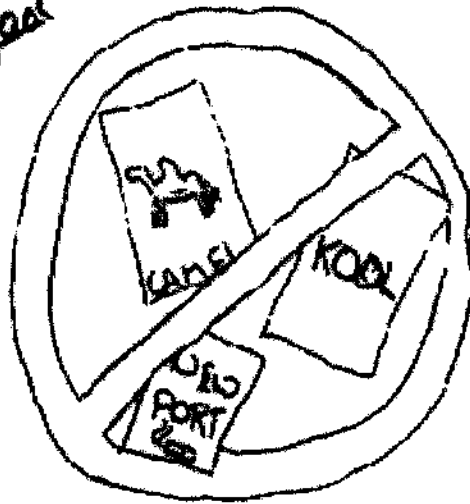
by Sonny
R

DON'T

SMOKE

Second-hand smoke
kills over 40,000
people a year

Smokers run
slower and
can't run as
long as non-
smokers



Smoking is so
advertised to
make you look
glamorous. The
results of smoking
are the opposite

IT

HARMS

YOU

AND

OTHERS

Louise, Age 12

Health Benefits

20 minutes after a smoker quits:

- Blood pressure returns to a level close to that before the last cigarette
- Pulse rate drops to normal rate
- Body temperature of hands and feet increase to normal

8 Hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

<<Change this picture>>

24 Hours:

- Chance of heart attack decreases

48 Hours:

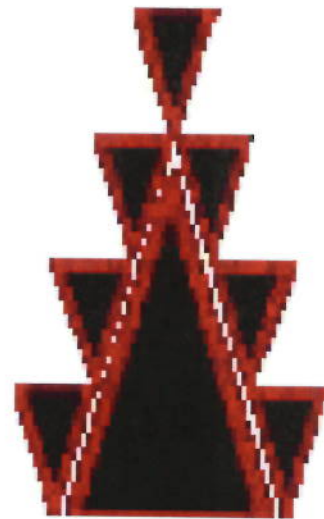
- Nerve endings start re-growing
- Ability to smell and to taste things enhances

72 Hours:

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

2 weeks to 3 months after a smoker quits:

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%



1 to 9 months:

- Coughing, sinus congestion, fatigue, shortness of breath decreases
- Cilia reactivate in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection
- Body's overall energy level increases

1 year after a smoker quits:

- Excess risk of coronary heart disease is half that of a smoker

5 years after a smoker quits:

- Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting

10 years after a smoker quits:

- Lung cancer death rate becomes similar to that of nonsmokers

Stressed?

Try One of These Stress-Busters



1. The next time you feel like your getting upset over something small and unimportant. Figure out, and know that you are over reacting, and let it go. Make the choice to not get angry. There's no need to waste your time on nothing and make matters worse for your self and others.

2. Breathing is very important to re-leave stress. So when something is over wheling, take a couple of deep, slow breaths. If you have the time, take a minute to fully relaxe. Breath deep and think positive.

3. Once you've become stressed, try slowing down. Speak slowly, this will allow you to think and react clearly in a stressful situation. When people get stressed out, they tend to talk fast and not think. Slow down, you will feel more in control of the situation.

4. Getting things done. Is there something you've been putting off? Choose one thing that needs to get done, and do it. Less worries.

5. Take time for fresh air, go outside. Our elders were right about the healing powers of fresh air. No matter how bussy you are, there is always time to get out and breath. Fresh air can clear your mind and renew you.

6. Alway drink plenty of water. Eat good nutritious foods. If your dehydrated and /or hungry, you can become angry or stressed. Even if you dont know you are.

7. Check your bodies posture. Hold your body up straight, shoulders back, no slouch-ing. If you have bad posture, the muscles tighen and become painful. Being in pain causes stress. If you are stuck sitting all day, make time to get up and stretch as often as needed to avoid sore muscles and repetitive injuries.

8. After a stressful day. Make time for yourself. Rewared yourself, by having this time in your day to relaxe. Putting all the rest of the world a side and enjoy, you. Especially before you go to bed, relaxe. Your body and mind needs a break to renew itself. You will feel much better and adle to start a brand new day. Your the only one thats going to take care of you, so spend the time.

Things You Can Do

1. Read a book
2. Go for a walk
3. Walk some place new
4. Call up a friend
5. Play with your pets
6. Make your bathroom into a beauty spa
7. Try a new hair-do
8. Listen to your favorite music
9. Watch a movie
10. Go see a movie in the theater
11. Go to the mall
12. Do a puzzle
13. Play cards
14. Drink some water
15. Go dancing
16. Learn how to dance
17. Go to the gym
18. Give someone a hug
19. Plant flowers or gardening
20. Learn a new language
21. Do some kind of exercise, swimming, basketball, yoga, martial arts, soccer, etc.
22. Take pictures (photography)
23. Take up something new you're interested in.
24. Suck on tasty candy you enjoy
25. Lotion your hands, keeping them healthy, and not smelling like smoke
26. Budget your money, your saving from not using tobacco
27. Floss and brush your tobacco free teeth
28. Be with that special someone
29. Chew gum
30. Chew on a tooth pick
31. Spend time with a child
32. Spend time with your family
33. Start an art project
34. Write in a journal everyday
35. Write a letter to a friend
36. Clean your house
37. Sing with music
38. Take a day trip
39. Take a walk on the beach or river
40. Go running
41. Buy new clothes that don't smell like tobacco smoke
42. Call your elders
43. Wash and wax your car
44. Treat yourself to a massage
45. Cook your family healthy foods
46. Learn how to cook
47. Watch the sunset
48. Write a list of things you're grateful for
49. Do something crafty (knitting, sewing, beading, jewelry making, etc.)
50. Learn your heritage
51. Go to a new place
52. Read to someone younger than you
53. Write a poem
54. Walk a doggie
55. Play an instrument
56. Learn to play an instrument
57. Take a nap
58. Write your own song
59. Draw a picture
60. Treat yourself to something special

Invest your time and your talents in something other than the tobacco industry!

It takes approx. 10 minutes to smoke a cigarette. So if you smoke a pack a day that is 3.3 hours you spend just on smoking cigarettes. Each cigarette cost about 25 cents each. Each cigarette cost 15 minutes of your life. If you pay \$5.00 a pack for your cigarettes it will cost \$150 a month and \$1800 a year.

Just think of all the things you could do with your time and money.

Beading your own necklace.

Making your own drum.

Exercising so you can dance longer and well.

Catching and smoking your own fish.

Gathering acorns and fresh mushrooms.

Hike up that trail smell the fresh air.

Learn your own heritage.

Don't let commercial tobacco trick you into thinking it's something great. You aren't going to get slim, you won't win a marathon, you won't hike that trail with ease. With the help of Commercial Tobacco:

You will have less money.

You will become winded.

Your skin will wrinkle at an early age.

Your finger nails will be stained yellow.

Your clothes, hair and breathe will smell.

And last but not least the 4000 chemicals you put in your body will take it's toll. Over 40 of these chemicals cause cancer. Not to mention heart disease and ulcers.

Help you and our people keep the use of tobacco sacred. It's our medicine. It's what our ancestors believed and so should we. Say this to yourself; "Tobacco is a medicine it is a gift from the creator it is sacred, it should not be misused. It is a medicine for healing."

The Week Before You Quit

Time to Clean House

Begin by removing all smoking paraphernalia from the places where you most often smoke. This means take the ashtrays out of the house and car, . Keep only one ashtray in your home, and away from the phone, until the night before your quit date.

Turn one room in the house into a “No Smoking Zone” at least a week before you actually quit. This can be your bedroom, living room, kitchen, or whichever room you spend most of your smoking time. Begin by cleaning the curtains, pillows, fabric or any surfaces that have absorbed tobacco smoke over time.

Next, place a sign such as “Thank you for not smoking” in the room. This will help remind you that you have a safe place to go when triggers strike or urges get strong. Fill this room with items to help distract and relax you, such as puzzle books or puzzles, craft projects, books and magazines, or exercise equipment.

Buy Your NRTs Now

If you are planning on using Nicotine Replacement Therapy, stock up now. Schedule a visit with your primary care physician to discuss which method is best for you. Have them ready for your quit date. This is also a good time to purchase sugar-free hard candies, mints, cinnamon candies and toothpicks, and a good water bottle.

Check Your Motivation

NOW is the time to remember your motivation behind quitting commercial tobacco. Spend a few moments each day this week reminding yourself what has motivated you to quit smoking. Be specific. Your success will depend on the strength of the reasons you have chosen to quit. Many former smokers were motivated by the following reasons. See if you share any:

- To gain a better family and social life
- To really taste foods again
- To have more money to spend on fun and leisure
- Having better health and a longer life
- To alleviate current health problems
- To be a better role model to youth
- FREEDOM, SWEET FREEDOM

Time to Taper

If you smoke more than half a pack a day, you should begin tapering at this time. Begin by cutting the amount you smoke by one less cigarette on day one, two cigarettes on day two, and three cigarettes the remaining days until you reach your quit date.

Setting small, attainable goals will help you increase your confidence and lower your nicotine dependence. Regardless the amount you smoke each day, you are helping to mentally and physically prepare yourself for a tobacco-free life.

A Look into the Future

Spend a few minutes each day this week visualizing your future as a non-smoker. Tell yourself “I am going to succeed. I can do this!” Imagine sitting through a long movie without needing a nicotine break. Smell the crisp, clean scent of your hair without smoke. See yourself playing with your children without needing to take a breather. Whatever the image, see yourself free from your dependence on commercial tobacco.

Do anything you can do to build and strengthen your confidence. Talk with some former smokers and ask how they succeeded. Ask how they dealt with difficult situations or triggers. How do they feel now that they are smoke-free? Remember that it took you some time to become addicted to nicotine, so it will take some time to become tobacco-free.

Some Final Notes

Tell friends and family that you are going to be a non-smoker soon. Ask for their support, but be prepared for those who do not seem interested in helping you through this process. Ask those who support you to be extra understanding and considerate of your potential withdrawal symptoms. While some people never suffer from withdrawal, you may get cranky, have mood swings, be nervous or anxious, suffer bouts of depression, insomnia or headaches. These are only temporary symptoms caused by your body trying to rid itself of years of chemical build up. Nicotine is generally flushed from the body within three days of quitting.

The Four D's

Drink water

Distract yourself with different activities

Delay the urge

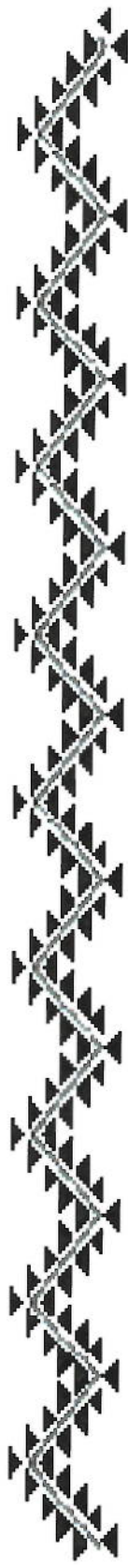
Deep breath

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(Post-Test)

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7. Write what you know about traditional Native American tobacco.
8. Do you smoke?
A. Yes
B. No
9. Have you ever tried commercial tobacco (smoking or chewing)?
A. Yes
B. No
10. Does anyone in your family smoke or chew commercial tobacco?
A. Yes
B. No

Tobacco Use Prevention Pledge



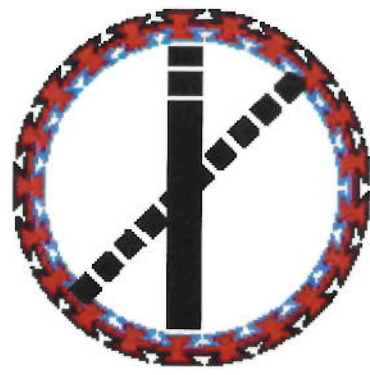
I _____ pledge to protect myself, my family, my friends and all living creatures from the dangerous effects of commercial tobacco use by promising to never use cigarettes, cigars, chew, and/or snuff.

I also pledge to respect tobacco as a medicine and will only use it in a sacred way.

Signature _____ Date _____



Tobacco Use Prevention and Education Project
A program of the Northern California Indian
Development Council, Inc. and supported by a grant
from the California Department of Education.



What Native Elders Have to Say About Traditional Tobacco

"Native Teachings are about a Way of Life"

Tobacco is the first plant that the Creator gave to Native people. It is the main activator of all the plant spirits. Three other plants, sage, cedar and sweetgrass, follow tobacco, and together they are referred to as the four sacred medicines.

The four sacred medicines are used in everyday life and in ceremonies. All of them can be used to smudge with, though sage, cedar and sweetgrass also have many other uses.

It is said that tobacco sits in the eastern door, sweetgrass in the southern door, sage in the west and cedar in the north. Elders say that the spirits like the aroma produced when we burn tobacco and the other sacred medicines.

TOBACCO

Traditional people say that tobacco is always first. It is used as an offering for everything and in every ceremony. "Always through tobacco," the saying goes.

Traditional tobacco was given to us so that we can communicate with the spirit world. It opens up the door to allow that communication to take place. When we make an offering of tobacco, we communicate our thoughts and feelings through the tobacco as we pray for ourselves, our family, relatives and others.

Tobacco has a special relationship to other plants: it is said to be the main activator of all the plant spirits. It is like the key to the ignition of a car. When you use it, all things begin to happen. Tobacco is always offered before picking medicines. When you offer tobacco to a plant and explain why you are there, that plant will let all the plants in the area know why you are coming to pick them. It is also important to note that you should not pull the medicines out by the roots but harvest them by cutting the tops of plants mentioned unless it is the root you will use. This preserves the plants for future generations.

When you seek the help and advice of an Elder, Healer or Medicine Person, and give your offering of tobacco, they know that a request may be made as tobacco is so sacred.

We express our gratitude for the help the spirits give us through our offering of tobacco. It is put down as an offering of thanks to the First Family, the natural world, after a fast. Traditional people make an offering of tobacco each day when the sun comes up.

Traditional tobacco is still grown in some communities. For example, the Mohawk people use a traditional tobacco that they grow themselves and that is very sacred to them.

SAGE

Sage is used to prepare people for ceremonies and teachings. Because it is more medicinal and stronger than sweetgrass, it tends to be used more often in ceremonies.

Sage is used for releasing what is troubling the mind and for removing negative energy. It is also used for cleansing homes and sacred items. It also has other medicinal uses. Some tribes say there is male sage and a female sage. The female sage is used by women.

CEDAR

Like sage and sweetgrass, cedar is used to purify the home. It also has many restorative medicinal uses. Cedar baths are healing. When cedar is put in the fire with tobacco, it crackles. When it does this, it is said to be calling the attention of the spirits to the offering that is being made.

Cedar is often used in fasting and sweat lodge ceremonies as a form of protection: cedar branches cover the floor of the sweat lodge and a circle of cedar surrounds the faster's lodge.

SWEETGRASS

Sweetgrass is said by some to be the sacred hair of Mother Earth. Its sweet aroma reminds people of the gentleness, love and kindness she has for the people. When sweetgrass is used in a healing circle it has a calming effect. Like sage and cedar, sweetgrass is used for smudging and purification.



NATIVE AMERICANS & TOBACCO USE

Despite reductions in smoking prevalence achieved since the first Surgeon General's report on the consequences of smoking in 1964, smoking remains the leading cause of preventable death in the United States.¹ Smoking accounts for more than 400,000 deaths in the United States each year, and is a major risk factor for the four leading causes of death: heart disease, cancer, stroke, and chronic obstructive pulmonary disease.² Native Americans, as a whole, have an especially high risk of suffering from tobacco-related death and disease because they have the highest prevalence of smoking and other tobacco use compared to any other population group in the United States.

Smoking Among Native American Adults

While smoking rates vary considerably from one tribe to another, American Indians and Alaska Natives (AI/AN) are, overall, more likely than any other racial/ethnic subgroup to be current smokers. According to the 2011 National Health Interview Survey (NHIS) of adults ages 18 and over, 31.5 percent of AI/AN currently smoke, compared to 20.6 percent of Whites, 19.4 percent of African Americans, 12.9 percent of Hispanics and 9.9 percent of Asian Americans. Overall, 19 percent of U.S. adults are current smokers.³ According to a 2005 study, 14 percent of Southwest tribal members were smokers compared to a 50 percent smoking rate among Northern Plains tribal members.⁴

The 2011 NHIS reports that AI/AN men have the highest smoking prevalence of all racial/ethnic groups at 34.4 percent. In comparison, the smoking prevalence is 24.2 percent among African American men and 22.5 percent among white men.⁵ The smoking prevalence among AI/AN women also is disproportionately high. 29.1 percent of AI/AN women smoke, compared to 18.8 percent of white women and 15.5 percent of African-American women.⁶

According to the National Center for Health Statistics, 17.8 percent of AI/AN women smoked during their pregnancy, compared to 13.9 percent of non-Hispanic white women.⁷ This disparity has been growing over time. Since 1978, the prevalence of cigarette smoking in women of reproductive age (18 to 44 years old) has declined in every subgroup of the American population except among AI/AN women.⁸ Tobacco use during pregnancy is one of the key preventable causes of adverse pregnancy outcomes.

Smoking Among Native American Youth

In 2001, cigarette use among high school students in National Bureau of Indian Affairs (BIA) funded schools was 56.5 percent, almost double the smoking prevalence rate among all U.S. high school students (28.5%).⁹ There was no significant difference between smoking rates among AI/AN boys and girls. Almost one-quarter (24.4%) of students at BIA-funded schools reported frequent cigarette use (having smoked \geq 20 of the 30 days preceding the survey).¹⁰ In comparison, 13.8 percent of all U.S. high school students reported frequent cigarette use 2001.¹¹ BIA funds 185 schools located on 63 reservations in 23 states with approximately 8,500 high school students.¹²

Native Americans and Other Tobacco Use

While good current data is not available, data from the National Health Interview Survey (NHIS, 1991) indicate that prevalence of smokeless tobacco use has been highest among AI/AN men

and women, compared to other racial/ethnic subgroups. 5.4 percent of AI/AN adults (8.1% of men and 2.5% of women) were current smokeless tobacco users, compared to 2.9 percent for the overall U.S. population (5.6% of men and 0.6% of women).¹³

According to aggregated data from the 1987 and 1991 NHIS, the prevalence of current pipe and cigar use has also been higher among AI/AN than among other racial/ethnic subgroups. However, the NHIS did not distinguish between ceremonial and addictive daily pipe smoking which may contribute to the higher prevalence rates among this group.¹⁴

Nationally, Native American youth living on reservations have the highest smokeless tobacco use than any other group. Again, these children seem to have early, frequent and heavy use of chewing tobacco and snuff.¹⁵ In 2001, approximately 1 in 5 AI/AN students in BIA funded schools were current users of smokeless tobacco,¹⁶ compared to 1 in 12 students at all U.S. high schools.¹⁷

Tobacco Use Health Consequences Among Native Americans

Cardiovascular disease is the leading cause of death among AI/ANs, and tobacco use is an important risk factor.¹⁸ Cancer is the second leading cause of death among AI/ANs nationally and the leading cause of death among Alaska Natives; lung cancer is the leading cause of cancer death.¹⁹

Alaska and Northern Plains tribal members, who have the highest smoking prevalence among American Indians, also have the highest rates of lung cancer and heart disease.²⁰ From 1994–1998, rates of lung cancer death among AI/ANs in the North Plains and Alaska regions were higher than the U.S. rate for all racial/ethnic populations combined.²¹

The 2007 annual report on the status of cancer in the U.S. found that there is wide variation in AI/AN cancer surveillance, and that regional and tribe-specific data is needed to fully understand the disease burden among Indian tribes. Regional and tribal variations in cancer rates likely reflect geographic and tribal variations in risk factors and screening. For example, among AI/AN, regional lung cancer rates mirrored regional smoking prevalence rates.²²

Recommendations for lowering the high rate of smoking-caused cancer included reducing tobacco use among this community by better tailoring tobacco cessation and treatment programs to the AI/AN community, increasing tobacco product prices and increasing funding for tribal tobacco control programs.²³

Campaign for Tobacco-Free Kids, January 10, 2013 / Lorna Schmidt

Additional Sources of Information

- *The National Tribal Tobacco Prevention Network, at the Northwest Portland Area Indian Health Board, http://www.npaihb.org/programs/national_tribal_tobacco_prevention_network/*
- *National Indian Health Board, <http://www.nihb.org>, and its Area Health Boards*
- *Native CIRCLE, American Indian/Alaska Native Cancer Information Resource Center and Learning Exchange, at Mayo Clinic, http://cancercenter.mayo.edu/native_circle.cfm*
- *Indian Health Service, http://www.ihs.gov/epi/index.cfm?module=epi_tobacco_main*
- *Bureau of Indian Affairs, <http://www.bia.gov/>*
- *Association of American Indian Physicians, <http://www.aaip.org/>*

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Early Uses of Indian Tobacco in California

<http://www.tobacco.org/History/indiantobcalif.html>

California Natural History Guides: 10

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Indian Tobacco (*Nicotiana*)

Indian Tobacco is found growing in the washes, on dryish plains and mesas, and in open valleys through out a large part of California, below 8000 feet. There are at least three kinds which were used as smoking tobacco by the Indians: *N. Bigelovii*, *N. attenuata*, and *N. glauca*. It would appear that the practice of smoking was more general in northern than in southern and eastern California. Smoking was really more a "cult," particularly among the tribes of the lower Klamath area. In the Karok economy, smoking was not practiced for pleasure but always for some definite end: as a part of the day's routine, or as a rite prescribed by the tribal customs.

The Karok Indians planted tobacco seeds, *N. Bigelovii*, in selected spots. The ground was not cultivated, but before planting, logs and brush were burned on the "garden." The seed was then scattered over the cleared area and brush was dragged over the ground to "sweep" it in. No irrigation was done but the plots were carefully weeded. As the plants matured, the leaves were gathered at intervals, packed with care, and wrapped in bracken fronds and twigs of Douglas Fir so that they would not dry out while being carried down to the village to be dried. Different tribes handled the drying in various ways. Often the leaves were dried in the "sweathouses." One record shows that the tobacco was dried by placing it in the dew in the morning and then taking the leaves in and drying them, repeating this over several weeks. Stems and leaves were harvested separately, and the different parts of the plant made separate qualities of tobacco, each named and

kept apart. The stems made an inferior tobacco which was used for such purposes as gifts to the "Spirits" and in charms and incantations. It was also given to guests of inferior (poor) standing, not as a sign of disrespect, but because it was the custom.

Each year some seeds were gathered from the garden plants, though never from the wild plants which grew about the villages or along the streams. These seeds were cut from the tops of the stems while still green, tied in small bunches, and hung in the house all winter, blackened with the smoke from the fires, and taken down only when the planting time came. Then the capsules were crushed and the seeds scattered directly onto the ground prepared for them.

When the harvested leaves were dry, they were rubbed between the palms of the hands and broken into a not-too-fine powder which was stored in especially woven little baskets which hung in the living house. The supply for current use was carried in the same buckskin bag which held the pipe.

Pipes were made of wood or soapstone, or sometimes of wood with a soapstone bowl. The Karok Indians of the Klamath River used largely Arrowwood, *Philadelphus Lewisii* var. *Gordonianus*, because of the soft pith running through the stem. Usually the pith was bored or punched out with a horn or bone tool, but a curious method was sometimes used. The lengths of wood cut for pipe making were stood on end in oil from the dried salmon until the oil had soaked through the pith from both ends. The bowl was then hollowed out and a little of the pith in the pipe stem and the grub of a little beetle which lives in the dried salmon was placed in the cavity and sealed in with pitch. The wood was then hung up in the living place and left for the grub to eat its way through the pith of the pipe stem. This trick was not always successful; sometimes the grub died without completing the job. Pipes so bored seem to have been particularly valued property.

In general, tobacco leaf was used without anything added, but there are records of mixing it with the dried leaves of Bearberry, *Arctostaphylos uva-ursi* , and of a Manzanita, probably *Arctostaphylos patula* . This was said to be for smoking or as snuff, though the latter practice does not seem to have been general with the Indians and probably only came in after longer contact with the whites. It seems possible that the use of other leaves with smoking tobacco also came from the white settlers.

The stem tobacco was cut into small pieces and ground to a powder in a small stone mortar kept especially for that purpose, and neither pestle nor mortar was ever given any other use.

Tobacco was smoked only by the men, or the women "doctors" who, doing the work of men, must do as the men did. It was rarely chewed, though later reports mention this use of it, as with the taking of snuff, only after longer contact with the whites. Smoking was chiefly done after the evening meal, in the sweathouse, before going to sleep. It was a social ritual, and the pipes were passed around the group. A man never let his pipe out of his sight. Occasionally he would stop for a smoke when on a journey or when meeting someone on the trail.

Apart from smoking, tobacco had a number of uses as medicine. As a pain killer it was used for earache and toothache and occasionally as a poultice. It was considered a poison and had considerable use in the practices of "medicine" by the shamans.

The Indian Tobacco, *N. attenuata* , on the deserts and in the south had something of the same record, though there is nowhere any mention of its having been semi-cultivated by any of the southern tribes. The Coahuila Indians of the San Jacinto region are said to have powdered it up in special small mortars, mixed it with water, and chewed it.

Medicinally, *N. attenuata* had many uses among the desert tribes. The

crushed leaves were made into poultices to soothe rheumatic and other swellings and to place on eczema and similar skin infections. The same material was placed along the gums as a cure for toothache. The chewed leaves could be applied to cuts or bound on rattlesnake bites after the poison had been sucked out.

Smoking was said by the desert Indians to be a cure for colds, especially if the tobacco was mixed with the leaves of the small Desert Sage, *Salvia Dorrii*, or the root of Indian Balsam or Cough Root, *Leptotaenia multifida*, the addition of which was thought to be particularly good for asthma and tuberculosis. The introduced Tree Tobacco, *Nicotiana glauca*, which is common in waste places below 3000 ft., is also said to have been used for smoking by both the Indians and whites. Medicinally the leaves were supposed to be good steamed and used as a poultice to relieve a swollen throat, and steamed into the body for those suffering from rheumatism.

SEE ALSO:

"Tobacco Among The Karuk Indians of California"

ONLINE VERSION AVAILABLE AT:

<http://www.archive.org/stream/tobaccoamongkaru00harr#page/n3/mode/2up>

Keep It Sacred:

http://keepitsacred.org/network/index.php?option=com_content&view=article&id=32&Itemid=24

Community Tobacco Educator Training Guide:

http://www.crihb.org/files/tobacco_101_traditional_module.pdf

Urban American Indian Tobacco Education & Prevention Network

http://www.ttac.org/resources/pdfs/Traditional_Tobacco_Pamphlet.pdf

Tobacco & Ntive Americans-Lesson Plan:

<http://academic.udayton.edu/health/syllabi/tobacco/lesson03.htm>

Smoking and American Indians/Alaska Natives Fact Sheet

<http://www.lungusa.org/site/pp.asp?c=dvLUK900E&b=35999>

American Indians & Tobacco:

www.kstask.org/pdf/factsheets/American%20and%20Tobacco.pdf

Tobacco: Sacred Use, Not Abuse



Did you know that the Northern California Indian Development Council Tobacco Program is on Twitter? Sign on today and follow our friend Ciggy Buttz as he educates followers about the deceptive nature of the tobacco industry, gives advice on how to quit and how to avoid a relapse, and occasionally shares a joke. Please visit <http://twitter.com/ciggybuttz> on Twitter and on Facebook to join in the fun!



NCIDC is proud to display a series of student created Public Service Announcements on the impact of commercial tobacco in the American Indian community. These short messages have been entirely conceived, scripted, directed, filmed and edited by students from Hoopa Valley High School. The messages communicated by these students is that tobacco is a sacred gift for many tribes and that commercial tobacco is a major health risk for American Indian people. In Humboldt County nearly 22% of students smoke commercial tobacco and 7% chew on a regular basis. These rates far exceed the rates of adults. In recent years tobacco education has been reduced or eliminated in local schools due to budget cuts. The effort of these students promotes both an important health message while reinforcing American Indian culture. Having students present this information has given ordinarily shy individuals a powerful voice in making peer-to-peer connections. <http://www.youtube.com/user/NCIDC>

For additional information:

Del Norte Indian Education Center <http://ncidc.org/education-services>

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