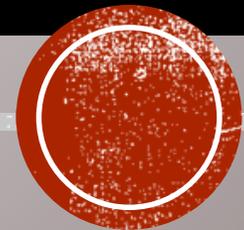


NATIVE AMERICANS AND TOBACCO

Vera (Judy) Heubel RN, BSN
Stockbridge Munsee Tribe



OBJECTIVES

- Realize the relationship between Native Americans and Tobacco
- Differentiate commercial and traditional tobacco uses
- Recognize tobacco use disparities

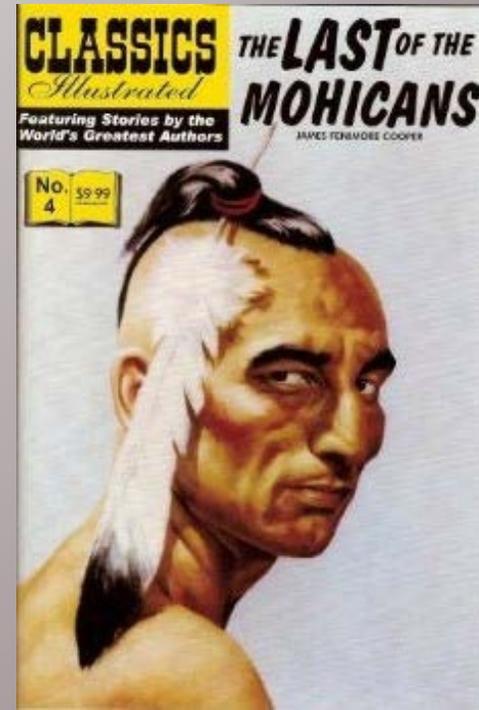
TRIBES: DEFINING NATIVE AMERICAN

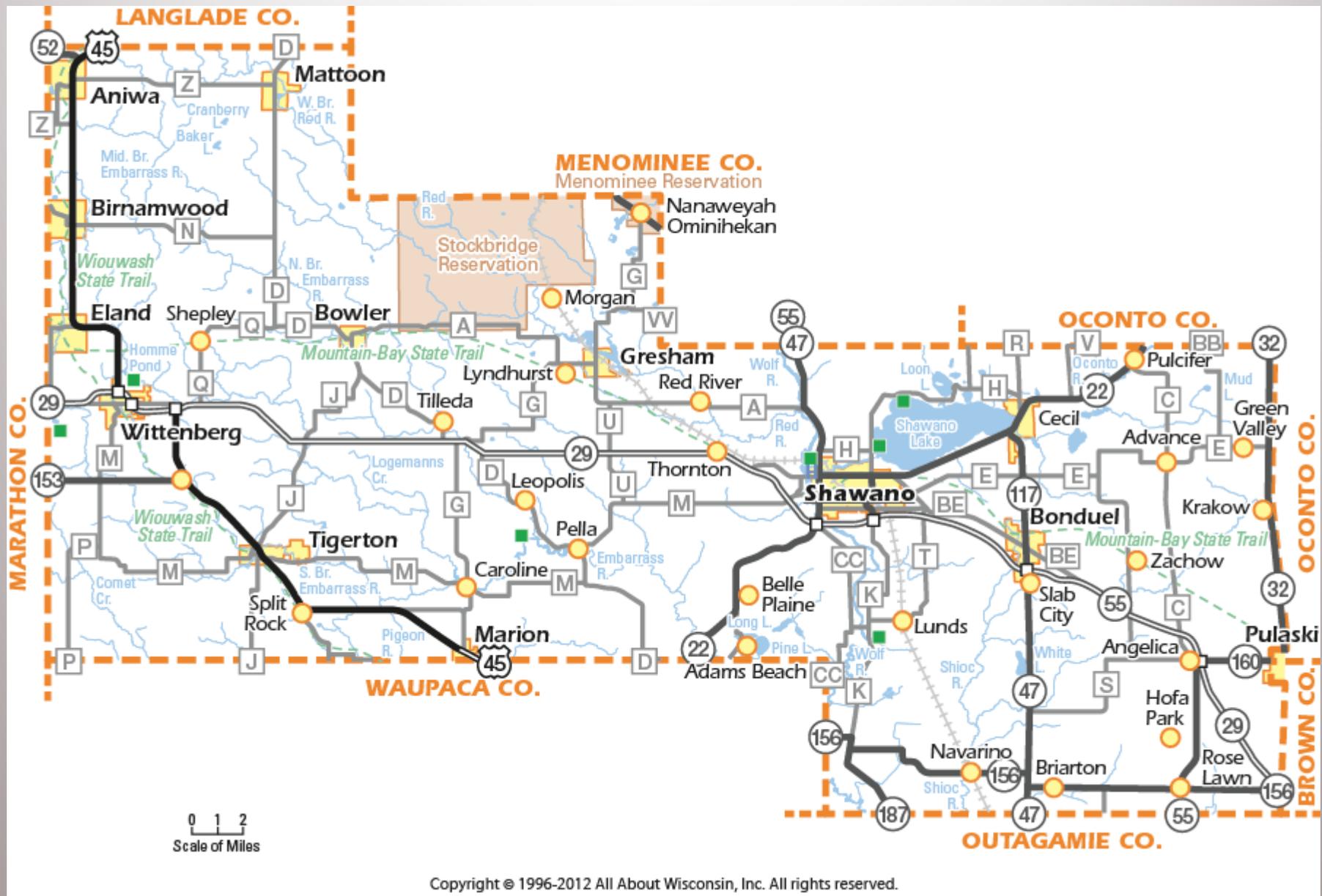
- 573 federally recognized Indian Nations located in 36 states within the United States
- Additionally, there are state recognized tribes located throughout the United States recognized by their respective state governments.
- 11 Federally recognized tribes in Wisconsin and 1 state recognized tribe.

Stockbridge Munsee Band of Mohicans = Mohican & Lenape (Delaware)

Muh-he-con-ne-ok
People of the Water That is Never Still

Contrary to James Fenimore—
The Mohicans remain

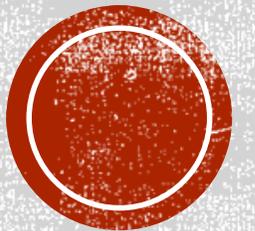




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HOME



TRADITIONAL VS. COMMERCIAL

- Polar opposites in terms of how they are viewed
- Traditionally tobacco is seen as a gift from the Creator- sacred and medicinal. It is used when offering prayer or thanksgiving – funeral fires, powwow, gathering etc. – is in it's purest form. Grown, gathered and dried.
- Commercial tobacco as we know is processed and contains thousands of chemicals and carcinogens. It's poison.
- It's important to know and differentiate tobacco.
- Reframing “Tobacco Control” Into a Traditional Tobacco Movement



TRADITIONAL USE

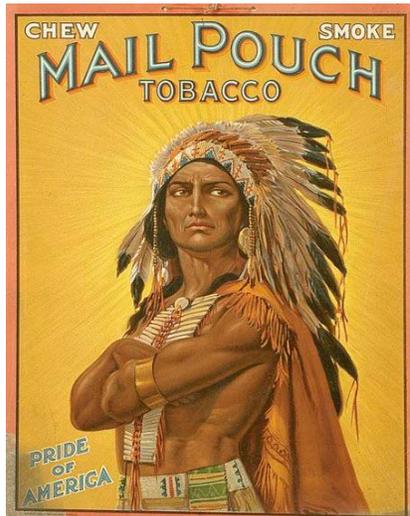
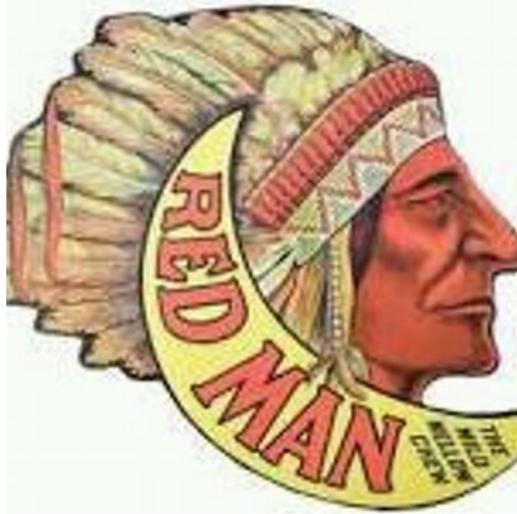
- Traditional tobacco is tobacco and/or other plant mixtures grown or harvested and used by American Indians and Alaska Natives for ceremonial or medicinal purposes, for centuries.
- Traditional tobacco has a medicine with cultural and spiritual importance.
- Traditional tobacco preparation and use varies across Tribes and regions, with Alaska Natives not commonly using traditional tobacco. These variances are due to the many different teachings among Tribes of North America.





TRADITIONAL USE

- Traditional tobacco preparation and use varies across Tribes and regions.
- American Indians and Alaska Natives use tobacco for ceremonial or medicinal purposes. For many it has great cultural and spiritual significance.
- Traditional tobacco is a medicine, which can be used in a prescribed way it can promote physical, spiritual, emotional, and community well-being.
- It may be used as an offering of prayer to the Creator or to another person, as a sign of respect and may be offered when asking for help, guidance, or protection.
- In many teachings, the smoke from burned tobacco has a purpose of carrying thoughts and prayers to the spirit world or to the Creator.





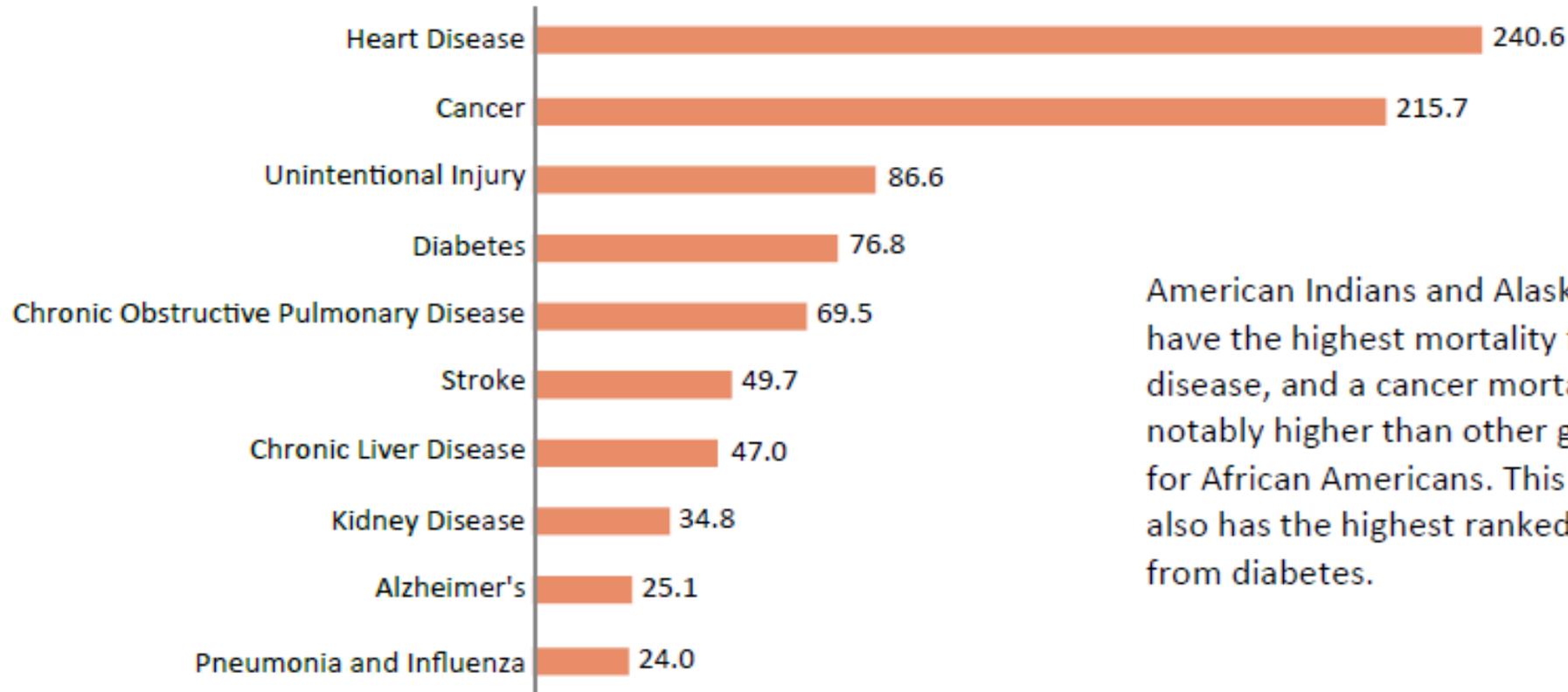
Tobacco was the first cash crop cultivated by the Jamestown Colony in 1612

IT'S A KILLER

According to the American Indian Cancer Foundation -

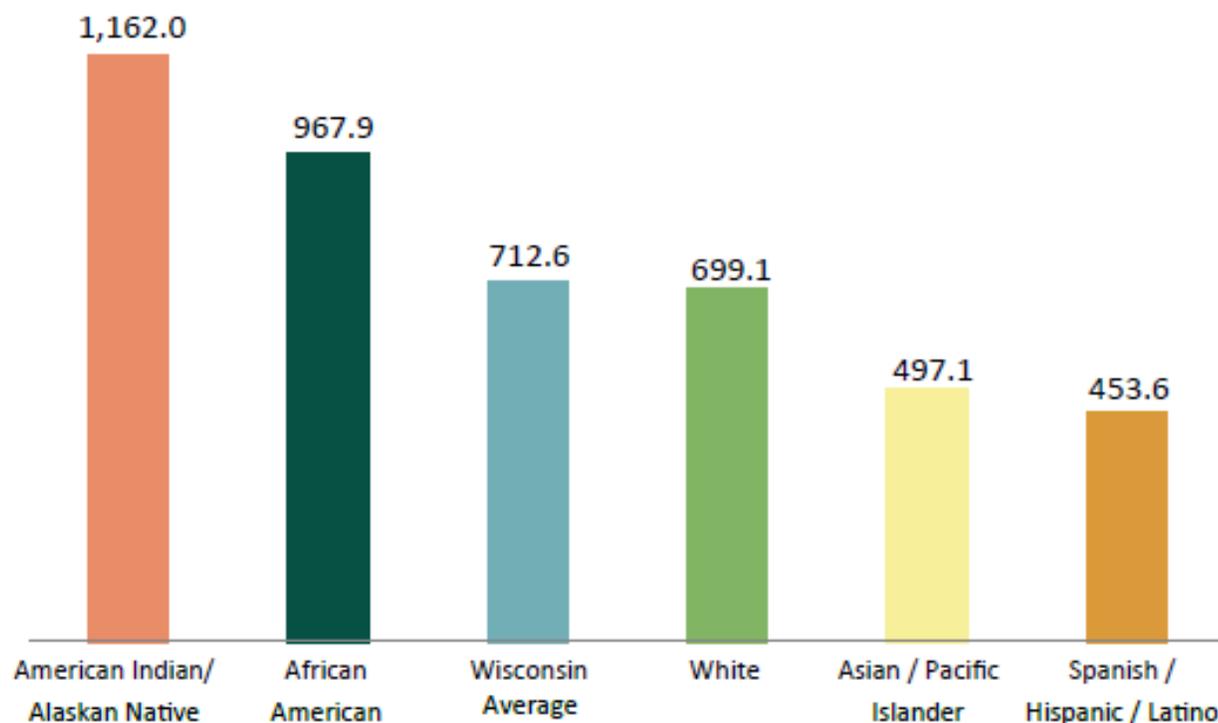
- Cancer kills more American Indians than any other disease – more than heart disease – more than diabetes.
- In the Northern Plains Region, lung cancer is the leading cause of cancer death.
- While cancer death rates decreased in the white population over a 20 year period, in American Indians it actually increased.
- Cancer is found at later stages due to lower screening rates, which leads to overall higher mortality rates.

Heart Disease is Leading Cause of Death Among American Indians and Alaskan Natives



American Indians and Alaskan Natives have the highest mortality from heart disease, and a cancer mortality rate notably higher than other groups except for African Americans. This population also has the highest ranked death rate from diabetes.

Death Rates by Race and Ethnicity in Wisconsin



The many differences in mortality rates are due to a complex interaction of individual risk factors and behaviors, social and cultural beliefs, and environmental conditions.

The American Cancer Society estimates 45% of cancer deaths — and the Centers for Disease Control and Prevention (CDC) estimates that 50% of heart disease deaths — can be prevented by changing behaviors. These behaviors include tobacco use, secondhand smoke exposure, excess body weight, insufficient physical activity, and alcohol use.

CONTRIBUTING FACTORS

- Commercial Tobacco Abuse – almost **Twice** that of other ethnic groups
- Normalization
- Higher Obesity Rates
- Sedentary Lifestyles
- High Alcohol Consumption

NOW WHAT?

- Prevention Education – youth focus
- Adult Education regarding screenings / lifestyle influence
- Push to increase cancer screenings
- Group and individual tobacco cessation
- “Tobacco Contro” vs. “Tobacco Free”
- Focus on lifestyle change
- Policy, systems and environmental (PSE) changes.
- Wisconsin Native American Tobacco Network (WNATN)
- Bemidji Area Ready to End Commercial Tobacco (BARECT)

REFERENCES

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Foote, M. et al., The High Burden of Cancer Among American Indians/ Alaska Natives in Wisconsin. Wisconsin Medical Journal: Feb 2016

Keep It Sacred: National Native Network: <http://keepitsacred.itcmi.org/>

National Congress of American Indians website: <http://www.ncai.org/about-tribes>

Wisconsin Department of Health Services; Division of Public Health | Office of Health Informatics: P-02252 (09/2018)