



Tobacco is one thing people with disabilities in New Mexico DON'T need better access to.



People with disabilities need equal access to health-supporting environments.

Equal access means making programs and services both physically and programmatically accessible to people with a variety of disabilities, including physical, hearing, vision, cognitive and emotional. Living with a disability is a way of life. In order to be full participants in society, including tobacco prevention and quitting programs, some accommodations may be required.

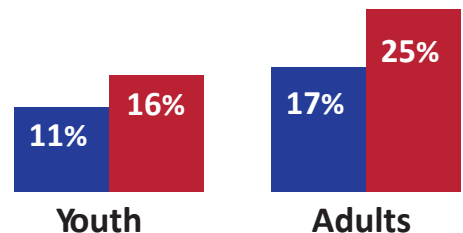
Living with a disability is a way of life, we don't need to complicate it with the negative effects of tobacco use.

Smoking cigarettes or using tobacco creates additional health problems and secondary disabilities. People with disabilities **are more likely to smoke**

cigarettes than the general population. About **1 in 4 adults** and **1 in 6 youth** with disabilities smoke cigarettes in New Mexico.^{1,2} This means that more than 100,000 people with disabilities in New Mexico smoke cigarettes.³ Most people with disabilities who smoke do want to quit.¹

Current Cigarette Smoking

■ All New Mexico ■ People with Disabilities



TAKE ACTION for equal access to healthy living.

- Make sure there are smoke-free rules in homes and public spaces to protect everyone from secondhand smoke.
- Connect to make tobacco prevention, support for quitting and smoke-free air priorities for the Disability Community.
- Get free help. Quit resources are available 24/7.

Call **1-800-QUIT NOW (1-800-784-8669)**, TTY: **1-877-777-6534** or visit www.QuitNowNM.com

Learn more at the Disability Advisory Group About Tobacco (DAGAT) website: www.DAGATNM.com or Tobacco Free New Mexico on Facebook and Twitter

1. 2012-2014 NM Behavioral Risk Factor Surveillance System (BRFSS)

2. 2015 NM Youth Risk and Resiliency Survey

3. 2012-2014 BRFSS and 2015 YRRS 2015, applied to NM population data accessed through <https://ibis.health.state.nm.us>