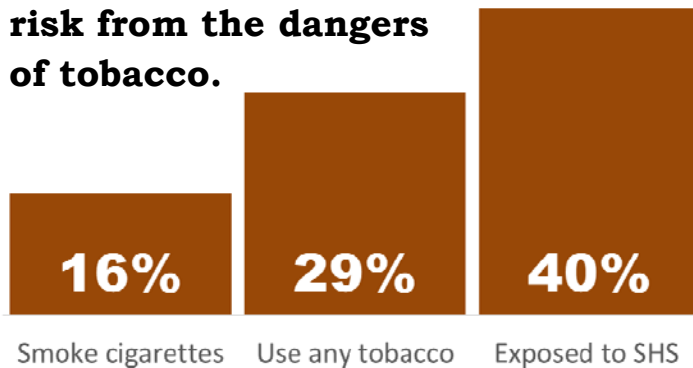


Protecting our health:

Tobacco-free Spanish-speaking communities in New Mexico

Youth in our community are at risk from the dangers of tobacco.



One in five (16%) high school youth who live in Spanish-speaking homes smokes cigarettes, and many others use smokeless tobacco, cigars, hookah and electronic cigarettes. Forty percent say they are exposed to secondhand smoke (SHS) indoors.¹

Youth who start using tobacco early may become addicted. Children exposed to smoke have more health risks including SIDS and asthma.

Many Spanish-speaking families

could be hurt by secondhand smoke and smoking cigarettes. About 68,000 Spanish-speaking adults and 2,400 high school youth in New Mexico smoke cigarettes. Among adults, more men smoke than women (23% vs. 9%), but among high school students, girls (14%) are smoking almost as much as boys (19%).^{1,2} Most of those who smoke want to quit.²



In addition to risk of heart disease and cancer, smoking increases the chance of getting type 2 diabetes, and diabetes complications like amputations and blindness. Secondhand smoke exposure increases health risks, especially for those who are vulnerable such as people with diabetes, asthma, and heart disease.

Take Action for our community's health

- Make sure homes, cars, and public places are smoke-free.
- Tell the people you care about that they can call 1-855-DEJELO-YA or www.DejeloYaNM.com for FREE Spanish-language help and medication to quit smoking, 7 days a week/24 hours a day.
- Connect with other people who are working to protect the health of the community.
- More Information: @NuestraSaludLLC on 