



PATHWAYS^{TO} FREEDOM

Winning the Fight Against Tobacco.





“The Pathways to Freedom program is one answer to the critical problem of smoking for Black Americans. For smokers, it provides a place to start. It helps friends and families be a part of the solution and provides strategies for community leaders and organizations who want to educate people about the dangers of tobacco.”

*Louis Sullivan, M.D.
Secretary, U.S. Department of
Health and Human Services*

This Is Your Guide

It was put to ether with the help of Black churches, tenant groups, the Prince Hall Shriners and Daughters of Isis. The Fox Chase Cancer Center started this project with money from the National Cancer Institute.

The guide has 3 parts.

Part 1 lets you know just how big the smoking problem is for Black people.

Part 2 tells how you and those around you can quit smoking.

Part 3 shows how we can fight against tobacco by working together.

We are especially indebted to the members of the Pathway to Freedom Community Advisory Committee: James Barnes, Jr., Rita Butler, Russell Fletcher, Jr., Sister Patricia Haley, Vivian Hughes, Ulysses Jones, Howard T. Mallard, Jr., Ruby J. Ruffin, Regina Sidney, Wallace Stevenson, Jr., and Lillian Trump.

This Guide Is Called Pathways to Freedom

because that is what we are talking about – becoming free of tobacco.

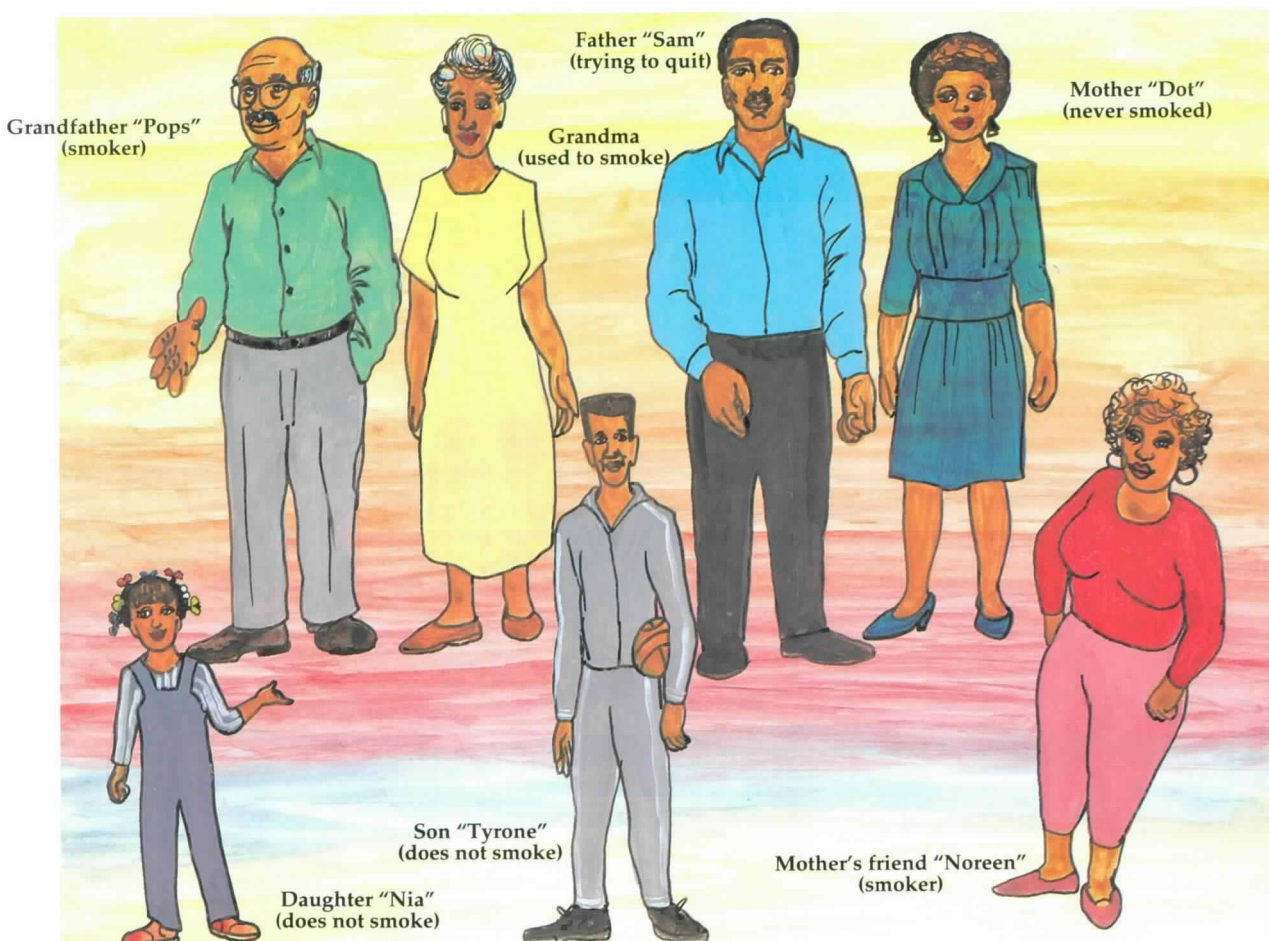
Smoking is a habit – and an addiction. Freeing ourselves from the **need** for a drug like cigarettes is a step on the path of taking more control over our own lives.

The guide shows many paths that each of us can take to help ourselves and our communities become healthier and more powerful.

African Americans get sick and die from cancer, heart attacks and other diseases caused by tobacco more than any other group of Americans. Strong forces keep too many of us smoking.

This must change. And the change must come from us.

Introducing the Freeman Family



What Smoking Does to Us

Smoking causes 1 out of every 5 deaths in the United States. Smokers are also more likely to get diseases that make it hard to lead an active life.

There are now more than 7 million African Americans who smoke. Before the 1950s, smoking used to be less common for Blacks than Whites. That is not true any more. Because of this, deaths of Blacks from smoking have gone way up.

In 1988, nearly 48,000 African Americans died because of smoking. Worldwide, more than 2 million people die from smoking each year. Most of them are people of color.



What are some of the problems that come from smoking?

Heart attacks. . . Emphysema. . . Lung Cancer. . . Stroke. . .
Smoking can also cause cancers of the throat, mouth, bladder and pancreas.

Babies born to mothers who smoke can be more sickly. Smoking can cause a pregnant woman to lose her baby. Even people who do not smoke can become sick with heart disease and lung cancer if they are around people who smoke. Children of parents who smoke have more health problems than children of non-smokers.