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Big Head Spirit, 1987  
Frank LaPena

**IT'S YOUR LIFE -- IT'S OUR FUTURE**

**Stop Smoking Guide**

## FOREWORD

The American Indian Cancer Control Project is dedicated to improving the health and lives of American Indians. This smoking cessation project came about because of concerns voiced by American Indian people in Northern California. One of the first steps in planning this project was to ask Indian leaders in Northern California what health issues they would like to pursue. Smoking cessation clearly became one of the highest priorities. This project was designed specifically to help American Indian smokers quit and remain smoke-free.

For many Indian people, tobacco is sacred -- it is burned for peace or for prayer. Smoking cigarettes is different. It becomes an addiction and is known to cause cancer, strokes, heart attacks, and lung disease. Our survey reports that Indian people in Northern California have one of the highest smoking rates of any group (up to 50% of adult Indians smoke). Cigarettes are killing our people.

A videotape entitled, "Its Your Life" was produced in conjunction with this smoking cessation guide to help you prepare to quit smoking, to quit, and to stay smoke-free. Your local Indian health clinic staff and Community Health Representatives (CHR) have been trained to assist you in your efforts to quit smoking.

## ACKNOWLEDGEMENTS

This self-help guide was made by American Indians for Indians in Northern California. This work represents a group endeavor, maximizing various talents and skills. We hope you find the guide helpful in your efforts to quit smoking.

We wish to acknowledge the following American Indian Cancer Control Project Staff:

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