

Don't Puff Your Life Away

Focusing on the enrichment through Alaska Native culture to support people to move away from tobacco use

RESEARCH QUESTION:

What is the biggest obstacle to stopping tobacco smoking, and what can leaders in our area do to assist people in quitting?

COMMUNITY GROUP

STATEWIDE

Flyers were created by this group to promote a Facebook page to provide support for those wanting to quit smoking. The group allows visitors to report the number of days they have stopped smoking and gives encouragement and resources.

222+
Facebook
group
members

Find the Facebook group online:

[facebook.com/groups/1980985765463931](https://www.facebook.com/groups/1980985765463931)

POPULATION SURVEYED

Adults

COMMUNITIES OF FOCUS

CIRCLE, AK

POPULATION: 118

NENANA, AK

POPULATION: 406

HUSLIA, AK

POPULATION: 420

FAIRBANKS, AK

POPULATION: 32,193

"Today is the day I have chosen to get off tobacco. I have been here before. This is not my first time at this.

I am in need of some help and support. **In the past, I have tried on my own with no success.** So if anyone in this group feels they can assist me with this please do. I will be grateful.

Here I go."

- Facebook group member



Capacity Building
CENTER FOR TRIBES

FOR MORE INFORMATION, VISIT:
www.arcticwinds.org