

What can you do to QUIT commercial tobacco?

- Speak to a pastor or spiritual leader in your community
- Go to a sweatlodge, traditional healer or medicine man
- Schedule an appointment to talk to your doctor about options to quit
- Call American Indian QuitlineNC for FREE resources: 1-888-7AI-QUIT (888-724-7848) 1-877-777-6534 (TTY)

If you are ready to QUIT, QuitlineNC is a great resource:

- All services are FREE and CONFIDENTIAL (information collected will not be shared)
- QUIT tobacco coach, trained on working with American Indians, will help you make your QUIT plan
- If requested, trained coaches will call you back to provide ongoing support
- Available: 24 hours a day, 7 days a week
- Free nicotine patches and gum or lozenges mailed to your home



Coharie Tribe

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910-564-6909

910-564-2701 fax

coharietribe.org



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES
Division of Public Health



NC Department of Health and Human Services
Division of Public Health
Tobacco Prevention & Control Branch
www.tobaccopreventionandcontrol.ncdhhs.gov

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COHARIE TRIBE declaration:

HONOR WHAT IS SACRED



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History

The present population of the Coharie Indian Tribe is in the southeastern region of the State of North Carolina in the counties of Harnett and Sampson. The Coharies descend from the aboriginal tribe of the Neusiok Indians. The current tribal roll has 3,032 members, with approximately 20% of these members residing outside the tribal communities. Historical movements, initiated by Inter-Tribal as well as White/Indian colonial hostilities, caused the Coharies to move to their present location between 1729 and 1746. Since then, they have lived continuously as an Indian Tribe at or around the Little Coharie River. According to legend, when Coharie mothers heard strangers approaching their village, they gathered their children and softly whispered, "Shhh," to quiet them until the strangers passed. You can hear the same sound today as the wind blows through the whispering pines.



Commercial vs. Traditional Tobacco

Traditional (non-recreational) - the tobacco that grows and is collected in the wild, specifically for ceremonial or medicinal uses.

Examples of medicinal/ceremonial uses:

- Health: lungs, stomach, nose, cuts, wounds, animal/insect bites
- Spiritual: prayer tool, gift, offering

Plants used as medicine:

- mullein
- cedar
- sage
- sweet grass
- red willow bark



Commercial (recreational) - the tobacco that is farmed and manufactured for profit. Manufactured tobacco contains more than 4,000 chemicals when lit. Smokeless forms of tobacco (chew, snuff, dip, e-cigarettes, and vaping) also contain cancer causing agents.

HONOR WHAT IS SACRED: Our Bodies are Sacred

The Coharie Tribal members know our bodies are temporary, but our spirit is eternal. Smoking commercial tobacco contaminates our body but sacred use of tobacco purifies our mind, body and spirit.

HONOR WHAT IS SACRED: Our Children are Sacred



When you QUIT:

- Be a role model for your tribe, family, children and grandchildren
- Less chance of getting lung cancer, COPD or heart disease
- Less exposure to family from secondhand smoke
- You honor traditional teachings about sacred tobacco use
- Live a longer, healthier life