

LUAM YEEB THIAB NEEG MES KAS AS XIS, NEEG HAWAII XEEB TXAWM, THIAB NEEG NYOB THAJ AV POV TXWV PACIFIC (AANHPI) COV ZEJ ZOS



Kev tsim ua luam yeeb raug xam tias yog AANHPI cov zej zos zoo li ib qho **kev khawb kub uas muaj feem tshwm sim tau** vim hais tias muaj neeg haus luam yeeb coob heev nyob rau sab As Xis thiab Pacific. Lawv tau tsom mus rau AANHPI cov zej zos los ntawm:



Kev txhawb nqa cov kab lis kev cai thiab cov koob tsheej xws li Suav Lub Peb Caug



Kev tshaj tawm ntau heev nyob rau hauv AANHPI cov zej zos



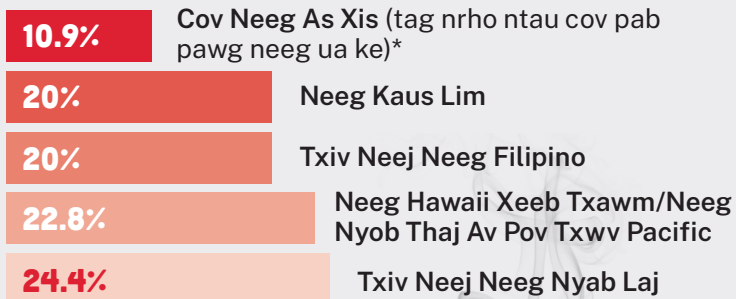
Kev muab cov khoom txhem muag tshwj xeeb rau AANHPI cov tswv lag luam



Kev tsim cov khoom lag luam uas yog luam yeeb As Xis uas muaj tus ntshiab tsw qab xws li lychee, sriracha, thiab taro



Raws li qhov ua tau los ntawm tej tswv yim lag luam no, muaj qee pab pawg AANHPI yog **cov haus luam yeeb coob tshaj plaws** nyob rau hauv Teb Chaws Mes Kas¹



* Tsis suav Neeg Hawaii Xeeb Txawm/Neeg Nyob Thaj Av Pov Txwv Pacific



Kev siv luam yeeb yog ib qho uas ua rau **muaj cov teeb meem kev ploj tuag coob dua ntais** ntawm cov neeg AANHPI:²

- Mob khees xaws
- Kab mob plaww
- Mob hlab ntsha tawg

COV KEV CAI HAIS TXOG KEV TSIS PUB MUAJ LUAM YEEB UA RAU COV ZEJ ZOS MUAJ KEV NOJ QAB HAUS HUV KOM ZOO DUA QUB!



41,000

COV NEEG UAS TSIS HAUS LUAM YEEB

tuag los ntawm kev nqus tau
cov pa luam yeeb txhua xyoo
hauv Teb Chaws Mes Kas³



Kev ua kom koj cheeb tсам yog ib qho chaw uas tsis muaj luam yeeb yog ib kauj ruam tseem ceeb txog rau kev txo kom tsis txhob muaj cov kev tshwm sim tsis zoo los ntawm kev lag luam ua luam yeeb nyob rau hauv koj cov zej zos. Qhov no pab pov thaiv peb li kev noj qab haus huv thiab kab lis kev cais, thiab qhia rau peb cov tsev neeg pom tau tias kev haus luam yeeb nws tsis yog ib qho zoo.

Cov kev cai hais txog kev tsis pub haus luam yeeb nyob rau hauv ntau lub vaj tsev, ntau cov chaw sab nraum zoov, thiab rau ntawm cov chaw tsev teev hawm thiaj li tuaj yeem:



Pov thaiv tau cov neeg los ntawm cov pa luam yeeb



Txhawb nqa cov kev ua neej nyob kom muaj kev noj qab haus huv thiab ua ib tus qauv zoo rau tej me nyuam



Tsim muaj ib qho chaw uas huv si, nyab xeeb dua qub uas muaj chaw rau luam yeeb tsawg thiab ua rau tsis muaj kev pheej hmoo raug hluav taws kub hnyiab tau

KOOM NROG PEB txhawm rau **CAWM** ntau txoj sia thiab **TXHIM KHO** peb cov zej zos kom zoo dua qub!



Nrhiav peb tau rau ntawm Facebook
@APIPACT



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API PACT

Asian Pacific Islander Partners &
Advocates Countering Tobacco

SOURCES

¹ Martell, BN, et al. Disparities in Adult Cigarette Smoking – United States, 2002-2005 and 2010-2013. *MMWR Morb Mortal Wkly Rep*, 65 (2016) 753–758.

² Heron, H. Deaths: Leading Causes for 2016. *National Vital Statistics Reports*. 67.6 (2018).

³ U.S. Department of Health and Human Services. *The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General*. 2014.