

EXPECT MORE

Everyone Deserves Good Health

7th Annual National LGBT Health Awareness Week

SMOKING POLICY

The tobacco industry targets the LGBT community and, especially LGBT youth with cigarette advertising. One campaign by R.J. Reynold's was called Project SCUM (that's Sub-Culture Urban Market) and targeted LGBT neighborhoods.

Smoking greatly impacts the LGBT community:

- LGB men and women are fifty to one hundred percent more likely than heterosexual men and women to smoke cigarettes.
- Exposure to second-hand smoke or involuntary tobacco smoke is bad for your health.
- Transgender people have the highest smoking rates within the LGBT community, and smoking inhibits healing after sexual reassignment surgery.

High rates of smoking negatively impact LGBT health:

- LGBT people have a higher risk of tobacco-related health problems including heart disease, asthma, lung cancer, anal cancer, and esophageal and breast cancer.
- Smoking increases the risk of blood clots in transwomen who take estrogen.
- Smoking increases the risk of heart disease in transmen who take testosterone

Together, we can decrease tobacco use in our community by:

- **Making smoke-free places and spaces.** Ask your neighborhood bars, cafes, and restaurants to go smoke free if they haven't already. They'll see an increase in business.
- **Supporting friends and family.** Having supportive friends and family is an important part of quitting.
- **Resist industry sponsorship.** Industry sponsorship increases smoking rates and provides free advertising to an industry that profits from ruining our community's health.
- **Say no to tobacco industry education campaigns.** Most stop smoking campaigns designed by the tobacco industry actually increase smoking.
- **Include evidence-based anti-smoking campaigns.** If your organization has programs on health, nutrition, education, safety or anything else - include information on tobacco.

EXPECT MORE: Smoking hurts you and your community!

For more information, please see:

The Mautner Project (www.mautnerproject.org)

National LGBT Tobacco Control Network (www.lgbttobacco.org/)