

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 culturally appropriate help and FREE resources: 888-7AI-QUIT (888-724-7848) or visit www.quitlineNC.com or text READY to 34191

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

- All services are FREE and CONFIDENTIAL (information collected will not be shared)
- Trained QUIT tobacco coach will help you make your QUIT plan
- Available: 24 hours a day, 7 days a week
- Free nicotine patches and gum or lozenges mailed to your home



Occaneechi Band of the Saponi Nation
4902 Dailey Store Road
Burlington, NC 27217
336-421-1317
obsntribe@gmail.com

Mailing address:
OBSN, INC.
P.O. Box 356
Mebane, NC 27302

Facebook: <https://www.facebook.com/Occaneechi-Band-of-the-Saponi-Nation-Inc-119466154780662/>



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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OCCANEECHI BAND OF THE SAPONI NATION



HONOR WHAT IS SACRED



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History

The Occaneechi Band of the Saponi Nation – OBSN for short – is an Indian community located primarily in the old settlement of Little Texas, Pleasant Grove Township, Alamance County, North Carolina.



Photo Credit: NC Office of Archives and History



Photo Credit: Virginia Department of Historic Resources

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
- sweet grass
- cedar
- red willow bark
- sage



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, vaping and spit) also contain cancer causing agents.



HONOR WHAT IS SACRED: Our Bodies are Sacred

The Occaneechi Band of the Saponi Nation people 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:

- Fewer wrinkles on your face
- Healthier gums and fewer cavities
- Breathe better & have more energy
- Less chance of getting cancers, COPD and emphysema
- Save money for a car or house
- Children not exposed to secondhand smoke
- Live longer for yourself & loved ones
- Lead by example for the next generation