

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



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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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HALIWA-SAPONI INDIAN TRIBE

HONOR WHAT IS SACRED

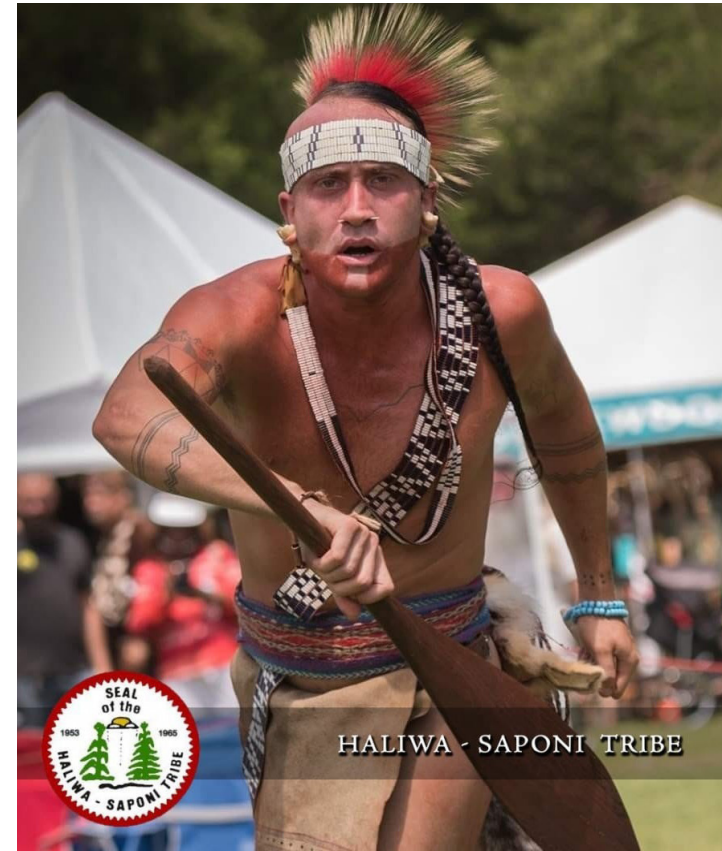


PHOTO: TRIBAL CITIZEN LAB GIBSON



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History

The Haliwa-Saponi are Native American Peoples of the North East Piedmont region of the State of North Carolina. The name Haliwa is derived from the two counties of Halifax and Warren, which are the ancestral homelands of the Haliwa People dating back to the early 18th Century.

Currently, tribal enrollment is approximately 4,300 citizens who live mostly in the tight-knit communities on the border of Halifax & Warren counties near Hollister, NC where the Tribal Center is located.

Since the late nineteenth century, the tribe has created schools and other institutions to preserve its culture and identity. Their common worship in Protestant churches, mostly Baptist and Methodist, has long acted to support community traditions. The People are united and strong in their subsistence activities and oral traditions.



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, vaping and spit) also contain cancer causing agents.

PHOTO (L-R): TRIBE AMBASSADOR LUCY ANN EVANS, CHIEF DR. B. OGLETREE RICHARDSON AND TRIBE AMBASSADOR ELLA VIVERETTE

HONOR WHAT IS SACRED: Our bodies are Sacred

The Haliwa-Saponi 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