

## What can you do to QUIT?

- Speak to a pastor or spiritual leader in your community
- Go to a sweat lodge, traditional healer or medicine man
- Schedule an appointment to talk to your doctor about options to quit
- Call QuitlineNC for FREE resources:
  - 1-800-QUIT-NOW
  - 1-800-784-8669
  - 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)
- Trained QUIT tobacco coach 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



Waccamaw Siouan Tribe  
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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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## WACCAMAW SIOUAN TRIBE DECLARATION

# HONOR WHAT IS SACRED



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## Tobacco & History

The youth organization of the Waccamaw Siouan Tribe, called the Waccamaw Youth Circle, has educated adult tribe members on the hazards of commercial tobacco use and the need to protect others – especially children – from secondhand smoke. According to Leslie Jones, a Tribal Member and the Tribal Enrollment Officer, generations of the Waccamaw Siouan Tribe have followed the tradition of using sacred tobacco as gifts and as part of spiritual ceremony. With commercial tobacco prevention funding through the N.C. Commission of Indian Affairs, the Waccamaw Youth Circle began more than a decade ago reminding their fellow tribal members about these differences, and teaching others about the health hazards of commercial tobacco abuse.

The Waccamaw Youth Circle has helped support their tribal powwows by creating T-shirts to sell, which include the tribe's name on the front and health messages on the back. T-shirt funds allow the Waccamaw Youth Circle to support the Powwow Committee, including sponsoring the teen dance competition, for ages 13-17. During this segment of the competition the emcee reads tobacco-free messages, sponsored by the youth.



The Youth Circle approached tribal leadership several years ago asking for the tribal buildings and grounds – including the powwow grounds – to be commercial tobacco free. The powwow grounds are blessed with sacred tobacco in the opening ceremony, and after that no commercial tobacco is allowed on those grounds. An area for commercial tobacco use is provided out of sight of the powwow activities. This policy remains in place, with signs provided by another grant.

## 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 Waccamaw Siouan 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.

*“My daddy was a farmer; everyone smoked. I thought nothing was wrong with it, as it was a tool of survival. Now I realize all the chemicals added to it and it is NOT safe or respectful. It was used to heal the body; now it's used to destroy the body.”*

– DARLENE GRAHAM, WACCAMAW-SIOUAN

## 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 cancer or heart disease
- Less exposure of family to secondhand smoke
- Sacred tobacco is meant for healing and prayer
- Less chance of getting cancer
- Live a longer healthier life

