



## Effects of Vaping

Our people have resilience. Vaping is just another threat in disguise. It brings the same danger as other commercial tobacco products:

- Higher cancer risk
- Higher risk of lung disease
- Weaker immune system
- Nicotine addiction
- Increased anxiety, stress and depression
- Decreased brain function in our youth

Sources of Information: QuitTobaccoSD 2024,  
Aktá Lakota Museum & Cultural Center, CDC 2025

## You Can Protect Yourself & Your Loved Ones

Did you know that those ages 13 and older who smoke, vape, chew or use nicotine pouches may be eligible to receive **FREE\*** help to overcome the habit?

Like the wanǂlí — eagle — we are strong and brave. We can stay away from commercial tobacco and be proud of our strength to overcome.



## Want to learn more?



Visit [HonorEveryBreath.org](https://HonorEveryBreath.org).

Call 1.866.SD-QUITS  
(1-866-737-8487)

\*Any medication and nicotine replacement therapy options vary based on your age. Prescription medications require a prescription from a provider. Clinic costs may apply but the prescription itself is free with enrollment.

Paid for by the South Dakota Department of Health



# HONOR EVERY BREATH

## Keep Our Circles Strong & Vape-Free

[HonorEveryBreath.org](https://HonorEveryBreath.org)

## Our Breath is Our Power. Breathe in Truth.

Vapes may not look like commercial tobacco cigarettes. They may not smell the same, but they still carry chemicals that harm our people and rob us of our breath.

**Our breath is sacred  
— vaping is not.**

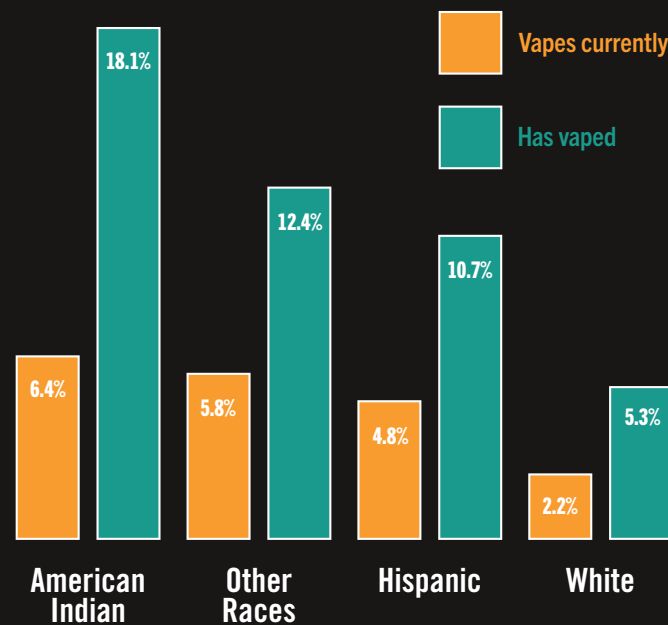


## Our Youth are Vulnerable

Did you know that our children are more likely to use vape products?

The truth is in the numbers from our youth themselves.

### E-Cigarette/Vaping Use in SD Middle School Students



*Data Source: 2023 SD Youth Tobacco Survey*

## Speak Up for Our People

Your voice has power, and it may be time to use it! The Tribal Tobacco Advocacy Toolkit gives you the tools to speak out against the harms of commercial tobacco and vaping in our communities.

Whether you're a leader, a caregiver or a young warrior for change, this resource can help you protect what's sacred:  
**our health, our culture  
and our breath.**



Learn more at  
[QuitTobaccoSD.com](https://QuitTobaccoSD.com)

### Commercial Tobacco Targeting Keeps Us Addicted

Tobacco companies — including vape companies — target our people by tying their products to our traditions, but there's nothing traditional about commercial tobacco products.

You may find them doing promotions in our areas at casinos, rodeos and pow-wows. Additionally, they try to get us by building alliances with tribal leaders, offering free products in exchange for data, setting up giveaways, giving discounts and sponsoring tribal events.

Protect our people  
and stay tobacco-free.

