

SUNDAY MORNING HEALTH CORNER

No Menthol SUNDAY

The Center for Black Health & Equity's **No Menthol Sunday** is an annual opportunity for faith communities to address tobacco's detrimental impact on African American communities. Tobacco is still the **number one killer of African Americans**, and **people of faith** can play a prominent role in changing this.

Here's what you should know:



Smoking kills more African Americans each year than homicides, suicides, AIDS-related deaths, car accidents, and police brutality.



Menthol is a minty flavor that makes it easier for teens and African Americans to start smoking and harder to quit.



After decades of indecision, the FDA has finally committed to banning menthols and flavored cigars!

This ban will help reduce addiction, help people quit and keep our young people from ever wanting to pick up the habit.

Now is the time if you are a smoker but haven't talked to anyone about it. You can call **1-800-QUIT-NOW** for free resources and coaching.

Learn more about how you can help your community to become tobacco free at www.nomentholsunday.org.



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