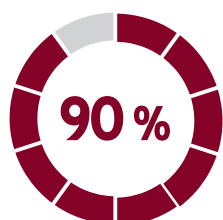


KEEP IT TRADISH - RECLAIMING INDIGENOUS HEALTH THROUGH ODE'IMIN / WAŽÚŠTEČA

ODE'IMIN and WAŽÚŠTEČA mean strawberry in the Ojibwe and Dakota languages



For many tribes, the strawberry symbolizes the heart and carries good medicine and teachings. Recall the wisdom of your ancestors, **#SpotTheFake** and choose real strawberries over chemically created flavored vapes!



90% of youth e-cigarette users choose flavored products¹

- Candy and Fruit Flavored are the most popular
- 63.4% of youth reported using fruit flavored e-cigarettes and 35% of youth reported using candy flavors²



1 Cup of Strawberries

- Fiber – helps you live longer!
- Vitamin C – fights diseases!

Impact on Health

- Strengthens your heart
- Lowers risk of cancers, heart disease and diabetes
- Strengthens brain health

Strawberry Flavored Tobacco Vape

- 40 mg Nicotine - equivalent to two packs of cigarettes
- Chemically created e-liquid

Impact on Health

- Harms brain development
- Birth defects for pregnant individuals
- Harms lung health

Birdsey J, Cornelius M, Jamal A, et al. Tobacco Product Use Among U.S. Middle and High School Students – National Youth Tobacco Survey, 2023. MMWR Morb Mortal Wkly Rep 2023;72:1173-1182. DOI: <http://dx.doi.org/10.15585/mmwr.mm7244a1>.



Flavored tobacco impacts Native youth.

Protect our future.

Get support from Native coaches at mn.mylifemyquit.com
and www.aiquitline.com



American Indian
Cancer Foundation®

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