

M-POWER

Commercial tobacco use, lack of physical activity, and low consumption of fruits and vegetables are leading causes of chronic diseases and early death. These common issues are leading causes of chronic disease and early death and illness. These health issues are also PREVENTABLE!

Health Education's M-POWER Program attended many community outreach events to survey tribal members about the issues of commercial tobacco use, physical activity, and nutrition. Results showed that COMMERCIAL TOBACCO USE and LACK OF PHYSICAL ACTIVITY are areas to seek improvement in the lives of tribal members who live in the Cheyenne and Arapaho Tribes service area.

The Health Education/ MPOWER staff would like to share with you results from this survey.



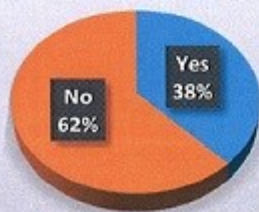
Our Goal is to help tribal members adopt healthy lifestyles.

DO YOU THINK THAT COMMERCIAL TOBACCO USE IS A PROBLEM IN YOUR COMMUNITY? (CIGARETTES, E-CIGARETTES, VAPE DEVICES/PRODUCTS, CIGARS,...

Over half of respondents think that commercial tobacco use is a problem in their community.



Do you feel that your children are getting enough exercise?



45% of respondents started using tobacco products by the age of 18. Youth who try commercial tobacco products are more likely to become addicted.

How much tobacco advertising do you see at stores in your community? (such as ads for gifts, coupons, ads by candy, and on counters)



Over half of respondents reported that they feel their children are not getting enough physical activity.

