

For more tips and information  
on quitting visit:

<http://women.smokefree.gov>

<https://www.nobutts.org/>

For information in Korean

1-800-556-5564

[asiansmokersquitline.org/smokers/?lang=ko](https://asiansmokersquitline.org/smokers/?lang=ko)



## SPARC Program

Asian Pacific Partners for Empowerment,  
Advocacy and Leadership (APPEAL)

✉ **EMAIL:** [SPARC@appealforhealth.org](mailto:SPARC@appealforhealth.org)

☎ **PHONE NUMBER:** 510-844-4147

🌐 **WEBSITE:** <https://appealforhealth.org/sparc/>

### References

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# KOREAN WOMEN & TOBACCO USE IN THE US

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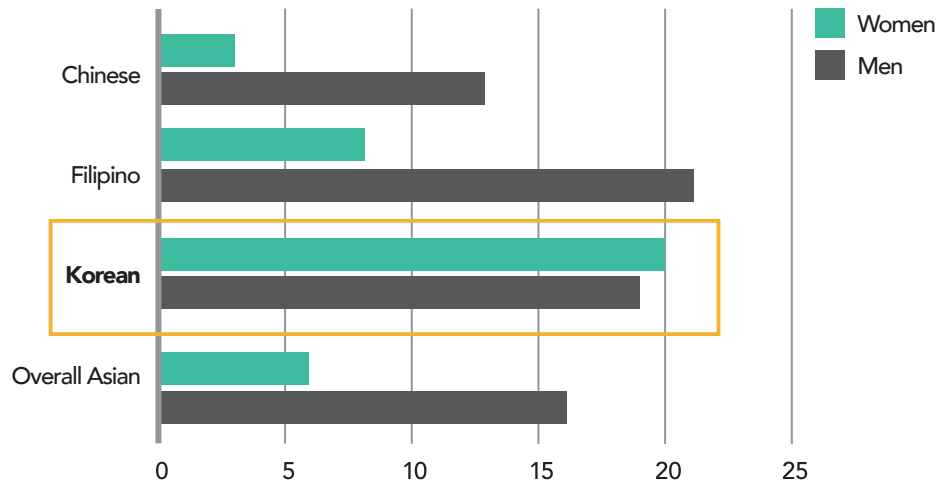


» The overall smoking rate among **Asian Americans is 11%**. But when data is separated by subgroups, you can see large differences in tobacco use.

» Among all Asian subgroups in the US, **Koreans have the highest rate of cigarette smoking**. Korean women were the only Asian subgroup to have higher smoking rates among women than men.



**Cigarette Use Among Asian Americans, 2010-2013**



MOST KOREAN WOMEN SMOKERS ARE  
**LIGHT SMOKERS**  
**LIGHT SMOKERS**  
 GENERALLY SMOKE FROM  
**1-9 CIGARETTES**  
**PER DAY**



# SMOKING CIGARETTES

— PUTS YOU AT RISK OF DEVELOPING —

## CARDIOVASCULAR DISEASE & VARIOUS TYPES OF CANCER

Compared to women who don't smoke, women who smoke are more likely to:

- » Have a **harder time getting pregnant**
- » Have **painful and inconsistent periods**
- » Have **low estrogen levels**, which can lead to **fatigue and mood swings**
- » Go through **menopause at a young age**



**Quitting smoking has many benefits, including:**

- » Increased energy
- » Healthy skin, teeth, and gums
- » Lowered risk of heart disease, stroke, and lung cancer
- » Estrogen levels return to normal
- » Increased chances of having a healthy pregnancy and healthy baby



NO MATTER HOW MANY  
 CIGARETTES YOU SMOKE PER DAY  
**IT'S NEVER TOO LATE TO QUIT**