



## GOAL of the Karen Tobacco-Free Program

To educate the Karen community on the harms of tobacco, and to eliminate the use of tobacco in indoor and outdoor settings.

## Why is this program important?

- Karen and other refugees from Burma are more likely to use betel nut and tobacco products and be exposed to secondhand smoke.
- Exposure to secondhand smoke causes many health problems for children, youth, young adults and the elderly.
- Prohibiting smoking in multi-unit housing buildings helps protect and improve the health of individuals and the community.

## What are the activities of The Karen tobacco-free program?

- The Karen tobacco-free program engages and involves the entire community. The program consults with Karen Religious leaders and communities utilizing Karen Community Health Workers to provide culturally and linguistically appropriate services.

## Community Outreach and Education Activities

- Connect with the Karen community through an online presence on the Karen Organization of Minnesota's website ([www.mnkaren.org](http://www.mnkaren.org)) and Facebook page ([www.facebook.com/mnkarenorg](http://www.facebook.com/mnkarenorg)).
- Conduct community outreach activities at Karen grocery stores, community events, and religious centers.
- Increase accessible/culturally relevant community education to support tobacco-free policies as a priority within the Karen community.
- Coordinate with religious leaders to deliver a uniform message about the harms of chewing betel nut and smoking tobacco including secondhand smoke.
- Create support for smoke-free policies.

## Multi-Unit Housing Tobacco-Free policy Adoption

- Improve air quality for healthy living and work with multi-unit housing managers and landlords to adopt and implement smoke-free policies at their properties.
- Reduce serious side effects for the passive smokers and provide referrals to smoking cessation programs for interested residents.
- Facilitate events to celebrate and recognize the adoption and implementation of a smoke-free policy and the creation of a healthier community.
- Conduct community meetings and gatherings to discuss smoke-free policy adoption and implementation with residents.
- To minimize the cost of the serious health issues related to tobacco consumptions.

## Want to learn more about the Karen Tobacco-Free Program?

Please contact us at 612-230-3253 (English) or 651-202-3126/651-208-2473 (English or Karen) or visit us online at [www.mnkaren.org](http://www.mnkaren.org) or at [www.wellshareinternational.org](http://www.wellshareinternational.org)

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