



COLORADO BLACK HEALTH COLLABORATIVE

TACKLING MENTHOL

NEWSLETTER

March 2021

Issue 1

Colorado Black Health Collaborative

is a non-profit organization formed by the people for the people. Our mission is to achieve health equity in Colorado's Black Community. CBHC's quest is to decrease the impact of Menthol tobacco products in the Black community. This stuff is tailor made for the Black community, thanks to the tobacco companies. Tobacco, smoked or vaped is the single most preventable cause of death and disease. We have a coalition working on ways to address this issue. We need more community voices.

"Join the movement"

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Virginia slaves crating a tobacco shipment

Black History Of Tobacco

Black History, Social Justice and Menthol Tobacco Products.

The relationship between the Black community and Big Tobacco is a Social Justice issue. While enslaved Blacks were made to pick tobacco, and the Jim Crow era unleashed Big Tobacco's use of racist and hateful images of Blacks to further their agenda of profit and degradation. These acts laid a foundation of social injustice and no social equality. And today we are a target for Big Tobacco's most deadliest tobacco products, which are cloaked in menthol to conceal their harmful attributes.



Smoke COON SKIN Cigars.

When bright de dewey morn am broke,
An' de dull brain from slumber woke,
How soothin' den a fragrant smoke
Ob de Coon Skin
When from her chamber lattice high,
Appears Lucinda peepin' shy,
What glossy object takes de eye?
De Coon Skin.
Ob all de scents dat charm de nose,
Ob sunflowers, tulips, pink or rose,



Gib me dat soothin' baim that flows,
From de Coon Skin.
'Tho odder brands may some beguile,
Lucinda peeps wid knowin' smile,
An' whispers: "Julius, go your pile,
On de Coon's Skin."
When seekin' for cigars de best,
From Norf to Souf, from East to West
You'll fin' de bulge on all de rest,
Wid de Coon Skin.

http://tobacco.stanford.edu/tobacco_main/images_body.php?token1=fm_img5051.php

<https://www.kqed.org/arts/13870538/the-black-community-a-target-for-the-tobacco-industry-since-slavery>

<https://www.timetoast.com/timelines/slavery-and-free-blacks-in-the-18th-century>

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Trends In Smoking

Disposable Cigarettes, Disposable Health

Some current studies suggest that there is a decline in tobacco product use. It appears to be an upward trend in the use of disposable electronic tobacco products. These throw away apparatus can be as addictive and harmful as traditional tobacco use. In some cases they can be more harmful because of the concentration of nicotine in a single purchase. Is your health disposable like these disposable e-cigarette?

WASHINGTON, D.C., September 9, 2020
— Results of the 2020 National Youth Tobacco Survey (NYTS) released today by the Centers for Disease Control and Prevention and the Food and Drug Administration (FDA) highlight the rapidly growing use of disposable e-cigarettes, which are exempt from an FDA policy issued earlier this year to limit the availability of flavored products that appeal to kids.



Although pre-filled pods or cartridges remain the most commonly used device among youth, disposable e-cigarette use increased approximately 1,000% (from 2.4% to 26.5%) among high school current e-cigarette users. 2019-2020.

<https://newsroom.heart.org/news/new-cdc-fda-data-show-sharp-increase-in-youth-use-of-disposable-e-cigarettes>

Menthol Wars

Whose on your side?

The argument is that governmental menthol bans would increase black market sells of menthol tobacco products, and that this would ultimately increase arrest in the Black community. The question is: will the potential increase of arrest be greater than the potential harmful effects of smoking menthol tobacco products. If there is a decrease in new smokers then the demand for these products will also decrease.

However, a growing number of organizations led by Law Enforcement Action Partnership (LEAP) and the National Organization of Black Law Enforcement Executives (NOBLE) believe a ban would further endanger Black lives because it could potentially increase interaction with the police. “We know that laws are enforced in a way that targets people of color. [Menthol bans] create more space for that to happen,” Major Franklin declared.

https://cei.org/opeds_articles/menthol-wars/

“Smokers, like any people who use drugs, are unlikely to respond to bans by suddenly changing their preferences. Prohibiting the sale of these cigarettes could, therefore, further criminalize communities of color,” the website noted.

<https://jacksonvillefreepress.com/leap-warns-potential-menthol-ban-would-increase-police-interaction-with-black-com>



I Hate You Sooo Much Right Now



Learn to Hate the Habbit

Big tobacco has its hands in your pocket. No one likes to lose or throw away money, but that is what happens when you indulge in a tobacco habit. There has been a substantial increase in the cost of tobacco products in the last few months here in Colorado due to Proposition EE.

COLORADO — Colorado voters approved proposition EE which will create the first-ever tax on vaping products that contain nicotine. Proposition EE lowers the tax on modified risk tobacco products from 50% to 35% for the next 7 years.

<https://www.fox21news.com/news/election/proposition-ee-passes-colorado-will-begin-taxing-vaping-products-containing-nicotine/>

Financial, cost per year \$1,926.00 for 20 cigarettes a day at \$ 5.35 a pack, \$160.00 per month

<https://www.gumauctions.com/average-price-of-cigarettes/6/Colorado/>



Healthy Swag - Yuk Mouth

Yuk Mouth

One of the greatest detriments to a healthy smile is the unhealthy habit of consuming tobacco products. There is a long history of mouth cancer and periodontal disease. These adverse health affects are also masked by the addition of Menthol and other flavors. If you're a fan of a lovely, friendly, or sexy smile you might want to remove tobacco consumption from your activities. So, while the minty soothing sensation of menthol numbs your mouth, harsh chemicals are altering the way your mouth protects you from gum disease. In many cases this unchecked assault on your gums can result in tooth decay and tooth lost.

Gum (periodontal) disease is an infection of the gums and can affect the bone structure that supports your teeth. In severe cases, it can make your teeth fall out. Smoking is an important cause of severe gum disease in the United States.

<https://www.cdc.gov/tobacco/campaign/tips/diseases/periodontal-gum-disease.html>



WHO YOU GONNA KISS WITH THAT MOUTH?

Community Stories

I started smoking at about 12 or 13 years old for the same typical reasons most children start: it was cool, available, all of the older kids were doing it, the adults did it, and famous Black people were on advertisements (Magazines, Billboards and commercials) doing it. I thought I was grown and hip, but for real I had to force myself to endure the harsh smoke that made me choke, but eventually I learned how to control the drag of the cigarette.

Smoking that mentholated nicotine injector became a part of my everyday life, so much a part of me that it was like a reflex. It became a reward for: eating, intimacy, working, feeling good, a bad day, accomplishments, failures and definitely socializing. Decades later I desperately wanted to quit the habit, but it was much easier said than done.

Time after time I tried; a day without a cigarette seemed so awkward and un-natural. I hated that I craved that cigarette; I hated craving the harsh smoke, the nasty smell, the bad breath, the yellowing teeth, the shortening of breath, the smelly clothes, the social isolation, and the cost.

After failing various quitting techniques I decided to use the hate of cigarettes as my weapon to combat my cravings. I had to literally train myself to hate everything about cigarettes. I hate the smell, taste, money spent and my health. What are they good for? They don't nourish you, calm you, get you high, or make you happy. One day, after years of fighting the habit I quit... It's been some 13 or 14 years now and although I still get memory triggers to pick up a cigarette, the hate is much stronger, so no more being a slave to a minty devil. Anthony Brown- Editor

Menthol Facts



From Plant to Product to Puff Think You Know All the Chemicals Found in Cigarettes?



Big Tobacco goes through great lengths to construct the perfect nicotine delivery device. More than 70 of the 7,000 chemicals in cigarettes are linked to cancer. Not all of the harmful chemicals created during cigarette manufacturing are man-made. Some of the carcinogens occur naturally as tobacco is cured. The five most serious health effects of tobacco use are (cancer, cardiovascular disease, respiratory effects, reproductive problems, and addiction.)



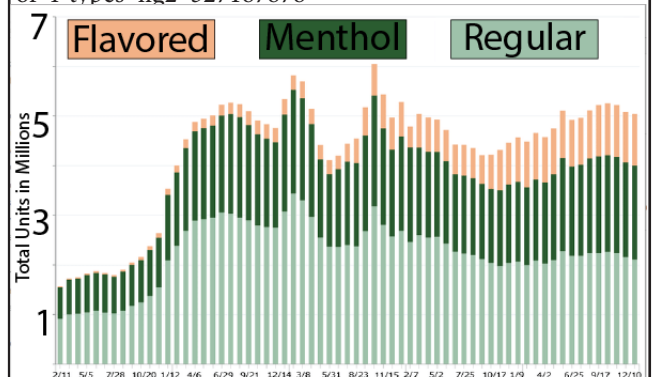
<https://www.fda.gov/tobacco-products/products-ingredients-components/chemicals-cigarettes-plant-product-puff>



Menthol Data

The following graph reflects the unit sales of flavored and menthol products as a percentage of sales for each of 4 types of e-cigarette products (rechargeables, disposables, prefilled cartridges, and e-liquids) and all e-cigarettes, United States, 2012-2016. Data are reported in 4-week aggregates, with aggregates ending on the dates indicated. Flavored and menthol e-liquids sales began at the 4-week period ending May 4, 2013. Data source: The Nielsen Company.

https://www.researchgate.net/figure/Unit-sales-of-flavored-and-menthol-products-as-a-percentage-of-sales-for-each-of-4-types_fig2_327187878



A. BROWN, 2021, V1