

Noofeembartan, waxaynu yareyn karnaa cabitaanka sigaar dhalinyarada iyo Nikotiin inagoo markaasi isu imanayna isla markaasina codeynayna

YES FOR A HEALTHY FUTURE

Cabitaanka sigaarku waa sababta koobaad ee keenta dhimasho laga hortagi karo gobolka Oregon, isagoo dila 7,000 reer Oregon ah sanadkiiba.

Dhamaanteen si xun ayaa uu inoo saameeyaa, hadii aynu cabno sigaarka iyo hadii kaleba. Xanuunada la xidhiidha cabitaanka sigaarka waxa ku baxa kharash dhan \$1.5 bilyan kharashaadka caafimaadka ee gobolka sanadkiiba halka shirkadda Tubaakada Weyn (Big Tobacco) ay faa'ido.

Shirkadaha Cabitaanka (vaping) sida Juul oo ay leedahay Tubaakada Weyn (Big Tobacco) waxay jil cusub oo caruurta ah nikotiin iyagoo isticmaalaya sigaaro sida nacnaca u macaan tanina waa ay jeclaysiinaysaa caruurta. Run ahaantii, **cabitaanka (vaping) dhalinyarada Oregon dhexdeeda waxay korodhay 80% sanadkii hore.** Dhalinyarada cabta (vape) waxay **saddex goor laab** khatar ugu jiraan inay cabaan sigaarka caadiga ah.

Marka la eego xaaladan aynu ku jirno ee COVID-19, waxaa aad muhiim usii noqotay ah in dadku joojiyaan cabitaanka sigaarka. Talaabadani waxay saddex laabaysaa barnaamijyada ka hortagga inay dhallinyaradu bartaanka cabitaanka sigaarka iyo inay joojiyaan kuwii hore u cabbaayay ee gobolka Oregon.

In kor loo qaado qiimaha tubaakada waxay ka ilaalinaysaa dhallinyaradu inay caadaystaan noloshoda inta ka hadhay cabitaanka sigaarka waxayna hoos u dhigaysaa kharashaadka caafimaad ee qofkasta. Lakiin Oregon cashuurta ay saarto tubaakada waa tan ugu yar waddanka taa waxa dheer **in wax casuur ah aan la saarin sigaarka elektrooniga ah ama nuugitaanka nikotiin (vaping) iyadoo ay ugu wacan tahay ololaha ay wadeen tobanaanka sanno shirkadaha tubaakadu.**

Dakhliga ka yimaada talaabadan wuxuu toos u galayaa caawimada Caafimaad ka (Medicaid)– iyadoo taasi ay saamixi doonta in helaan daryeel caafimaad isagoo keenaya helitaanka daryeelka caafimaad ee 1 qof 4 tii qofee reer Oregon ah kuwaaso ay ka mid yihiin qoysaska dakhligoodu yar yahay, dadka waawayn, caruurta iyo dadka naafada ah.

Waa wakhtigii reer Oregon ay iska caabbin tusi lahaayeen Tubaakada Weyn (Big Tobacco) una codeyn lahaayeen Haa in Caafimaad Mustaqbalka lawada helo Noofambartan iyadoo markaasi la kordhinayo cashuurta sigaarka saaran iyo iyadoo markaasi cashuur qaadistii ugu **horraysay** la saari doono sigaarka elekterooniga ah. Nagusoo biir.



Ka baro macluumaad dheeraad ah halkan

[yesforahealthyfutureoregon.org](https://www.yesforahealthyfutureoregon.org)

Maxa ay tallaabadani hirgelin doontaa:

- Waxay kordhinaysaa cashuurta saaran baakidhka sigaarka ah \$2 si loo yareeyo awooda ay u leedahay dhalinyaradu inay iibsato sigaarka taaso ka hortagi doonta in ka badan 19,000 oo dhalinyaro ahi in ay caadaystaan tubaakada.
- Waxay Joojinaysaa in cabitaanka sigaarku (vaping) bila cashuur ahaado: Waxay kordhinaysaa 65% cashuurta jumlad laha ah ee cabitaanka nikotiinka (vaping) markii ugu horraysay si loo yareeyo caadaysiga dhallinyaradu ay caadaysanayaan sigaarka.
- Waxay kor ugu qaadaysaa cashuurta sigaarka ilaa \$1.00
- Dhamaan dakhliga laga helo cashuurta la saaraay sigaarka waxa lagu dari doonaa daryeelka caafimaad:
 - Cabitaanka sigaarku wuxuu ka hortagayaa joojinayaana barnaamijyada si looga hortago in dhalinyaradu cabto oo nuugto waxayna ka caawinaysaa in dadka waaweyn joojiyaan.
 - Maalgalinta Qorshaha Caafimaadka ee Oregon oo u adeegaya 1 qof 4tii qof ee reer Oregon ah oo ay ka mid yihiin caruurta, dadka waaweyn iyo dadka naafada ah. In kabadan 400,000 caruura inay helaan daryeel caafimaad kaasoo uu daboolaaayo OHP.

Hadii aynu isu tagno waxaynu sameyn karnaa:

- Waxay yareynaysaa cabitaanka sigaarka waxayna badbaadinaysaa nafo
- Waxay ka hortagaysaa in dhalinyaradu caadaysato inta noloshooda ka hadhay oo dhan nikotiin
- Waxay kordhinaysaa helitaanka barnaamijyada joojinta iyo ka hortaga cabitaanka sigaarka waxayna ilaalinaysaa helitaanka daryeelka caafimaad ee caruurta iyo qoysaska
- Waxay u ogolaanaysaa boqolaal kun oo ah dadka daciifka ah ee reer Oregon inay helaan daryeel caafimaad oo uu daboolaaayo Medicaid



NPAIHB (Northwest Portland Area Indian Health Board)

Self Enhancement, Inc

Micronesian Islander Community

Providence Health & Services

Samaritan Health Services

Legacy Health

Kaiser Permanente

Oregon Association of Hospitals & Health Systems

Salem Health Hospitals & Clinics

Peace Health

Oregon Medical Association

Moda Health

Oregon Healthcare Association

PacificSource

**Ka baro macluumaad
dheeraad ah halkan**

yesforahealthyfutureoregon.org