

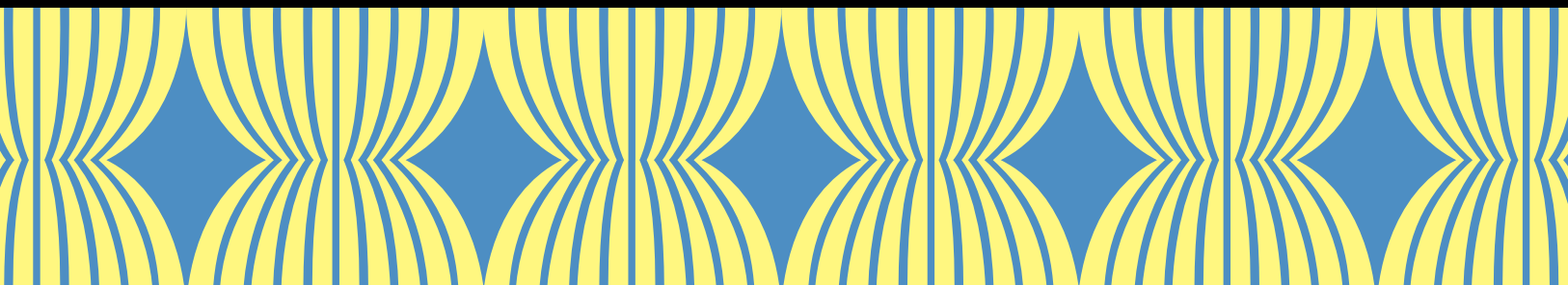


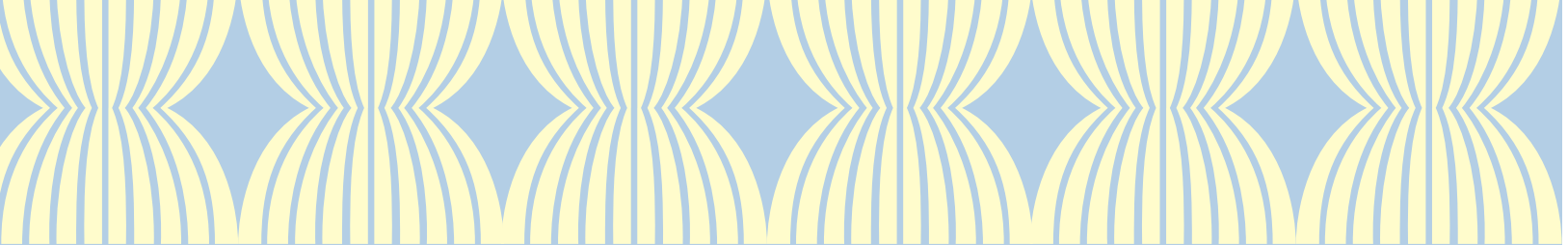
## KEV HAUS LUAM YEEB HAUV MINNESOTA:

Txoj Kev Tshawb Fawb Txog Neeg Khabmeem, Neeg Hmoob, Neeg Nplog thiab Neeg Nyab Laj Siv Luam Yeeb Coob Npaum Li Cas

NTHUAV NCAUJ LUS TSEEM CEEB

KAUS IB HLIS NTUJ 2009



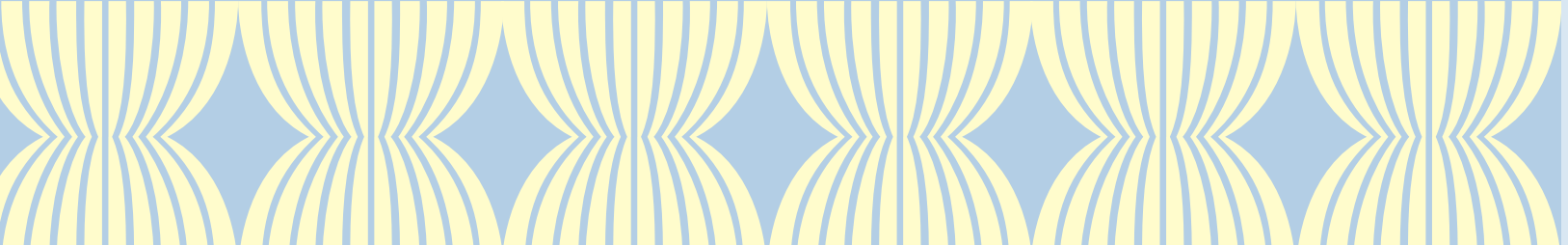


Luam yeeb yog thawj yam tsim kev tuag nyob rau hauv Teb Chaws Asmeskas uas tiv thaiv tau,<sup>1,2</sup> thiab nws tsim kev hem thawj loj heev rau txoj kev noj qab haus huv ntawm cov zej tsoom Neeg Esxias Thoj Nam Yav Qab Teb Sab Hnub Tuaj nyob rau hauv Minnesota. Cov lag luam tsim ua luam yeeb tau tsim cov xov xwm tshwj xeeb uas yog txw cov zej tsoom neeg thoj nam thiab cov tuaj lwm teb chaws kom haus luam yeeb.<sup>3,4</sup>

Txoj kev pab Diverse Racial Ethnic Groups and Nations (DREGAN) npaj siab pab cov zej tsoom Neeg Esxias Yav Qab Teb Sab Hnub Tuaj txo cov kev muaj mob los ntawm txoj kev haus luam yeeb. Txij li xyoo 2002 los, txoj kev pab DREGAN tau rub cov zej tsoom neeg no los sib koom tes ua ke, xws li Neeg Esxias Sab Pov Txwv Pacific Koom Haum Tsis Muaj Haus Luam Yeeb (Asian Pacific Tobacco-Free Coalition) thiab Zej Zog Neeg Esxias Thoj Nam Yav Qab Teb Sab Hnub Tuaj Lub Tsev Neeg (Southeast Asian Refugee Community Home), thiab Blue Cross and Blue Shield hauv Minnesota thiab ClearWay Minnesota<sup>SM</sup>, uas puav leej yog lub chaw pab nyiaj txhawb rau txoj kev pab.

DREGAN muaj ob ntus lb ntus yog txoj kev nug lus tshawb fawb nrog 60 tus thawj coj (15 tug hauv ib haiv neeg twg) hauv haiv Neeg Hmoob, Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj, kom paub zoo txog lawv cov kab lis kev cai thiab kev haus luam yeeb muaj feem xyuam sib txuam zoo li cas ntawm cov zej tsoom neeg no. Txoj kev tshawb fawb ntawd yuav npaj cov nqe lus nug, tsim muaj lub niam tswv yim thiab ntsuam xyuas txhij rau ntu ob, uas yog tshawb txog cov pej xeem haus luam yeeb muaj coob npaum li cas hauv zej zog. Thaum lub lb Hlis Ntuj xyoo 2006 mus txog lub Peb Hlis Ntuj xyoo 2007, cov neeg hais tau ob hom lus twb tshawb fawb nug tag 563 tus Neeg Hmoob, 355 tus Neeg Khabmeem, 358 tus Neeg Nyab Laj thiab 352 tus Neeg Nplog hauv Minnesota lawm.<sup>5</sup>

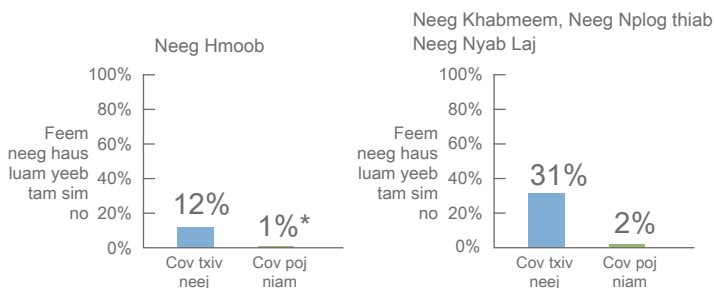
DREGAN txoj kev tshawb fawb ntawd yog thawj zaug tshwm sim muaj thiab nws zoo heev vim yog nws tshawb kawm txog cov chiv keeb zoo li cas, nws tshawb hauv lub zej zog tuaj mus thiab nws tshawb txog ntau txoj kev siv luam yeeb. Cov lus tseem ceeb no nthuav txog cov ntsiab kev haus luam yeeb, cov kev xav txog kev haus luam yeeb, cov kev sim txiav luam yeeb thiab cov neeg raug pa luam yeeb. Vim tias Hmoob li keeb kwm haus luam yeeb thiab txoj kev tseem ceeb ntawm txoj kev siv luam yeeb hauv lawv cov kab lis kev cai txawv cov Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj, yuav muab cov lus tshawb fawb txog Hmoob nthuav cais tawm ntawm peb pawg neeg no, uas yog cov muaj zoo sib xws dua. Kom kos tau daim duab qhia txog cov lus tshawb fawb tau zoo ntawm cov thawj coj, muab cov lus tshawb fawb tau tso rau ib sab ntawm cov lus nug. Tej zaum yuav muaj tej yam tshawb tau sib txawv vim yog ob txoj kev tshawb fawb sib txawv los yog cov kev xyaum hloov cov nyom. Ob txoj kev tshawb fawb yeej puav leej nthuav qhia tau tseeb thiab tau zoo sib xws.



# Cov Neeg Haus Luam Yeeb

Raws li txoj kev tshawb fawb cov zej tsoom neeg, 5 feem pua ntawm cov Neeg Hmoob laus thiab 15 feem pua ntawm cov Neeg Khabmeem, Neeg Nplog, thiab Neeg Nyab Laj hauv Minnesota yog neeg haus luam yeeb tam sim no.<sup>6</sup> Cov txiv neej Neeg Esxias Yav Qab Teb Sab Hnub Tuaj muaj feem yuav haus luam yeeb dua cov poj niam. Hauv lub zej zog Neeg Hmoob, muaj 12 feem pua yog txiv neej, tiam sis tsuas muaj 1 feem pua thiaj yog cov poj niam haus luam yeeb xwb. Puav leej zoo xws li cov Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj, cov txiv neej (31 feem pua) haus luam yeeb coob tshaj lawm 15 npaug cov poj niam (2 feem pua).

## Daim Duab 1



\*Kwv yees raws li ib qhov muaj tsawg dua 5. Ceev faj txhais lus.

Ntxiv rau txoj kev txhawj xeeb txog cov txiv neej, cov thawj coj hauv zej tsoom Neeg Esxias Yav Qab Teb Sab Hnub Tuaj puav leej qhia lawv cov kev txhawj xeeb txog cov poj niam thiab cov hluas haus luam yeeb coob zuj zus tuaj vim yog lawv txoj kev xyaum hloov zuj zus.

“Nyob rau kuv lub teb chaws, tus txiv tsev haus luam yeeb yeej yog ib yam tsis ua li cas.”

—Tus poj niam Nplog muaj hnub nyoog 20 tawm xyoo, nyob hauv Teb Chaws Asmeskas tau 14 lub xyos

“Nyob rau hauv lub teb chaws no thiab hauv Minnesota, cov poj niam, me nyuam thiab txhua leej txhua tus haus luam yeeb zoo ib yam li cov Neeg Asmeskas.”

—Tus poj niam Hmoob muaj hnub nyoog 30 tawm xyoo, nyob hauv Teb Chaws Asmeskas tau 20 lub xyoo

Keeb kwv haus luam yeeb hauv lawv lub teb lub chaw yuav yog qhov uas ua rau cov Neeg Esxias Yav Qab Teb Sab Hnub Tuaj pib haus luam yeeb. Ntawm cov zej tsoom neeg uas tshawb fawb txog, xws li ib feem peb (36 feem pua) ntawm cov Neeg Hmoob thoj nam thiab cov neeg tuaj lwm teb chaws tuaj uas yeej yog neeg haus luam yeeb twb pib haus luam yeej ua ntej lawv tuaj nyob rau hauv Teb Chaws Asmeskas lawm, uas tej zaum yog pib haus luam yeeb lub teb lub chaw los yog hauv lub chaw uas neeg thoj nam tuaj so rau. Raws li muab piv, peb feem plaub ntawm cov Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj thoj nam thiab cov neeg tuaj lwm teb chaws tuaj twb yeej haus luam yeeb ua ntej lawv tsiv tuaj nyob rau hauv Teb Chaws Asmeskas.

Cov thawj coj piav txog cov kev sib txuam ntawm kab lis kev cai thiab luam yeeb hauv lawv cov teb chaws. Cov zej zog neeg cov pib haus luam yeeb tam sim no yuav yog vim cov kev sib txuam no.

“Hauv zej tsoom Neeg Hmoob, peb siv luam yeeb ua ib yam kev sib fim sib hwm thaum ua tshoob ua kos, tiam sis feem Neeg Hmoob cov coob yeej tsis haus luam yeeb.”

—Tus txiv neej Hmoob muaj hnub nyoog 60 tawm xyoo, nyob hauv Teb Chaws Asmeskas tau 22 lub xyoo

“Haus luam yeeb yog ib yam uas yeej tsis ua li cas, cov Neeg Nyab Laj yeej haus.”

—Tus txiv neej Nyab Laj muaj hnub nyoog 30 tawm xyoo, nyob hauv Teb Chaws Asmeskas tau 20 lub xyoo

### Cov kev pom zoo kom raus tes pab:

- Txhawb cov kev pab txiav luam yeeb rau cov txiv neej Esxias Yav Qab Teb Sab Hnub Tuaj, tiam sis puav leej ras txog cov poj niam uas pib haus luam yeeb coob zus vim lawv xyaum hloov coj li Neeg Asmeskas zuj zus.
- Txhawb ntxiv rau cov kev txwv txiav tsis pub haus luam yeeb uas cov Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj thoj nam thiab cov khiav lwm teb chaws tuaj nyob rau hauv Teb Chaws Asmeskas no tau txwv txiav dhau los.

# Kev Paub Txog thiab Cov Kev Xav Txog Kev Haus Luam Yeeb

Ntawm cov zej tsoom neeg uas tshawb fawb txog, yuav luag tag nrho cov Neeg Hmoob (99 feem pua) thiab tag nrho cov Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj (98 feem pua) ua ke tib si qhia tias haus luam yeeb muaj mob qog nqaij hlav rau cov ntsws. Tsawg leej dua (89 feem pua Neeg Hmoob thiab 87 feem pua Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj) hais tias haus luam yeeb muaj kab mob plawv. Cov Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj uas haus luam muaj feem tsis ras paub txog qhov no npaum li cov neeg tsis haus luam yeeb (nrug rau cov neeg haus luam yeeb yav tas los thiab cov yeej tsis tau haus luam yeeb dua los li).

Txawm li cas los pom tias cov thawj coj to taub me me txog cov kev muaj mob los ntawm cov luam yeeb, tshwj xeeb yog cov uas tsis tshua xyaum hloov raws lub teb lub chaw pes tsawg.

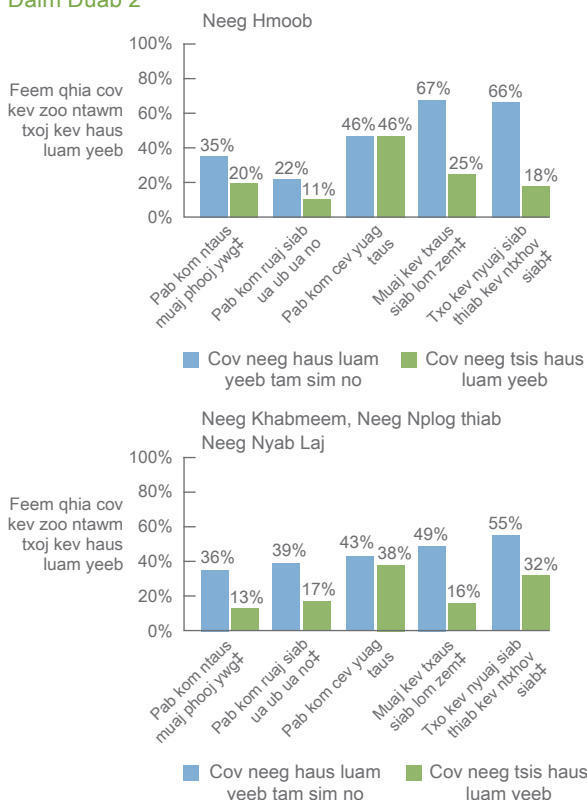
“Cov Neeg Nyab Laj hauv Teb Chaws Asmeskas tsuas paub dav dav hais tias haus luam yeeb yuav tsim kev muaj mob thiab tej zaum yuav tsim mob qog nqaij hlav xwb. Lawv tsis paub cov ntsiab lus tseeb li.”

—Tus txiv neej Nyab Laj muaj hnub nyoog 50 tawm xyoo, nyob hauv Teb Chaws Asmeskas tau yim lub xyoo

Tsawg tshaj ib nrab ntawm cov neeg tsis haus luam yeeb hauv ob hom neeg tib si thiaj li ras paub qee yam kev zoo ntawm txoj kev haus luam yeeb uas teev muaj hauv txoj kev tshawb fawb (Daim Duab 2). Muaj tshaj ob feem peb (67 feem pua) ntawm cov Neeg Hmoob haus luam yeeb thiab yuav luag ib nrab (49 feem pua) ntawm cov Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj uas haus luam yeeb xav tias kev haus luam yeeb yog haus kom muaj kev txaus siab lom zem. Zoo sib xws li no thiab, ob feem peb ntawm cov Neeg Hmoob haus luam yeeb thiab

tshaj ib nrab (55 feem pua) ntawm cov Neeg Kabmeem, Neeg Nplog thiab Neeg Nyab Laj uas haus luam yeeb xav tias kev haus luam yeeb txo tau kev nyuaj siab thiab kev ntxhov siab.

### Daim Duab 2



#Cov kev sib txawv loj ntawm cov neeg haus luam yeeb tam sim no thiab cov neeg tsis haus luam yeeb.

Faj seeb: Cov tswv cuab ntawm pab neeg tawm tswv yim tsis pom zoo hais tias txoj kev ua kom cev yuag yuav muaj nuj nqis dab tsi rau cov neeg teb cov lus nug.

Cov thawj coj kuj pom li cov kev zoo no thiab.

“Yuav luag tag nrho kuv cov phooj ywg uas yeej tsis haus luam yeeb thaum nyob tim ub, pib haus luam yeeb teb chaws no vim yog cov kev nyuaj siab.”

—Tus txiv neej Hmoob muaj hnuv nyoo 60 tawm xyoo, nyob hauv Teb Chaws Asmeskas tau 22 lub xyoo

Thaum nug hais tias, “tsuav koj noj qab haus huv xwb ces, haus luam yeeb puas ua li cas” 11 feem pua ntawm cov Neeg Hmoob pom zoo tsis hais yuav haus luam yeeb qib twg li. Ib feem peb ntawm cov Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj - 63 feem pua ntawm cov neeg haus luam yeeb - pom zoo. Cov thawj coj ras txog cov kev tsis zoo uas yuav tshwm sim los ntawm txoj kev ntseeg li no.

“Cov neeg Khabmeem tos kom txog thaum lawv muaj mob. [Lawv yuav tsis txiav luam yeeb] kom txog thaum tus kws kho mob hais tias, ‘Yog koj haus luam yeeb, koj yuav tuag, puas to taub?’”

—Tus txiv neej Khabmeem muaj hnuv nyoo 60 tawm xyoo, nyob hauv Teb Chaws Asmeskas tau 20 lub xyoo

### Cov kev pom zoo kom raus tes pab:

- Qhia rau cov Neeg Esxias Yav Qab Teb Sab Hnuv Tuaj uas haus luam yeeb thiab cov tsis haus luam yeeb kom paub txog cov kev muaj mob muaj nkeeg dua li hlav qog nqaj hauv cov ntsws xws li kab mob plawv, hlab ntsha hlwb puas (stroke), cov teeb meem cev xeeb tub thiab muaj pa cua ntau heev hauv cov ntsws.
- Muab cov tswv yim pab rau cov Neeg Esxias Yav Qab Teb Sab Hnuv Tuaj uas haus luam yeeb kom paub lwm cov kev los txo cov kev nyuaj siab thiab kev ntxhov siab.
- Qhia rau cov Neeg Esxias Yav Qab Teb Sab Hnuv Tuaj uas haus luam yeeb kom lawv tsis txhob to taub yuam kev hais tias yog ib tug neeg noj qab haus huv ces yeej haus tau luam yeeb tsis ua li cas.

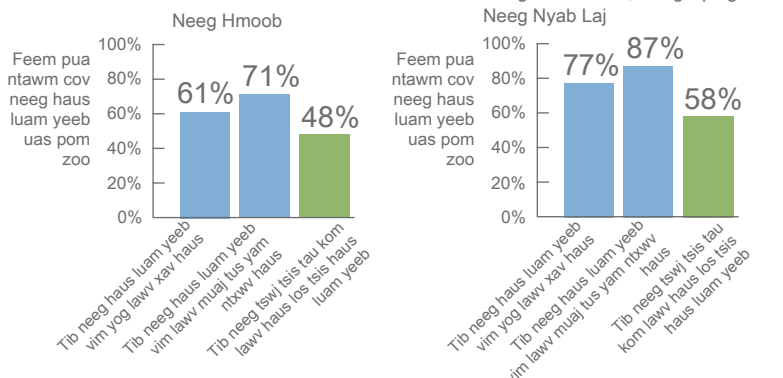
## Txiav Kev Haus Luam Yeeb

Ntawm cov zej tsoom neeg uas tshawb fawb txog, 65 feem pua Neeg Hmoob haus luam yeeb tau qhia tias lawv twb tau txiav luam yeeb mus ntev li ib hnuv los yog ntev dua hauv lub xyoo ua ntej txoj kev tshawb fawb no. Plaub caug feem pua ntawm cov Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj tib si qhia tias lawv tau sim txiav luam yeeb lawm.

Feem coob ntawm cov Neeg Hmoob haus luam yeeb (95 feem pua) thiab cov Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj (84 feem pua) tau qhia tias lawv haus luam yeeb tsawg tsawg, los yog haus tsawg dua 15 tug luam yeeb ib hnuv twg. Txawm li los, 64 feem pua ntawm cov Neeg Hmoob haus luam yeeb thiab 37 feem pua ntawm cov Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj haus luam yeeb tau qhia tias feem ntau lawv yeej haus thawj tug luam yeeb tom qab 30 feeb uas lawv sawv kiag, qhia tau tias lawv quav loj heev.

Cov Neeg Esxias Yav Qab Teb Sab Hnuv Tuaj tsis pom zoo tias txoj kev haus luam yeeb yog vim kev quav, lawv pom zoo tias txoj kev haus luam yeeb yog nyob ntawm tus neeg txiav txim los yog muaj tus yam ntxwv haus thiab tsis pom zoo tias cov neeg haus luam yeeb yuav tswj tsis tau lawv cov yam ntxwv. (Daim Duab 3).

### Daim Duab 3



Thaum tshawb fawb nug mus, cov thawj coj piav qhia ntxiv txog hauv neeg txoj kev xav txog kev quav luam yeeb.

“Yog koj haus luam yeeb es koj tsis quav, nws tsis yog ib yam poob ntsej muag. Qhov poob ntsej muag yog tus neeg quav luam yeeb.”

—Tus txiv neej Khabmeem muaj nyoo 60 tawm xyoo, nyob hauv Teb Chaws Asmeskas tau 30 lub xyoo

Feem coob ntawm cov Neeg Hmoob haus luam yeeb (97 feem pua) thiab Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj (86 feem pua) pom zoo heev los yog pom zoo tsawv tias, “tib txoj kev kuv yuav txiav tau luam yeeb yog kuv xav txiav tiag xwb.” Cov thawj coj puav leej pom zoo li ntawd tag nrho.

“Txoj kev muaj siab xav txiav tiag thiag yog txoj kev vam meej.”

—Tus txiv neej Khabmeem muaj hnuv nyoog 60 tawm xyoo, nyob hauv Teb Chaws Asmeskas tau 28 lub xyoo

Raws li cov kev xav phem txog kev quav luam yeeb thiab txoj kev pom tias yog muaj siab xav txiav tiag yeej txiav tau qhia tau hais cov Neeg Esxias Yav Qab Teb Sab Hnuv Tuaj uas haus luam yeeb yuav tsis ruaj siab siv cov kev cob qhia thiab cov tshuaj uas FDA pom zoo siv los txiav luam yeeb. Tiam sis, tsuas muaj li ib feem peb ntawm cov Neeg Hmoob haus luam yeeb (30 feem pua) thiab Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj (36 feem pua) qhia tias lawv tsis xis los yog txaj muag thov kev pab txiav luam yeeb. Txawm li los, cov thawj coj piav qhia txog cov Neeg Esxias Yav Qab Teb Sab Hnuv Tuaj txoj kev ntshai poob ntsej muag yog lawv mus nrhiav kev pab.

“Feem neeg Hmoob coob nyiam ntsiag to. Lawv txaj muag mus nrhiav kev pab [ntawm lwm cov].”

—Tus poj niam Hmoob, tsis paub hnuv nyoog li cas, nyob hauv Teb Chaws Asmeskas tau 23 lub xyoo

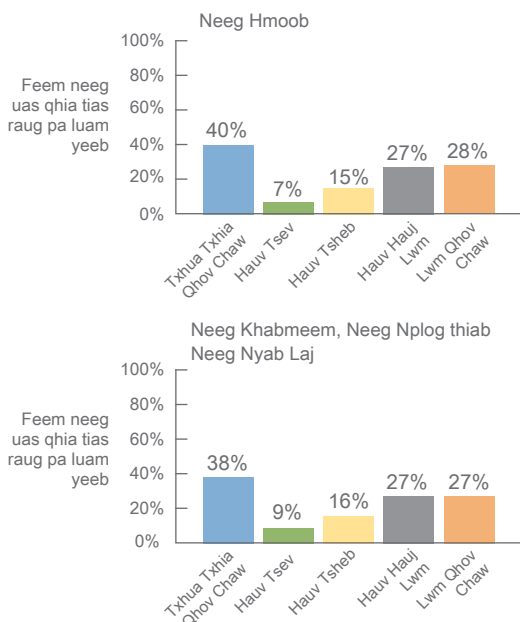
### Cov kev pom zoo kom raus tes pab:

- Tsim kom muaj cov kev pab txiav luam yeeb thiab cov ntau ntawv sau qhia kom tsim nyog raws li kab lis kev cai. Muaj ua cov hom lus uas cov haiv Neeg Esxias Yav Qab Teb Sab Hnuv Tuaj paub.
- Pab tshem cov kev xav phem los yog kev quav luam yeeb, cov kev muaj mob los ntawm cov tshuaj nicotine hauv cov luam yeeb.
- Tsim kom cov kev pab txiav luam yeeb yog qhia koj txiav luam yeeb “koj tus kheej,” raws li koj xav txiav tiag.

## Txo Txoj Kev Raug Pa Luam Yeeb

Ntawm cov zej tsoom neeg uas tshawb fawb txog, tsawg tshaj ib nrab (40 feem pua Neeg Hmoob thiab 38 feem pua Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj) tau qhia tias lawv raug pa luam yeeb hauv tsev, hauv tshab, hauv hauj lwm los yog hauv lwm qhov chaw xya hnuv dhau los (Daim Duab 4).<sup>7</sup> Hauv ob hom zej tsoom neeg tib si, cov neeg hluas hnuv nyoog 18 txog 24 xyoos yog cov muaj feem raug pa luam yeeb heev tshaj cov neeg laus.

Daim Duab 4



Cov ncauj lus: 1) Twb sau cov ncauj lus ua ntej Minnesota Txoj Cai Ua Tau Pa (Freedom To Breathe Act), uas txwv tsis kheev haus luam yeeb hauv chaw ua hauj lwm, ua tau hauj lwm zoo. 2) Tau ntsuas cov neeg raug pa luam yeeb hauv chaw ua hauj lwm thiab tsuas qhia txog cov neeg teb uas ua hauj lwm sab hauv tsev xwb.

Feem coob (86 feem pua Neeg Hmoob thiab 93 feem pua Neeg Khabmeem, Neeg Nplog thiab Neeg Nyab Laj) tau qhia tias lawv yeej

tsis kheev haus luam yeeb sab hauv lawv cov tsev qhov twg hlo li. Cov tsev neeg uas muaj cov me nyuam nto hnuv nyoog 18 xyoo thiab cov tsis muaj puav leej txwv txiav txoj kev haus luam yeeb hauv tsev tib yam. Cov thawj coj hauv zej zog tau qhia tias qhov no yeej muaj tiag.

“Kev haus luam yeeb thiab siv luam yeeb tsis yog puas rau cov tib neeg haus luam yeeb xwb tiam sis puas rau cov me nyuam, cov me nyuam hauv plab, puas rau txhua leej txhua tus neeg hauv lub tsev.”

—Tus poj niam Hmoob, tsis paub hnuv nyoog li cas, nyob hauv Teb Chaws Asmeskas tau 23 lub xyoo

Tiam sis, cov thawj coj puav leej hais txog qhov tseem ceeb ntawm txoj kev paub cai thiab txhob ua muaj kev siab rau lwm cov. Cov Neeg Esxias Yav Qab Teb Sab Hnuv Tuaj yuav pom tsis ua raws txoj cai no heev, tshwj xeeb yog cov uas tsis paub txog cov kev puas tsuaj.

“Lawv tsuas hais tias [haus luam yeeb] tsis ua li cas. Tiam sis lawv tsis xav kom koj haus luam yeeb vim lawv tsis xav raug pa luam yeeb.”

—Tus txiv neej Khabmeem muaj hnuv nyoog 50 tawm xyoo, nyob hauv Teb Chaws Asmeskas tau 21 xyoos

### Cov kev pom zoo kom raus tes pab:

- Qhia rau cov zej tsoom Neeg Esxias Yav Qab Teb Sab Hnuv Tuaj kom paub txog cov kev muaj mob los ntawm txoj kev raug pa luam yeeb, thiab qhia txog qhov tseem ceeb uas tsis pub muaj pa luam yeeb hauv tsev rau cov me nyuam.
- Ras txog qhov tseem ceeb ntawm kab lis kev cai hauv cov Neeg Esxias Yav Qab Teb Sab Hnuv Tuaj uas txhob tsim muaj kev ua siab luag thaum ua lus qhia tiv thaiv lwm cov kom txhob raug pa luam yeeb.

# APT-FCM

Neeg Esxias Sab Pov Txwv Pacific Koom  
Haum Tsis Muaj Haus Luam Yeeb hauv  
Minnesota (Asian Pacific Tobacco-Free  
Coalition of Minnesota)



**BlueCross BlueShield  
of Minnesota**

An Independent licensee of the Blue Cross and Blue Shield Association

## SEARCH

ZeJ Zog Neeg Esxias Thoj Nam  
Yav Qab Teb Sab Hnub Tuaj Lub  
Tsev Neeg (Southeast Asian Refugee  
Community Home)

### Ncauj lus xaus thiab cov chiv keeb:

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2. Centers for Disease Control and Prevention. State-specific smoking-attributable mortality and years of potential life lost — United States, 2000–2004. *MMWR* 2009;58:29–33.
3. Acevedo-Garcia D, Barbeau E, Bishop JA, Pan J, Emmons KM. Undoing an epidemiological paradox: The tobacco industry's targeting of U.S. immigrants. *Am J Public Health* 2004;94(12):2188–93.
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5. Vim txoj kev siv cov neeg nug lus uas hais tau ob hom lus, txoj kev tshawb fawb cov zej tsoom no yog tshawb txog cov Neeg Esxias Yav Qab Teb Sab Hnub Tuaj uas tsis tau xyaum hloov coj li cov Neeg Asmeskas ntau heev thiab yog cov tseem coj lawv cov kab lis kev cai ntau dua thaum muab sib piv nrog lwm cov kev tshawb fawb txog cov zej tsoom neeg no. Cov neeg xeeb txawm hais hom lus yuav pom txoj kev haus luam yeeb txawv heev dua cov neeg xyaum hloov uas hais tau Lus Askiv.
6. Txoj kev siv luam yeeb rau kab lis kev cai muaj feem xyuam rau txoj kev ntsuas kev haus luam yeeb. Vim yog cov Neeg Esxias Yav Qab Teb Sab Hnub Tuaj txoj kev sib haum xeeb muaj nuj nqis heev, cov neeg yuav teb qee nqe lus nug uas tsis tshua zoo mloog raws li lawv ntseeg tias yog "lus yog" es tsis teb kom muaj "kev poob ntsej muag" raws li lawv txoj kev xav los yog tus yam ntxwv coj tiag. Txoj kev teb lus zoo li no yuav qhia tsis tas cov kev haus luam yeeb los yog lwm cov yam ntxwv ntawm txoj kev haus luam yeeb.
7. Twb tshawb fawb tiav cov zej tsoom neeg no ua ntej tsim tsa muaj lub xeev txoj cai txwv txiav tsis kheev haus luam yeeb hauv cov khw ua noj thiab cov khw muag cawv haus (Txoj Cai Ua Tau Pa (Freedom to Breathe) thaum lub Kaum Hli Ntuj xyoo 2007 lawm. Tiam sis, lub sij hawm thaum sau cov ncauj lus tshawb fawb ntawd, Minneapolis thiab St. Paul, nrog rau lwm cov zej zog twb yeej teeb muaj cov kev cai txwv txiav kev haus luam yeeb hauv cov chaw pej xeem huab hwm mus txog, xws li cov khw muag cawv haus thiab cov khw ua khoom noj.

### Lus pom zoo tag los:

Blue Cross and Blue Shield of Minnesota, ClearWay Minnesota<sup>SM</sup>, Asian Pacific Tobacco-Free Coalition of Minnesota, Southeast Asian Refugee Community Home. *Tobacco Use in Minnesota: A Quantitative Survey of Cambodian, Hmong, Lao and Vietnamese Community Members*. October 2009.

This report is available in Cambodian, English, Hmong, Lao and Vietnamese.

You will find the Executive Summary and other DREGAN reports on [preventionminnesota.com/site\\_searchresults.CFM?q=dregan](http://preventionminnesota.com/site_searchresults.CFM?q=dregan).

### Cov txhawb ntxiv:

University of Minnesota researchers joined the DREGAN team in 2004 to design and implement the quantitative survey of community members.

The Statewide Tobacco Education and Engagement Project (STEEP), another organization of Southeast Asian Minnesotans, reviewed several drafts of the report.