



# Nightlife and social smoking in LGBTQ+ communities

Social smoking can have a big impact on the health of LGBTQ+ communities.

Social smoking is smoking mostly or only in social situations rather than smoking every day.

Learn how to protect yourself and your community.

## Did you know?

- Big Tobacco aggressively targets LGBTQ+ communities at festivals, bars and clubs with tailored advertising campaigns.
- Tobacco manufacturers and retailers frequently use coupons, price discounts, sponsorships and giveaways to make tobacco products more appealing and accessible.
- LGBTQ+ individuals are exposed to tobacco couponing messages on video streaming platforms at three times the rate of their heterosexual and cisgender peers.
- Many LGBTQ+ individuals use smoking as a way to cope with stress and discrimination in social environments, including nightlife scenes.

## The negative effects of social smoking

- **Health issues:** Even occasional social smoking can lead to immediate health issues like coughing and shortness of breath, which over time can worsen into serious long-term health problems such as heart disease, cancer and breathing problems.
- **Potential for dependence:** Smoking even occasionally during social and nightlife activities, like drinking alcohol, can increase the risk of nicotine dependence.
- **Normalization of smoking:** Many people smoke in LGBTQ+ nightlife scenes, which can make smoking seem more common than it is. This can even influence younger community members to start smoking.





## Take action against social smoking in LGBTQ+ communities:

- Advocate for smoke-free policies in local bars, clubs and public spaces that LGBTQ+ communities visit often.
- Support organizations dedicated to reducing tobacco use and promoting health in LGBTQ+ communities.
- Use social media and take part in community events to spread awareness about the risks of tobacco use for LGBTQ+ communities and the importance of smoke-free environments.

## How to get help:

- Visit [Cancer-Network.org/Outlast-Tobacco](https://www.cancer-network.org/Outlast-Tobacco)
- Call 1-800-784-8669 for your state's tobacco quitline.
- Text QUIT to 47848 to join a smoke-free texting program.
- Visit [LGBTQHealthCareDirectory.Org](https://www.lgbtqhealthcaredirectory.org) to find LGBTQ+ friendly health care providers.