



Secondhand Smoke Protections in Tribal Communities

Mission and Core Values

To provide commercial tobacco secondhand smoke awareness and resources to New Mexico tribal communities, improving health outcomes.

Respect, Culture, Family Responsibility to Community, Humility, Health, Love, Empowerment, Sustainability, and Community

Newsletter Changes?

Greetings!

As many of you may have already read, the Keres Community Health team switched to working remotely for the sake of our team's health and our partners. In return, we will be switching things up by providing you all with more consistent communication through our newsletter. Instead of receiving our issue monthly you will instead be getting them biweekly. Listed below are some key features you can expect to receive:

- Commercial Tobacco Updates
- Community Health Leader Successes
- Environmental Impacts of Tobacco
- Upcoming webinars and resources
- Much more!



If you know others who would like to be part of our Smoke Free Signals newsletter listserv please [click here!](#) We look forward to providing you all with this content.

How Smoking Harms the Environment

Commercial Tobacco Waste

The health risks of commercial tobacco use is well known throughout the U.S. and the entire world, however there is less awareness of the environmental impacts of tobacco use. **267 billion cigarettes are smoked each year in the U.S.**, and the cigarette butts eventually become litter to roadways,



parks, street sides, yards, coastal beaches and waterways.

The tobacco industry spends millions of dollars on farming tobacco fields worldwide. As a result, it uses **massive amounts of water and is responsible for large-scale deforestation and contamination of**

drinking water with thousands of chemical toxicants - all the while contributing to climate change. Commercial tobacco farming also reduces the soil's fertility from over farming for mass profit.

It is estimated that **tobacco-related deforestation** alone is responsible for as much as 5% of the world's total greenhouse gas productions. For example, clearing of land for farming and burning wood for curing tobacco leaves before being shipped to manufacturers for purchase.

In a 2019 Tobacco, Health and the Environment study, **3 out of 4 reported improper cigarette disposals** on the ground or out of a car window, contributing to the estimated **1.69 billion pounds of cigarette butts as toxic trash** each year.

If you're a current smoker, consider **QUITTING** not only for your health, family, love ones but also for the environment.

For more information, please [click here](#) and [Truth Initiative](#)

Webinars and Resources

Truth Initiative COVID-19: the connection to smoking and vaping, and resources for quitting

The campaign for inspiring tobacco-free lives, Truth Initiative released a news article about the **correlation** between the pandemic **COVID-19** and **current tobacco users**.



For more information please [click here](#)

Truth Initiative E-Cigarettes: Facts, stats and regulations

The campaign for inspiring tobacco-free lives, Truth Initiative released a **e-cigarette fact sheet** describing the generation of e-cigs and the threat it poses to the progress of the public health community and government.

To download please [click here](#)

truth initiative ACTION NEEDED: E-CIGARETTES

Since their introduction in 2003, e-cigarettes have become both ubiquitous and an increasing source of public policy concern and debate. The concern about potential harm stems from **reports that youth e-cigarette use**. The most recent data show that 23.9% of high schools are using these products — a mark of youth tobacco product use not seen in any other decade. The public health community, parents and educators are shocked and worried for their children and students using these products at home and even in class. **Young people are reporting worse signs of dependence** including using e-cigarettes when they feel weak, up, unable to concentrate in the classroom without using an e-cigarette, and even waking in the night to get a nicotine fix.

We have known for decades that youth in particular should not be exposed to nicotine because it changes brain chemistry to create a stronger addiction, can lead to memory and concentration problems, and can cause youth who are more susceptible to addiction to other substances. Research also suggests that young people who use e-cigarettes are four times more likely to go on to smoke combustible cigarettes.

E-cigarettes are now threatening to undo all the progress that the public health community and government have made over decades to reduce cigarette smoking. Current generations of e-cigarettes are now threatening to undo all the progress that the public health community and government have made over decades to reduce cigarette smoking.



American Lung Association Tobacco Cessation Barriers 101: The Impact on Quitting

The American Lung Association addresses **common barriers in tobacco cessation services** in state Medicaid programs, and its impact on helping people quit smoking.



To view please [click here](#)

Indian Health Services (IHS) - Tobacco Prevention

On July 10, 2019, IHS, and Inter-Tribal Council of Michigan's National Native Network launched a webinar titled "Using Campaigns and Social Media to Address Commercial Tobacco Use".

Presenters: Alberta Becenti, MPH and Michelle Dixon Johns, MA, MPH



To view please [click here](#)

What now?


We encourage you to read all the articles in this and upcoming newsletters, and to share and forward these emails to people within your network to help keep everyone up to date!



This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.

View an archive of past newsletters [here](#). Sign up to receive future newsletters [here](#).

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