

# SMOKE FREE SIGNALS NEWSLETTER

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

Friday, December 9, 2022



## MISSION AND CORE VALUES

TO PROVIDE COMMERCIAL TOBACCO SECONDHAND SMOKE AWARENESS AND RESOURCES TO NEW MEXICO TRIBAL COMMUNITIES, IMPROVING HEALTH OUTCOMES

## WELCOME TO OUR BIWEEKLY NEWSLETTER

Smoke Free Signals would like to welcome you to our December biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

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## Smoking During the Winter Months

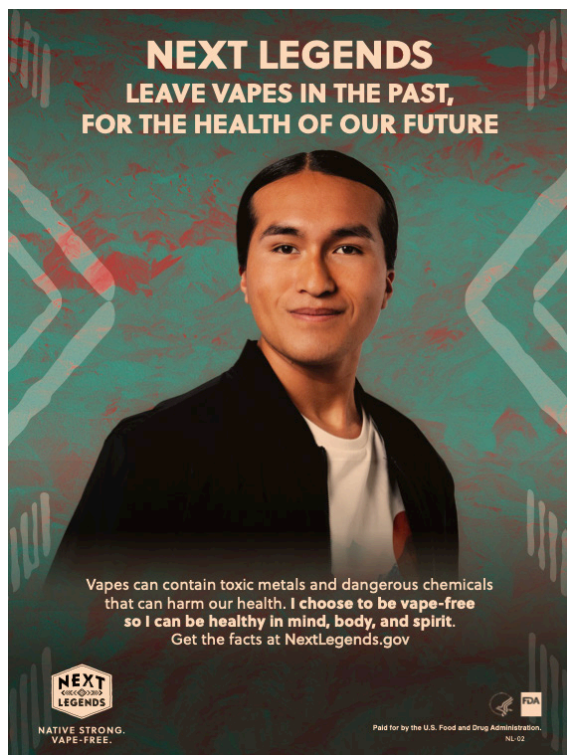
Did you know that smoking in cold weather can be harmful for your heart? When living in an urban area or places of frequent vehicle traffic, it can already be burdensome to the lungs, especially during the winter months. The cold air and smog can lead to swelling and narrowing of lung airways. When an individual smokes in these settings, they can experience breathlessness. This is a buildup of excess mucus and impairment of the lung clearances. This buildup of mucus and toxic chemicals from smoking can lead to symptoms of wheezing and coughing. In addition, smoking in the winter can cause higher blood pressure than usual due to the heart working harder to pump blood to warm the body. Smoking will only put a further strain on the heart.

### **Keeping the Lungs Healthy:**

- ◇ Do not smoke inside. The lack of circulation during the cold months can already be a risk factor for lung infections and concentration of other gases and particles. Smoking will only contribute to the uncirculated air.
- ◇ People exposed to secondhand smoke and aerosol are more prone to contracting colds, flus, and other viral infections. Individuals with reduced immune systems are more immune compromised, especially during the winter months.
- ◇ If you must smoke, smoke at least 25 feet away from your house, vehicle, and work building. This will keep your family, friends, and coworkers safe from the harm of secondhand smoke and aerosol.
- ◇ Call [1-800-QUIT NOW](https://www.1800quitnow.org) (1-800-784-8669) for additional support to quit commercial tobacco.

[CLICK HERE](#) for more information.

## Commercial Tobacco Education Resource Library



Does your organization or program need commercial tobacco education material for 2023? Request your FREE education material through the [U.S. Food & Drug Administration](#) (FDA) material website. The FDA material includes content on smoking cessation for adults, health information for social media, youth resources for vaping, website embedded content and media, and much more. In addition, the FDA resource library includes a 24/7 virtual booth, educational videos, educator hub for parents, teachers, and students. [CLICK HERE](#) to request and download FDA material.

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## Smoke Free Signals Tribal Health Program and Organization Highlight

Would you like to have your health program, department, organization, or services highlighted in the Smoke Free Signals' biweekly newsletter? Smoke Free Signals would like to share your updates, projects, and other initiatives with our listserv and networks. This opportunity will allow your organization to gain attention and allow other health programs to gain ideas, reach out for collaborations, and be inspired. Email Josiah at [JConcho@keresnm.com](mailto:JConcho@keresnm.com) to learn more about this highlight opportunity.

# Upcoming Opportunities

## Truth Initiative: Mental Health and Vaping



Join [Truth Initiative](#) this winter and take action by adding your voice towards the fight to protect mental health. For decades, tobacco companies have targeted teenagers and young adults with their harmful and electronic smoking devices. According to a Truth survey, 81% of e-cigarette users started vaping to cope with stress, anxiety, and depression. Add your voice this winter by submitting your name to declare vaping nicotine a national mental health issue. [CLICK HERE](#) to add your voice.

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## American Lung Association: Opt-Out Model: Enhancing the Standard of Care for Tobacco Dependency with Proactive Referral to Treatment Services

**Wednesday, December 14, 2022 @ 1:00 – 2:30 PM CST**



Join [American Lung Association](#) for this interactive webcast to learn more about comprehensive tobacco use treatment methods, outcomes of opt-out referral programs, strategies for partnership, professional health resources, and enhancement of a more standardized and comprehensive standard of care for tobacco use. [CLICK HERE](#) to register.

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## New Mexico Public Health Association: 19th Annual Health Policy Forum



Join in virtually for an **on-demand** keynote address given by Dine writer and activist Mark Charles at the [19th Annual Health Policy Forum](#). The New Mexico Public Health Association welcomes you to listen in to the transformative work of Mr. Charles, including his life story and various inspiring experiences. [CLICK HERE](#) to watch the keynote address.

# FREE Resources

## FREE Window Decals

Everyone shares the same air. Why not share the Smoke-Free and Vape-Free cause with others! Keep your home and vehicle safe by letting others know that your home and vehicle are Smoke-Free and Vape-Free. Request your **FREE** window decal at [\*\*SmokeFreeSignals@gmail.com\*\*](mailto:SmokeFreeSignals@gmail.com)



This is a  
Smoke-Free and  
Vape-Free Vehicle



This is a  
Smoke-Free and  
Vape-Free Home

## Smoke Free Signals Education Videos

The Smoke Free Signals Secondhand Smoke and Tobacco Education Video Series is available on the Smoke Free Signals website. The videos can be shared with students, friends, and family, and community members. If you would like to request a USB-drive of all Secondhand Smoke and Tobacco Education videos, please email [SmokeFreeSignals@gmail.com](mailto:SmokeFreeSignals@gmail.com).

To watch Smoke Free Signals' Education Video visit:  
<https://www.smokefreesignals.com/education-videos>

## FOLLOW US ON SOCIAL MEDIA!



Stay active with Smoke Free Signals by following us on our Social Media platform! We keep our page current with the latest news, activities, and initiatives. We also share prevention tips and facts about the dangers of secondhand smoke. Stay up-to-date with Smoke Free Signals TODAY and follow us on Facebook **@Smoke Free Signals!**

If you would like to unsubscribe from the Smoke Free Signals' biweekly newsletter, please email [JConcho@keresnm.com](mailto:JConcho@keresnm.com) to be removed from the listserv directory.

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