

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, February 24, 2023



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 February biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

HIGHLIGHTS

2

How Is Smoking and Breathing Secondhand Smoke Related to Heart Disease?

3

American Lung Association: Addressing Commercial Tobacco Use in Indigenous Communities

3

Keres Community Health Website Launch

4

OPPORTUNITIES

5

FREE Resources

How Is Smoking and Breathing Secondhand Smoke Related to Heart Disease?

Did you know that a major cause of cardiovascular diseases are from smoking commercial tobacco products and breathing secondhand smoke? The most common type of heart disease in the United States is coronary heart disease. This disease is the narrowing of blood vessels that carry blood to the heart. Chemicals that are found in commercial tobacco products have been linked to causing the blood to thicken and forms clots. **In addition, secondhand smoke causes up to 34,000 early deaths from coronary heart diseases each year.**

Smoking Commercial Tobacco Can:

- ◇ Raise triglycerides (a type of fat in your blood)
- ◇ Lower “good” cholesterol (HDL)
- ◇ Make blood sticky and more likely to clot, which can block blood flow to the heart and brain
- ◇ Damage cells that line the blood vessels
- ◇ Increase the buildup of plaque (fat, cholesterol, calcium, and other substances) in blood vessels
- ◇ Cause thickening and narrowing of blood vessels

RESOURCES:

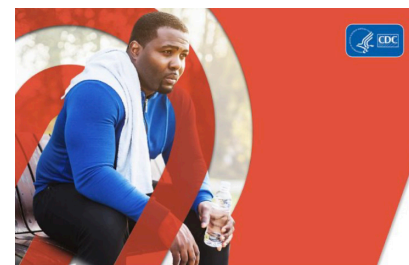


CALL 1-800-QUIT NOW
CLICK HERE FOR QUIT NOW WEB-BASED SERVICES

FREE Help Quitting
All Tobacco and Vaping Products.

→ Free Options Include:

- 24/7 support
- Personal Quit Plan
- Self-help materials
- Unlimited sessions with a trained Quit Coach
- Gum, patches or lozenges, while supplies last
- Shipping mailed directly to the registered participant
- Specialized services for youth and also for pregnant women



There are things you can do TODAY to lower your risk of heart attack and stroke.

Start now with small steps.

millionhearts.hhs.gov/livetothebeat

[American Heart Month Toolkit](#)

For more information visit:

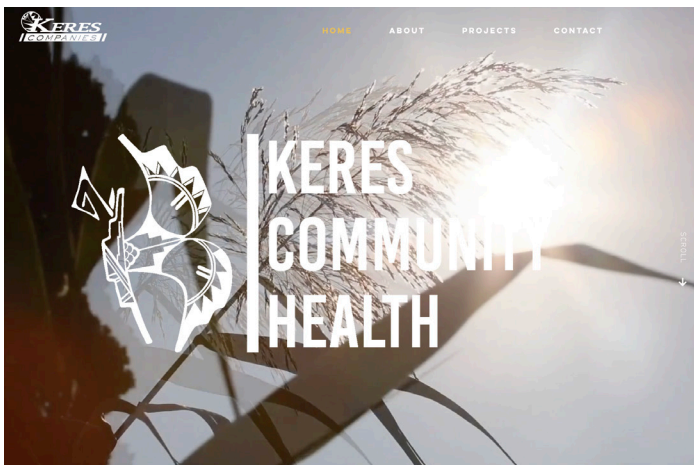
https://www.cdc.gov/tobacco/basic_information/health_effects/heart_disease/index.htm

American Lung Association Toolkit Overview: Addressing Commercial Tobacco Use in Indigenous Communities

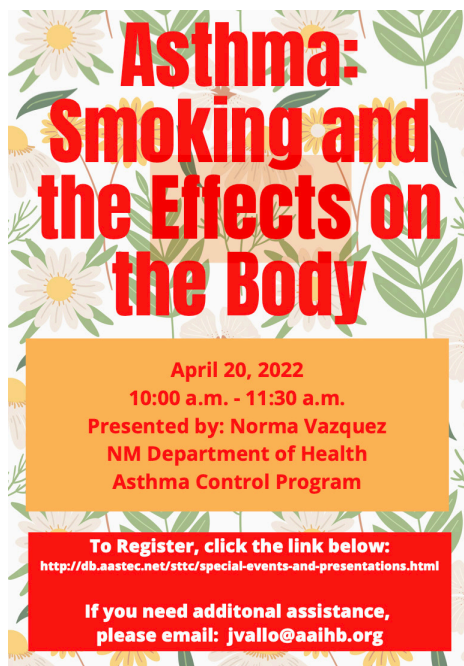


Join American Lung Association and Keres Community Health for the launch of the Toolkit: *Addressing Commercial Tobacco Use in Indigenous Communities!* Click the link below to view and navigate the toolkit to examine issues related to commercial tobacco use and nicotine dependence in Indigenous communities. In addition, use the new toolkit to provide culturally competent strategies, tools and lessons learned that can be implemented by public health professionals, clinicians and community partners serving diverse Indigenous communities. [CLICK HERE](#) to access the toolkit.

Keres Community Health Website Launch!



Join the Keres Community Health (KCH) team for the launch of the KCH website! Visit the website to learn more about the KCH program, team members, current and past projects, and much more! [CLICK HERE](#) to visit the website.



Tobacco Virtual Presentation
Asthma: Smoking and the Effects on the Body
Thursday, April 20, 2022 @ 10:00 AM – 11:30 AM (MT)

Join Norma Vazquez and the New Mexico Department of Health Asthma Control Program for their upcoming asthma presentation! The virtual presentation will include topics on asthma, the impact of smoking on the lungs and body and much more. [CLICK HERE](#) to register.

NIHB National Tribal Health Conference

Monday - Friday, May 1 – 5, 2023



Join the [National Indian Health Board](#) for the 2023 National Tribal Health Conference in Anchorage, AK. The one week-long conference will showcase the interconnectedness of policy, advocacy, and Indian health and wellness best practices. In addition, the conference will offer educational workshops, hands-on trainings, focus areas with youth, elders, and veteran's advocacy, and a cultural night. [CLICK HERE](#) to register and for more information.

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.

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 to be removed from the listserv directory.