



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

Nicotine Addiction Caused from Vaping



Did You Know?

When a teen inhales vapor filled with **nicotine**, the drug is quickly absorbed through the blood vessels lining the lungs, and **reaches the brain in about 10 seconds** (Yale Medicine, 2019).

For years, researchers have informed the dangers and risks of nicotine and how easily it is for adults to become addicted to this substance. However, why is nicotine so addictive and making it more difficult for teens to quit?

An article published by [Yale Medicine](#), discusses the results of nicotine addiction in teens. It further states, "Adolescents don't think they will get addicted to nicotine, but when they do want to stop, they find it's very difficult" (Yale Medicine, 2019). Continuing, when teens become addicted to nicotine it alters the reward system in their brain, and because this mechanism is so engrained in the brain, it makes it especially hard to resist.

Which is better, vaping or combustible cigarettes?

In short, neither commercial tobacco products are safe for the body. It can be argued that vaping does not contain 7,000 chemicals as opposed to cigarettes, however the secondhand aerosol produced from vape products is also not safe. Researchers have found that vape devices often contain lead and volatile organic compounds, some of which are linked to cancer.

To learn more about this topic please [click here](#)

Editorials & Stories Features:



Smoking and COVID-19

Rachel Riley - Pueblo of Acoma

A person who smokes commercial tobacco may be at greater risk and have a harder time recovering from COVID-19. The smoke from commercial cigarettes makes it harder for the immune system to function at its best and when this happens, it can sometimes cause health complications like heart and lung disease (CDC).

Learn more about the link between COVID-19 and smoking [here](#).

For help quitting commercial tobacco products call 1-800-QUIT NOW or visit [here](#).

A Breath of Fresh Air

Anthony Romero - Jemez Valley

My name is Anthony and I am from the Jemez Valley and this is my story.

Growing up, I have very fond memories of people, family members, and friends asking me how I am doing and how is my health. I always thought it was just a common greeting. As I got older I remember being in the hospital a lot, and when I say a lot, I mean at the age of 7 I knew the hospital like the back of my hand.

I remember when I was 10, I returned to the hospital in an ambulance and I remember the terms, "oxygen level," "CO2 level," and "lung capacity." At that age those terms were traumatizing. I then knew I had severe asthma and understood everything about it. Today I carry inhalers, peak flow meters and an epi-pen wherever I go. I learned at an early age the worst trigger for my asthma is being around smoking, especially the smoke that comes from commercial cigarettes.

If I could I would erase all these memories of hospitals and specialists along with difficulty breathing. Instead I use these memories to try and educate people on the dangers of secondhand smoke, thirdhand smoke and even secondhand aerosol. I became a Smoke Free Signals Community Health Leader to educate and to reach those who would help educate and explain how commercial smoking can impact children, elderly, or anyone in that matter.

Having asthma as a young child has taken away many things that I could have done with my young friends, like participating in certain events where smoking is a big part of our ceremonies. But with education I am able to participate more than I ever have before and having the knowledge on how smoking is harmful to children I am able to pass down my knowledge. The biggest reward is to be able to protect my son and to keep his lungs healthy.

As I presented to the 2019-2020 Governors administration of Jemez Pueblo along with the the Smoke Free Signals team, each Governor and programs directors sat and listened with the upmost respect an attention followed with many questions. We knew

then these issues were thought about and our seed was planted. Since then we have been invited to attend other health related events which was the highlight of my time as a Smoke Free Signals liaison.



Anthony,
This article is dedicated to the children, adults and elderly suffering from asthma.

Environmental



The increased use of e-cigarette and the vaping-related lung injury crisis across the United States, has caused local governments, states, and tribes to act accordingly. This included sales restrictions and actions related to removing these devices and related products from the marketplace. However, due to these bans, there has been an increase of unsold devices and as a result, retailers and users are disposing of these products improperly, which is affecting the environment as hazardous waste under federal law.

To learn more about this toxic problem, read : [Unsold Vapes And Hazardous Waste: How Sales Prohibitions Shift Disposal Costs Back To Retailers.](#)

Upcoming Conference

2020 NMACTION Conference
UNITED: Invigorating partnerships to prevent



[NMACT](#) will be hosting a **virtual conference** for partners and organizations on **May 27-28, 2020** via Zoom.

This year's Keynote speakers include the talented Navajo Comedian, **Ernie Tsosie** and two time Olympic Medalist, **Leo Manzano**.

Tracks include (*CEUS will be provided for joining the conference live*):

- Youth and Families
- Behavioral Health
- LGBTQ

To register please [click here](#)

For additional questions please contact: [Tee Benally](#)

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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