



Sustainability

## 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, Community, Empowerment,

## Healthy Kids! Healthy Futures! Conference

This one-of-a-kind conference promises to be a highly engaging, interactive and motivating event. Held at the beautiful Buffalo Thunder Resort and Casino, attendees will learn new and exciting ways to enhance their youth and community's health and fitness. Network with and learn from tribal & Native experts, organizations and communities working to improve the health and physical activity of Native American children. See what they are doing. Take home tips, knowledge and inspiration for your work. Together we will ensure Healthy Kids! Healthy Futures!



### CONFERENCE GOALS:

- Inspire, motivate, energize and celebrate participants working in Native children's health and physical activity.
- Advance knowledge and practices to prevent Native childhood obesity and type 2 diabetes.
- Foster dialogue, encourage partnerships and build networks among conference participants.

HURRY! The deadline to [register](#) is Friday, April 14! Learn more about the conference [here](#).

## 1 in 4 youth exposed to secondhand smoke from e-cigarettes

*The Washington Post*

One in four middle school and high school students report that they have been exposed to secondhand smoke from e-cigarettes in the past 30 days, according to a [new study](#) by researchers at the Centers for Disease Control and Prevention.



The finding translates to about 6.5 million youth exposed. Some of the students had smoked

e-cigarettes themselves during that time, but 4.4 million were not users. More than 1 million were exposed to secondhand smoke only from e-cigarettes, the study concluded.

The U.S. surgeon general reported last December that exposure to secondhand aerosol from electronic cigarettes is harmful because of the possible toxic substances, such as nicotine and heavy metals, they contain. Nicotine exposure can be particularly dangerous because it can affect adolescent brain development.

E-cigarette use among young people is a growing concern in the United States, with the surgeon general [finding](#) a 900 percent increase from 2011 to 2015. That jump makes e-cigarettes the most commonly used form of tobacco among children and adolescents in the United States, surpassing cigarettes, cigars, chewing tobacco and other conventional products.

Flavor is one of the most common reasons young people give for using e-cigarettes, according to the surgeon general's report. But some chemicals used for e-cigarette flavoring can be harmful to health, King said.

To protect children from exposure to secondhand smoke from smoked tobacco products and aerosol from e-cigarettes, states and communities can consider modernizing smoke-free air policies to include e-cigarettes, he said.

"These policies can address the use of such products in indoor environments, and there has been considerable momentum across the country in the past few years," he said. Eight states and 500 communities currently cover e-cigarette aerosol in their smoke-free policies, he said.

To decrease all forms of tobacco product use among young people, King recommends "access restrictions that prohibit youth who are less than a specified age from purchasing e-cigarettes, as well as educational campaigns that warn about the risks of e-cigarette use and secondhand aerosol exposure among youth."

Read the [full article here](#).

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## *Event Calendar*

What's going on in the community.

### **Nominations for the 27th Annual IHS Albuquerque Area Honor Awards Ceremony are now open!**

You can view the descriptions of the various awards and eligibility criteria [here](#). The Albuquerque Area Honor Awards period covers the calendar year of 2016, from January 1, 2016 through

December 31, 2016. All nominations require the endorsement of the Chief Executive Officer or appropriate Division Director.

The awards include:

- Outstanding Customer Service Award (multiple awards may be given)
- Distinguished Service Award (multiple awards may be given)
- Above and Beyond Award (multiple awards may be given)
- Performance Improvement Team (Outstanding Teamwork) Award
- Community Injury Prevention Award
- Health Promotion Disease Prevention Award
- Outstanding Service - Nurse Award



- Outstanding Service - Medical Provider Award

Nominations for these awards represent the value IHS places on excellence of performance and exceptional achievements.

**Nominations must be submitted to the Area Director's office no later than 5:00 PM on Friday, April 21, 2017.** These nominations should be either (1) hand-delivered, (2) faxed to 505-248-4624, or (3) scanned/mailed to [Danell Bird](#). If you have any questions about these nominations, please contact Russ Pederson at 505-256-6737.

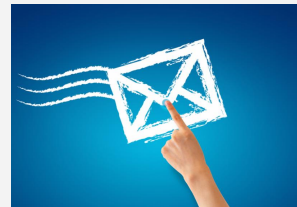
Click [here](#) to see the full event calendar. If you have an event in your area that you would like to add to our calendar, please share it with us [here](#).

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## What now?

Moving Forward.

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 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.*

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