

N 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, July 22, 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 July 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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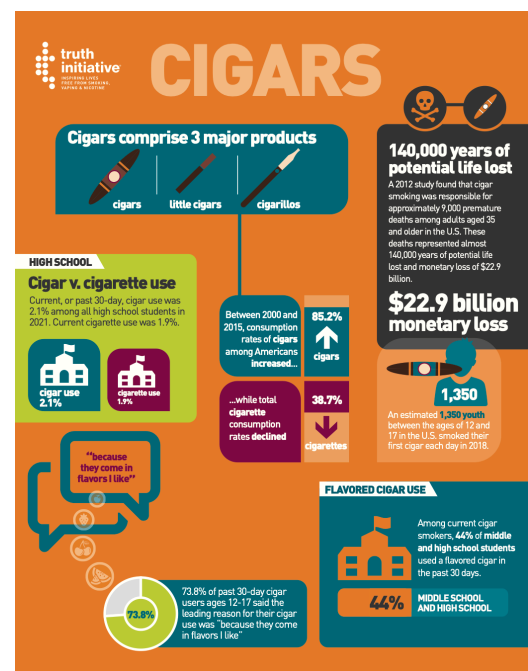
What Are Cigars?

Did you know that in 2018, an estimated 3,414 young adults between the ages of 18 and 25 initiated cigar smoking each day? According to Truth Initiative and the United States tax code, cigars are referred to “any roll of tobacco wrapped in leaf tobacco or in any substance containing tobacco.” Currently, there are three major cigar products sold on the market. These include little cigars, traditional (large) cigars, and cigarillos.

Little Cigars: these small cigars resemble cigarettes and are wrapped in brown paper that contains tobacco leaf. In addition, they are commonly sold by the singles or in packs, and have nicotine levels between 10.3-19.1 mg/g.

Traditional Cigars: these large cigars are often referred to as “stogies.” These cigars are separated into three portions: wrapper, binder, and filler. The nicotine level can range between 6.76-28.6 mg/g.

Cigarillos: these longer cigars are often slimmer versions of the traditional cigar. These cigars are mostly machine-made and often cheaper than cigarettes. These cigars sometimes do not have filters or tips. The nicotine level can range between 4.84-12.0 mg/g.



For more information visit:

https://truthinitiative.org/sites/default/files/media/files/2022/07/Truth_Cigar_FactSheet_0722_FINAL.pdf

Smoke Free Signals Traditional Tobacco Education and Awareness Initiative

Smoke Free Signals would like to announce the launch of the Smoke Free Signals Traditional Tobacco Education and Awareness Initiative. The Smoke Free Signals program developed numerous tribally focused designs and imagery that are aimed in an ongoing effort to share awareness of the sacred use of traditional tobacco and the harms of commercial tobacco. The designs will be printed on items like stickers and notebooks. The items will be shared with tribal community health representatives, school health programs, and other tribal health programs.



If your health organization or program is interested in the notebooks, request and email Josiah Concho at JConcho@keresnm.com.

Upcoming Opportunities

Nicotine Dependence Treatment Continuing Education & Certification Program - **September 13, 14, & 15**



The Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) and Indian Health Service Health Albuquerque Area Promotion Disease Prevention invites you to be part of the Basic Tobacco Intervention Skills Certification for Native Communities (BTIS) 2022 VIRTUAL Training! The training session will allow to distinguish between the use of traditional and commercial tobacco in Native American communities and emphasize evidence-based techniques to increase rates of successful interventions resulting in the cessation of commercial tobacco use. [CLICK HERE](#) to register.

Truth Initiative Tobacco/Vape-Free College Program

Deadline To Apply: Wednesday, October 12, 2022 @ 5:00 PM



The Truth Initiative Tobacco/Vape-Free College Program is offering grants up to \$20,000 to universities and colleges to support an adoption and implementation of a 100% commercial tobacco-free policy. Grantees will receive guidance from webinars, an in-person training, and one-on-one consultations throughout the course of the grant. [CLICK HERE](#) to review full details about the program. For more information, register for an upcoming informational webinar on July 19 or August 18 at 3:00 PM ET. [CLICK HERE](#) to register..

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>

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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.

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