



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,

Tobacco in the News

Returning to Tradition: Honoring Traditional Tobacco and Health Serve as Big Motivators for Some Native Americans to Quit Commercial Tobacco

SAN DIEGO, CA—A little over a year ago, Pernell-Thomas Begay made a New Year's resolution to stop smoking cigarettes.

"I was 29 at the time and I thought, 'Wow, I'm going to be 30,' so definitely it was kind of an age factor and knowing full well that [smoking] was bad for you," he remembers.

Begay, a Navajo college student who lives in Albuquerque, New Mexico, began smoking nine years ago after a friend offered him a cigarette.

After one previous attempt to quit, he decided it was time to talk with his dad about his habit; that conversation that finally put things into perspective.

"He just talked to me about how tobacco is sacred for the Navajo and that it's abused nowadays, and we were just talking about how it was used as medicine, [for] ceremonial purposes and how it was used as payment to tribal medicine men," Begay said. "Taking that point of view – that mindset – seeing the tobacco as sacred and something that shouldn't be abused, it kind of helped me more not to smoke cigarettes."

To read the full article, [click here](#).



Community Successes

Pueblo of Isleta: *Freedom From Smoking Tobacco Cessation Program*

The Pueblo of Isleta's *Freedom from Smoking* program is an eight-session program spread out over six weeks designed to help community members quit their nicotine addiction. The sessions are:

1) *Thinking About Quitting*; 2) *On the Road to Freedom*; 3) *Wanting to Quit*; 4) *Quit Day*; 5) *Winning Strategies*; 6) *The New You*; 7) *Staying Off*; and 8)



Let's Celebrate! Isleta Health Center also offers a one-time, 90-minute *Thinking About Quitting* cessation session for those not ready to commit to a full eight-session program.

If your organization would like to learn more about creating smoke-free environments with the help of a *Freedom from Smoking* program, contact us [here](#).

Event Calendar

What's going on in the community.



The next **New Mexico Allied Council on Tobacco (NM ACT)** meeting will be held on **May 24th** from 9am-12pm at the American Lung Association, 5911 Jefferson St NE, Albuquerque, NM 87109.

Not in Albuquerque? No problem. For details on how to connect remotely, inquire [here](#).

Click [here](#) to learn more about the event and 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](#).

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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