



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

Request for Applications

Tribal Sub-Awards for Community Health Assessment Activities

Purpose

The purpose of this announcement is to provide funding of up to \$20,000 to at least three Tribes in the Indian Health Service Albuquerque Area to conduct community health assessment activities with technical support from staff at the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC).



COMMUNITY HEALTH ASSESSMENT (CHA) is a process for gathering information about the current conditions of a specific group, community or area to determine what you have and what you need to make a positive impact on the health issue(s) you wish to address. Conducting a CHA in your community has many potential benefits including:

- To help make decisions about community health priorities for program development & improvement.
- To obtain community-specific data that can be used for future grant writing.
- To gather baseline information about the current health status of the community (or a specific population within the community) and factors that influence community health and wellness that can be monitored over time.
- To learn how the community feels about an issue and what members think needs to be done about it.
- To identify, mobilize, and build upon local assets & resources.
- To gather support for action from leaders & other stakeholders.
- To drive effective planning and decision-making for improving the health of a community.

Eligible Applicants

The following 27 Tribes, Bands, Pueblos and Nations are eligible to apply for a sub-award: Alamo Navajo, Acoma Pueblo, Cochiti Pueblo, Isleta Pueblo, Jemez Pueblo, Jicarilla Apache, Laguna Pueblo, Mescalero Apache, Nambe Pueblo, Ohkay Owingeh, Picuris Pueblo, Pojoaque Pueblo, Ramah Navajo, Sandia Pueblo, San Felipe Pueblo, San Ildefonso Pueblo, Santa Ana Pueblo, Santa Clara Pueblo, Santo Domingo Pueblo, Southern Ute Tribe, TóHajiilee Navajo, Taos Pueblo, Tesuque Pueblo, Ute Mountain Ute Tribe, Ysleta del Sur Pueblo, Zia Pueblo, and Zuni Pueblo.

Other Eligibility Criteria

- Applicants must include a letter of support or tribal resolution from tribal leadership.
- Only one application will be accepted per eligible tribal community.

The deadline for applications is Friday, March 2, 2018 by 5:00 PM MST.

[View the full application here.](#)

Tobacco In The News

Even one cigarette a day increases risk of heart disease and stroke

Article from **CBS News**

If you think having just one cigarette a day won't do any harm, you're wrong. British researchers say lighting up just once a day was linked to a much higher risk of heart disease and stroke than might be expected.

The bottom line: **"No safe level of smoking exists for cardiovascular disease,"** wrote the team led by Allan Hackshaw, of UCL Cancer Institute at University College, London.

"Smokers should quit instead of cutting down, using appropriate cessation aids if needed, to significantly reduce their risk," the study authors said.

And it's a warning to the young that even so-called "light" smoking carries a heavy price, one expert said. Young adults "often smoke lesser amounts than older adults," noted Patricia Folan, who directs the Center for Tobacco Control at Northwell Health, in Great Neck, N.Y.

"These lighter-smoking young adults frequently do not even consider themselves smokers," she said, but they are still at "risk of developing coronary heart disease from smoking even a small amount of cigarettes."

For the new study, Hackshaw's team looked at data from 141 studies. Since the average cigarette pack contains 20 cigarettes, the researchers expected that the risk of heart disease or stroke for a one-cigarette-per-day smoker would be just 5 percent of that of a pack-a-day user.

But that just wasn't the case. Instead, men who smoked just one cigarette a day still shared a full 46 percent of the increased odds for heart disease that a heavy smoker had, and 41 percent of the risk for stroke.

And women who smoked one cigarette a day had 31 percent of the pack-a-day smokers' increased risk of heart disease, and 34 percent of their increased risk of stroke, Hackshaw's group said.

When the researchers focused on studies that controlled for several other risk factors, they found that smoking just one cigarette a day still more than doubled women's risk of heart disease.

"We have shown that a large proportion of the risk of coronary heart disease and stroke comes from smoking only a couple of cigarettes each day," Hackshaw said in a journal news release. "This probably comes as a surprise to many people. But there are also biological mechanisms that help explain the unexpectedly high risk associated with a low level of smoking."

Dr. Rachel Bond directs Women's Heart Health at Lenox Hill Hospital in New York City. She agreed that "no amount of smoking is safe." She said that quit-smoking efforts can work, but "true success is to avoid [initiating] tobacco exposure altogether."



Event Calendar

Tribal Leaders' Public Health Institute presents the
[Tribal Health Workforce Development Forum](#)

February 22, 2018

Registration and travel scholarship information available [here](#). The registration deadline is tomorrow, February 9, 2018.

For more information call 505-272-4100 or visit <http://iikd.unm.edu>

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](#).

Smoke Free Signals | 505-837-2104 | smokefreesignals@gmail.com
www.SmokeFreeSignals.com

STAY CONNECTED:

