



Sustainability

Secondhand Smoke Protections in Tribal Communities

Mission and Core Values

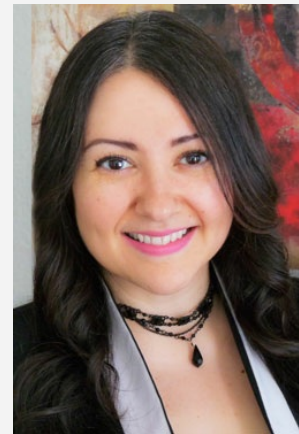
To provide commercial tobacco secondhand smoke awareness and resources to New Mexico tribal communities, improving health outcomes.

Respect, Culture, Family, Responsibility to Community, Humility, Health, Love, Community, Empowerment,

Meet this Week's Outreach Coordinator

Natalie Peña

Natalie is the Director of Programs for the New Mexico American Lung Association in New Mexico (ALANM). In addition to leading a few of ALANM's signature programs, Natalie leads the [Smoke Free at Home](#) program. The program works closely with all property owners, Public Housing Authorities, and Property / Asset managers to adopt smoke free policies.



Natalie specializes in:

- Support for Property Owners/Managers in adopting smoke free policies
- Lunch & Learn Workshops
- Secondhand Smoke Workshops

You can contact Natalie by [email](#) or by calling (505) 265-0732.

Tobacco Cessation Resource

Tobacco-Free Toolkit for Community Health Facilities

This toolkit will support tribal entities by providing guidance on how to assess their organization's readiness for change, steps towards designing and implementing smoke-free policies, and example policies, implementation timelines, and letters to community members explaining the policy. This toolkit was developed for a broad range of community healthcare organizations and treatment facilities.

View this toolkit [here](#).



Tobacco in the News

Smoking a pack a day causes 150 mutations in every lung cell, research shows

Smoking kills six million people a year worldwide and, if current trends continue, the World Health Organization predicts more than 1 billion tobacco-related deaths this century. Cancer is caused by mutations in the DNA of a cell.

Smoking has been linked with at least 17 types of cancer, but until now scientists were not clear on the mechanisms behind many of them.

"Before now, we had a large body of epidemiological evidence linking smoking with cancer, but now we can actually observe and quantify the molecular changes in the DNA," he said.

This study analyzed over 5,000 tumors, comparing cancers from smokers with those from people who had never smoked.

In lung cells, they found that on average, smoking a pack of cigarettes a day led to 150 mutations in each cell every year. Each mutation is a potential start point for a "cascade of genetic damage" that can eventually lead to cancer, they said.

The results also showed that smoking a pack of cigarettes a day led to an average 97 mutations in each cell in the larynx, 39 mutations for the pharynx, 23 for the mouth, 18 for the bladder, and six mutations in every cell of the liver each year.

Click [here](#) to read the full article.

Event Calendar

What's going on in the community.

Come celebrate Thanksgiving at a family-friendly, gratitude-filled fun run/walk hosted by Running Medicine and Bosque School. Choose from lots of events:

- 5k, 10k walk/run
- 1 and 2 mile fitness walks
- 400-meter toddler dash



8:00 AM Thursday, 11/24/16 at 400 Bosque School Rd NW, Albuquerque, NM.

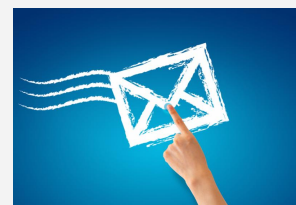
This is a FREE event. Sign-up on site. You are invited to bring donations for local families in need (winter clothing and non-perishable food items) as well as cash donations for the Running Medicine Program. For more information, contact 505-340-5658 or runningmedicineabq@gmail.com

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](#).

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.

Contact: **Allie Moore, Project Manager, Keres Consulting**

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