



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

How to Quit Smoking During COVID-19

Across New Mexico, **many tribal communities have been affected greatly by the outbreak of COVID-19.** There are increasing guidelines from the State including requirements to practice safe social distancing of at least six feet, wear a mask in public, work from home, with some communities shutting down to the public entirely to reduce the spread of COVID-19.



Adjusting to these new changes can be difficult and lead to an increase in stress. Lack of support due to social distancing, stress levels, limitations to visit the gym, or current financial situations may make it feel like quitting smoking is now more impossible than ever - but it is not impossible! **Take this time to think about the positive results from choosing to quit. These include better air quality, decrease heart and lung damage, and decrease one's vulnerability to contracting COVID-19.**

Listed below include **FREE** help **YOUR** way:

- 1-800-QUIT NOW (24/7 support)
- Personal quit plan
- Self-help materials
- Unlimited sessions with trained Quit Coach
- Nicotine Replacement Therapy (gum, patches, lozenges)
- By choosing to QUIT:
 - Quit at your own pace, conquer your urges to smoke, and become a nonsmoker

We understand choosing to quit smoking can be extremely difficult especially during this pandemic, but by doing so it **ensures a healthy future for yourself and your family.**

For Quit Support [Click Here](#)
For Additional Information [Click Here](#)

Community Health Leaders Special Edition



The Health Benefits of Quitting By: Rachel Riley, Pueblo of Acoma

The human body works in miraculous ways and when a person quits commercial cigarettes the body instantaneously starts to recover. Within 20 minutes, the heart rate and blood pressure begin to drop back down to normal levels. By 12 hours, the

level of carbon monoxide in the blood drops back to normal. By two weeks, circulation and lung function start to improve. Within six weeks, a person's energy levels can start to increase exponentially! Within 6 months, the "smoker's cough" and shortness of breath start to disappear and lung capacity greatly improves. By the one year mark, the risk of heart disease is half as high as someone who is still smoking.

To quit smoking call 1-800 QUIT NOW or visit www.cdc.gov/quit

Tooh Haltsooi Council of Naataani Chapter (Sheep Springs Chapter) By: Kevin M. Begay, Navajo Nation

I served as a CHL for the Tooh Haltsooi Council of Naataanii Chapter in Sheep Springs, NM and work as the Executive Manager for the community under the Navajo Nation Department of Community Development. Previously I was an accounting manager for tribal casinos which include the Ute Mountain Ute, Tesuque Pueblo, Sandia Pueblo and the Sherwood Valley Band of Pomo.



My CHL goal was to pass a community resolution to make all our public buildings "Smoke Free, Vaping Free & Smokeless Tobacco Free" which was passed and now in effect (Resolution: TC-2020-0366), With two Resolutions pending approval with the Northern Navajo Council and our Tribal Council. We also implemented commercial/traditional tobacco awareness into all our wellness committee events every month and look forward to working with the Newcomb Schools.

The most memorable part of this is having the Elders in our community tell stories of

Traditional tobacco and the uses, also they shared songs. I will definitely keep this conversation going with our Youth and create a bridge to keep traditions alive. Delegate Crotty has been hosting youth camps and this will be a part of the activities we have planned and be a big part of our community healing garden.

Thank you to the CHL program!



Pueblo of Zia
By: Judithe Gachupin,
Diane Shije, and Vernon
Saiz

Diane, Judithe & Vernon from the Pueblo of Zia. We work for Five Sandoval Indian Pueblos, Diane & Vernon are Preventionists and Judithe is a CHR and we serve our community. We have been involved with Keres Consulting with the Community Health Leadership Program for three years. We have been involved in many of the commercial tobacco and second hand smoke trainings/event.

Community Health Leadership has given us a lot of guidance and encouragement. We provided education, awareness and advocacy on secondhand smoke to the community through the Tribal newsletter, trainings and presentations. We also provided and developed communication and policies around commercial tobacco, second- and thirdhand smoke to Tribal Leadership and various programs. Diane and Vernon worked a lot with the youth to prevent them from the harmful effects of commercial tobacco.

The Tribal Governors have been very supportive of our endeavors to help our community in the effort to provide the education to the community. A great accomplishment was we were able to put up signage around the tribal complex and the playgrounds. It states "No smoking/vaping" within 30 feet of the building with the Zia logo.

Thank you to Keres Consulting for all the opportunities you have given us throughout the years.

Pueblo of Jemez
By: Anthony Romero

I am a student and currently my studies are in Emergency Management. I have been in public safety since the age of 15 yrs old. I have served the Pueblo of Jemez as a CHL with huge success from the governing body of Jemez.

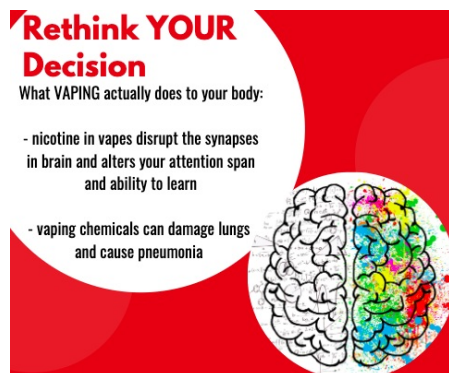


My goal was to educate my tribe, village on the harms and dangers of secondhand

smoking and its effects on young people and elderly especially.

The most memorable moments were when people from my community called and told me they were touched and moved by my article that was reprinted in the tribal newsletter.

FREE Resources



Vaping: Rethink Your Decision

Did you know?

Vaping actually contains dangerous chemicals and toxins that can damage different parts of your body. It is NOT a "safe" alternative to smoking.

Learn more [click here](#)

Download PDF [click here](#)

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](#).

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