



## 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

## What are Puff Bars?



**Puff Bars** are NEW disposable e-cigarettes on the market. These tiny devices mimic the appearance of the popular JUUL by being tech-inspired and able to fit in a closed fist. These copycat devices come in a variety of appealing flavors for youth and young adults. Most of them include "O.M.G" flavors aka Orange, Mango, and Guava (Truth Initiative, 2020).

### How do they work?

Similar to JUUL, the USB-looking device heats up a cartridge containing e-liquid which then produces an aerosol.

### Do they contain Nicotine?

**Yes**, the Puff Bars uses "Nicotine Salts", allowing **higher levels of nicotine** to be delivered to the user with less irritation, allowing easier initiation of use. The use of nicotine salts makes a HUGE difference in comparison to earlier e-cigarette models.

### Are they federally regulated?

**No**, unfortunately not. Because these new devices are disposable, they are **exempt from being subject to the new federal policy** regulating flavored e-cigarettes. Federal policy only restricts flavors for closed system e-liquid systems and cartridges, such as JUUL pods.

### Are Puff Bars harmful?

**Yes**, because these devices are growing in popularity, it is making them more accessible to youth and young adults. According to the Truth Initiative, there are currently **31 brands of disposable products priced as low as \$4.60 with up to 7% nicotine (2020)**. This can be particularly **harmful** for developing cognitive functions and it also opens the possibility to an array of health concerns such as **nicotine dependency**.

For more information, please [click here](#).

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## Upcoming Opportunities & Webinars

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### NMACT General Meeting

On Tuesday, April 21, 2020, [NMACT](#) will be hosting their general meeting from 1:00pm - 3:00pm.

To join via Zoom please contact:  
[Lesley Meyer](#) (NMACT Co-Chair)



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## FREE Resources

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### National Indian Health Board (NIHB) COVID-19 Tribal Resource Center Website

NIHB launched their **COVID-19 Tribal Resource website**. This contains tribally-specific Coronavirus-related developments, tools, and information for Tribes. The site also contains COVID-19 community health and advocacy tools, fact sheets and information about congressional.

For more details please [click here](#).



### NNN & IHS HP/DP Webinar Two Tobacco Ways: Centering Traditional Tobacco

The Inter-Tribal Council of Michigan's National Native Network with Indian Health Service Health Promotion & Disease Prevention and the Indian Health Services Clinical Support Center presented a webinar, Two Tobacco Ways: Centering Traditional Tobacco.



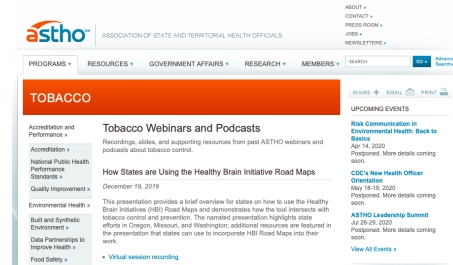
Learning objective included, understanding the two tobacco ways, culturally appropriate policy strategies, and understanding

how to work with tribal communities to write policy.

For more details please [click here](#).

## How States are Using the Healthy Brain Initiative (HBI) Road Maps

The Association of State and Territorial Health Officials released a **webinar** that demonstrated how the HBI Road Maps tool intersected with commercial tobacco control and prevention.

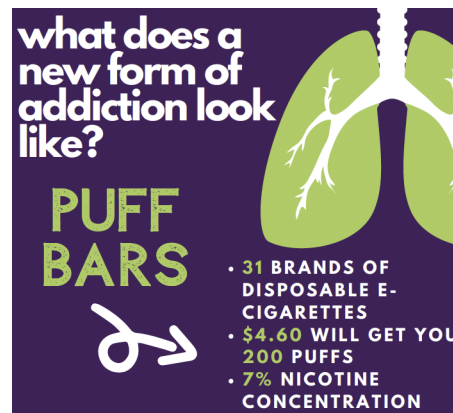


To view this virtual session recoding, [click here](#).

## Puff Bars: Newest Form of E-Cigarettes

FREE PDF: Please [Click Here](#)

Resource: [Truth Initiative](#)



For additional information:  
[Smoke Free Signals Program](#)

## 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!

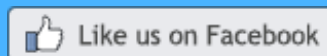


*This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.*

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