



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,

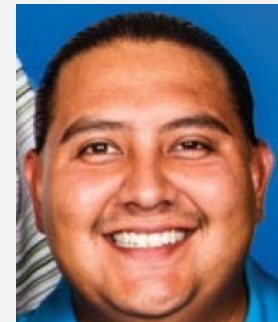
Meet this week's Prevention Specialist

Benjamin Zamora

My name is Benjamin Zamora and I am from Cochiti Pueblo. I am a Prevention Specialist for Five Sandoval Indian Pueblos. I primarily work in Cochiti Pueblo. I recently obtained my Certification as a Tobacco Interventionist.

Our goal in prevention is to promote resiliency by means of utilizing the traditional use of tobacco as the main intervention. Our program emphasizes the traditional use of tobacco, the process of planting and harvesting tobacco, the relevance of traditional tobacco in our community, and also the prevalence of commercial tobacco use in our community and ceremonial activities.

I primarily work with and serve the youth of Cochiti Pueblo, but I also educate the community on tobacco related disparities, with the emphasis that all providers should collaborate with the Pueblo's Administration/Departments and Tribal Officials so our community members can receive the best service possible.



Tobacco Cessation Resource

Smoke-free and Tobacco-free U.S. Tribal Colleges and Universities

The PDF from the American Nonsmokers Rights Foundation includes a list of U.S. colleges, including tribal colleges with smoke-free campus policies, along with links to these policies.

View this toolkit [here](#).



Community Success

by Miranda Bekis, SJCP

San Juan County Partnership (SJCP) is a non-profit located in Farmington, NM whose mission is "Working together, with people of all ages and cultures, to develop community wellness and prevention awareness." One focus area within San Juan County Partnership's variety of programs includes work in tobacco control. As part of that work, SJCP educates

community members at Navajo Area Chapters about secondhand smoke prevention.

Recently, SJCP gave a presentation to 45 residents at Diné Housing in Shiprock, New Mexico. It was a great turn out and the [Smoke Free Signals toolkit](#) was utilized during the presentation. Another opportunity for community education was with our youth and parents during the Winter Youth Conference in Shiprock. Because this event was primarily for youth, we were able to present a handout on secondhand smoke that showed how smoke travels through their bodies, and handed out a learning and activity book. The parents that stopped by also were able to pick up brochures about secondhand smoke.



Our primary goal is to improve the health of Navajo people while respecting traditional practices and ceremonies associated with traditional tobacco use. There is no safe level of exposure to secondhand smoke and ventilation technology does not ensure protection from secondhand smoke and its health-related illnesses. By providing more education, San Juan County Partnership is making a difference within the Navajo Nation. The Partnership continues to seek out ways to share this information with its local community. For more information or to request a presentation, please contact San Juan County Partnership at 505-566-5867.

Event Calendar

What's going on in the community.

The 2017 New Mexico legislative session runs January 17 through March 18, 2017. The New Mexico Allied Council on Tobacco (NMACT) will be in Santa Fe hosting a "Day at the Capitol" on February 22, 2017.

Please join us for food, training, and the opportunity to talk to your lawmakers about important tobacco-related issues.



The day will include:

- Training on how a bill is passed in NM; how to speak to your lawmakers; breakfast included
- Engaging press conference and displays
- The opportunity to meet with your lawmakers in a group setting, expressing your hopes for the community
- A debrief session in the afternoon; lunch will be provided.

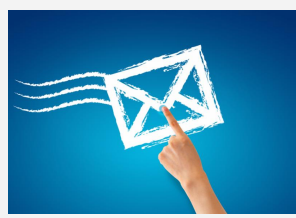
Please [RSVP here](#) to confirm your seat and food.

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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