

# N SMOKE FREE SIGNALS NEWSLETTER

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

Friday, February 4, 2022



## MISSION AND CORE VALUES

TO PROVIDE COMMERCIAL TOBACCO SECONDHAND SMOKE AWARENESS AND RESOURCES TO NEW MEXICO TRIBAL COMMUNITIES, IMPROVING HEALTH OUTCOMES

## WELCOME TO OUR BIWEEKLY NEWSLETTER

Smoke Free Signals would like to welcome you to our February biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

## HIGHLIGHTS

2

The Impact of Smoking  
On Your Heart

3

Smoke Free Signals:  
Community Outreach Initiative

3

Upcoming Events

4

**FREE RESOURCES!**

# The Impact of Smoking On Your Heart

According to the [American Heart Association](#), there are about 800,000 deaths each year in the United States and 20 percent are due to smoking cigarettes. It's essential for people who smoke to know that the chemicals in commercial tobacco products can cause cardiovascular disease.

The chemicals from cigarettes can cause changes in the blood chemistry, which creates plaque to develop in the arteries. As a result, blood can thicken and limit flow to important organs, like the heart and brain. Eventually, the plaque buildup will lead to blood clots, causing a heart attack or stroke, and even death.

**Smoking cigarettes can lead to cardiovascular disease. Some of these conditions include:**

- ◇ Coronary Heart Disease, or narrowing of blood vessels carrying blood to the heart
- ◇ Hypertension (High Blood Pressure)
- ◇ Heart Attack
- ◇ Stroke
- ◇ Aneurysms (a bulge or weakness in an artery)
- ◇ Peripheral Artery Disease

Quitting smoking entirely is the best way to improve heart health. The sooner the person quits, the more benefits to a healthier future. [CLICK HERE](#) to learn more about benefits.

For more information about heart health visit:

<https://www.fda.gov/tobacco-products/health-effects-tobacco-use/how-smoking-affects-heart-health>



## Smoke Free Signals: Community Outreach Initiative

**The times are changing, and so must we.**

Smoke Free Signals Outreach Coordinator, Anthony Saavedra, has gotten creative with how he delivers secondhand smoke protections education. It all started with a December 2021 in-person presentation to the students at Santa Fe Indian School (SFIS) as a part of its Health and Wellness Program.

When COVID cases began to rise again, however, students transitioned to virtual learning, nixing our traditional presentations as a possibility. Anthony revised his presentation to a virtual, Zoom setting, and has become a regular fixture in the Health and Wellness sessions once again. “Presenting for SFIS has been a great opportunity to spread commercial tobacco awareness,” said Anthony. “It has been amazing to see the students engaging with the lessons.”

Each week, he presents to a separate set of students, and while virtual learning presents its own set of challenges, it also brings opportunity. With Zoom learning, Smoke Free Signals has had the opportunity to reach more students. Just last week, Anthony presented to 60 SFIS students in one call! Double the amount he would have been able to reach if the presentation were in person. “We receive stellar feedback from the educators who attend these presentations, and they are grateful to see tobacco-free advocacy in the community,” Anthony shared.

We are thankful for SFIS for continuing to invite the Smoke Free Signals program to present on this important topic with its students and look forward to continued partnership.

## Upcoming Events

### **National Tribal Tobacco Conference: Reclaiming and Restoring Traditional Tobacco in Today’s World - May 16-17, 2022**

NATIONAL TRIBAL  
TOBACCO CONFERENCE



The National Tribal Tobacco Conference will take place physically and virtually at the University of Minnesota in Minneapolis, MN. This conference will address the traditional uses of tobacco and commercial tobacco impact in American Indian and Alaska Native (AI/AN) communities across the United States. Additionally, the conference will emphasize AI/AN persons returning to a healthy relationship with tobacco, the importance of creating health equity, and provide an opportunity for networking and collaboration. [CLICK HERE](#) to register.

Smoke Free Signals | 505-837-2104 | [www.SmokeFreeSignals.com](http://www.SmokeFreeSignals.com)

# FREE Resources

## FREE Window Decals

Everyone shares the same air. Why not share the Smoke-Free and Vape-Free cause with others! Keep your home and vehicle safe by letting others know that your home and vehicle are Smoke-Free and Vape-Free. Request your **FREE** window decal at [\*\*SmokeFreeSignals@gmail.com\*\*](mailto:SmokeFreeSignals@gmail.com)



**This is a  
Smoke-Free and  
Vape-Free Vehicle**



**This is a  
Smoke-Free and  
Vape-Free Home**

## Smoke Free Signals Education Videos

The Smoke Free Signals Secondhand Smoke and Tobacco Education Video Series is available on the Smoke Free Signals website. The videos can be shared with students, friends, and family, and community members. If you would like to request a USB-drive of all Secondhand Smoke and Tobacco Education videos, please email [SmokeFreeSignals@gmail.com](mailto:SmokeFreeSignals@gmail.com).

To watch Smoke Free Signals' Education Video visit:  
<https://www.smokefreesignals.com/education-videos>

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