

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 10, 2023



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 Youth Advocate Opportunities

2 Feature Opportunity

3 Events

6 FREE Resources

Opportunities

Youth and Health Advocate Opportunity

Keres Community Health (KCH) is seeking youth to participate in its new comic book series! This project will provide a fresh approach to youth education in relation to abstaining from nicotine products and connection to cultural values as a protective factor. Keres is recruiting youth advocates, 6th - 8th grade, from each New Mexico Tribal community to interview and collaborate to create a commercial tobacco education and traditional tobacco awareness comic strip. For more information or if you'd like to participate, please email Josiah at JConcho@keresnm.com or by phone at (505) 508-8041.

BECOME A YOUTH ADVOCATE FOR YOUR TRIBAL COMMUNITY!

New Mexico Indian Affairs Department
Commercial Tobacco Cessation & Prevention Project

*Did you know that **11.2%** of American Indian and Alaska Native middle schoolers use e-cigarettes, and **87%** smoke cigarettes?

Keres Community Health (KCH) is looking for youth participants to share their experiences of how they been impacted by commercial tobacco or why they use traditional tobacco to live a healthy life. Also, KCH will interview and collaborate with the youth to create a comic illustration from their own stories and experiences.

The project will provide a fresh approach to youth education in relation to **abstaining from nicotine products and connection to cultural values**. The comic illustrations will be custom designed, printed, and distributed to different Tribal communities, programs organizations, and schools across the state of New Mexico! Please contact **Josiah Concho** and **Joni Chee** for more information.

Contact Information:
Keres Community Health
JConcho@keresnm.com
Intern@keresnm.com
(505) 508-8041

New Mexico Risk and Resiliency Survey, 2017

Smoke Free Signals Tribal Health Program and Organization Highlight

Would you like to have your health program, department, organization, or services highlighted in the Smoke Free Signals' biweekly newsletter? Smoke Free Signals would like to share your updates, projects, and other initiatives with our listserv and networks. This opportunity will allow your organization to gain attention and allow other health programs to gain ideas, reach out for collaborations, and be inspired. Email Josiah at JConcho@keresnm.com to learn more about this highlight opportunity.

American Lung Association Toolkit Overview Addressing Commercial Tobacco Use in Indigenous Communities

Tuesday, February 14th, 2023 @ 2:00 PM CST



Join the American Lung Association for an upcoming webcast to learn more about the Lung Association's latest commercial tobacco toolkit - *Addressing Commercial Tobacco Use In Indigenous Communities*. Josiah Concho, from Keres Community Health, will lead webcast attendees through a toolkit overview, with practical ideas for implementing culturally competent strategies, tools and lessons learned from public health professionals, clinicians and community partners serving diverse Indigenous communities. [CLICK HERE](#) to register.

Basic Tobacco Intervention Skills Certification for Native Communities VIRTUAL Training

Tuesday – Thursday, February 21-23, 2023 @ 1:30 – 4:30 PM



Join the Albuquerque Area Southwest Tribal Epidemiology Center and the Indian Health Service Health Albuquerque Area Promotion Disease Prevention for a tobacco intervention training. The training will be culturally tailored to distinguish between the use of traditional and commercial tobacco in Native American communities and emphasize evidence-based techniques to increase the rates of successful intervention and cessation. [CLICK HERE](#) to register and get more information.

AASTEC Good Health and Wellness in Indian Country Program Designing Quality Survey Questions Virtual Workshop



Wednesday, March 8, 2023 & Friday, March 10, 2023
@ 9:00 AM - 12:00 PM MST

Join AASTEC Good Health and Wellness in Indian Country Program's Designing Quality Survey Questions Virtual Workshop! The workshop will allow you to understand the thinking process involved in answering survey questions, identify common problems with survey questions, and craft high quality open and closed-ended survey questions, and much more! [CLICK HERE](#) to register.

NIHB National Tribal Health Conference

Monday - Friday, May 1 – 5, 2023



Join the [National Indian Health Board](#) for the 2023 National Tribal Health Conference in Anchorage, AK. The one week-long conference will showcase the interconnectedness of policy, advocacy, and Indian health and wellness best practices. In addition, the conference will offer educational workshops, hands-on trainings, focus areas with youth, elders, and veteran's advocacy, and a cultural night. [CLICK HERE](#) to register and for more information.

Running Medicine Spring 2023 Season



**RUNNING MEDICINE
SPRING 23' SEASON**
ABQ Downtown & ABQ Westside/Rio Rancho

ABOUT US
Running Medicine Program is based on the understanding that running and exercise is a beautiful and potent medicine for mind, body, and spirit.

WHEN: MONDAYS, TUESDAYS, THURSDAYS, & SATURDAYS!

Register at <https://runningmedicine.org>

WALKERS/RUNNERS OF ALL ABILITIES & AGES ARE WELCOMED!

SPRING SEASON
Sat., March 25th - Thurs., June 8th

YOUTH USAF TRACK SEASON
Ages 6 - Adults

Contact us if you have any questions or concerns.
runningmedicineabq@gmail.com

NHI
Native Health Initiative

Saturday, March 25 - Thursday, June 8, 2023

Join Native Health Initiative for their spring 2023 running season! The Running Medicine Program is based on the understanding that running and exercise is a beautiful and potent medicine for the mind, body, and spirit. All running events will happen in Albuquerque and Rio Rancho areas. [CLICK HERE](#) to register.

Running Medicine Remaining Winter Schedule

Join [Native Health Initiative](#) for their Running Medicine remaining Winter Season Program. The Running Medicine Program promotes a healthy mind, body, and spirit through running and exercise. The vision of the program is to create a culture of wellness through a supportive and loving community. [CLICK HERE](#) for more information.



- ◇ **Saturday, February 11** – 9 AM at Johnson Field (UNM Main-Campus)
- ◇ **Saturday, February 18** – 9 AM at Volcanos
- ◇ **Saturday, February 25** – 9 AM at Elena Gallegos Open Space (Pino Trail)

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.

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

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Stay active with Smoke Free Signals by following us on our Social Media platform! We keep our page current with the latest news, activities, and initiatives. We also share prevention tips and facts about the dangers of secondhand smoke. Stay up-to-date with Smoke Free Signals TODAY and follow us on Facebook **@Smoke Free Signals!**

If you would like to unsubscribe from the Smoke Free Signals' biweekly newsletter, please email JConcho@keresnm.com to be removed from the listserv directory.