

# 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, March 31, 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 March 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** National Minority Health Month

**3** Smoke Free Signals: Mass-Reach Health Communication Intervention Campaign

**4** OPPORTUNITIES

**5** FREE Resources

# National Minority Health Month

April is [National Minority Health Month \(NMHM\)](#), a time to raise awareness about health disparities that continue to affect people from racial and ethnic minority groups and encourage action through health education, early detection, and control of disease complications. This year's theme is Better Health Through Better Understanding and focuses on improving health outcomes by providing culturally and linguistically appropriate information.

NMHM offers a good time to reflect if your community offers culturally appropriate commercial tobacco education. Many commercial tobacco prevention and cessation resources may focus on non-Indigenous populations, neglecting the sacred relationship between traditional tobacco and many Tribes.

## [Create Your Own National Minority Health Month Graphic](#)



## **Here are some great culturally significant resources to consider:**

[Smoke Free Signals](#) – Smoke Free Signals was established in 2015 to serve NM Indigenous communities and promote secondhand smoke protections through education, outreach, and policy support. Our website offers culturally tailored presentations, educational videos, infographics, toolkits, newsletters and more.

[National Native Network: Keep It Sacred](#) – This website offers a wide range of educational references for tobacco, tradition, and beyond. Included in its resources are also archived webinars, newsletters, podcasts, and toolkits to help serve in your educational efforts.

[Next Legends Campaign by the FDA](#) – Next Legends primarily a digital-based effort to reach AIAN youth, ages 12-17 who are at risk for using e-cigarettes. The website has social media posts you can use, fact sheets, research, and quitting resources.

[American Indian Commercial Tobacco Program](#) – Launched in 2015, this program supports American Indians quit commercial tobacco for good, while preserving the tradition of sacred tobacco, with three options including phone + online coaching, phone coaching only, or online coaching only.



# Smoke Free Signals Initiatives

The Smoke Free Signals (SFS) program has provided commercial tobacco, secondhand smoke, and secondhand aerosol education and resources to New Mexico Tribal communities, with a goal to improve health outcomes and eliminate exposure to secondhand smoke. As an initiative, SFS developed the Traditional Tobacco Education and Awareness campaign involving the development of custom designed materials. The materials were tailored to the unique Indigenous groups in New Mexico to share awareness of the sacred use of tobacco by Tribal communities through resources and educational materials.



To continue the progress and effort of educating and sharing awareness of the traditional use of tobacco, SFS has implemented a mass-reach health communication intervention campaign. The purpose of the campaign is to spread awareness about the sacred use of traditional tobacco as a protective factor and the danger of commercial tobacco use and secondhand smoke, while recognizing the cultural continuance of New Mexico Indigenous communities. Below are some behind-the-scenes images of the campaign's photoshoot.

Stay tuned as the images will be shared on social media, magazines, billboards, newsletters, and other media outlets!



# OPPORTUNITIES

## Center for Indigenous Health: Institute & Certification Programs

**DEADLINE TO APPLY: Tuesday, April 4, 2023**

Are you interested in joining the summer institute with Johns Hopkins Center for Indigenous Health? Johns Hopkins conducts different courses in American Indian/Alaska Native public health every summer. The courses are designed to introduce Indigenous health leaders to public health approaches for addressing health disparities in tribal communities. In addition, there are a limited number of scholarships and funding available. [CLICK HERE](http://bit.ly/2xOcgmo) to learn more about the programs and courses offered.

## TQA Pride: Youth + Educator Summit

**Saturday, April 22, 2023**

Join the GLSEN Albuquerque Chapter of New Mexico for the TQA (Trans, Queer, Ally) Pride: Youth & Educator LGBTQ+ Summit this summer! GLSEN provides resources and education tools to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment. This FREE and engaging event will include numerous workshops, keynote, and food! [CLICK HERE](http://bit.ly/tqa23) to register.



# 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>

## FOLLOW US ON SOCIAL MEDIA!



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](mailto:JConcho@keresnm.com) to be removed from the listserv directory.

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