



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,

Community Success

Joyful training brings awareness to commercial tobacco harms

On Thursday, March 16, eight people gathered at the Albuquerque Apartment Association for a common cause: to tackle the harms of commercial tobacco use head on. Smoke Free Signals, in partnership with the American Lung Association of New Mexico hosted a full-day training focused on three things: helping current smokers break the nicotine addiction, protecting residents of multi-unit housing from the harms of second and thirdhand smoke, and respecting the use of traditional tobacco.

The event had representatives from the Pueblo de Cochiti, Five Sandoval Indian Pueblos, and Nuestra Salud, an Albuquerque-based organization aimed to reduce health disparities affecting the Spanish-speaking community in NM.

"There was a great deal of laughter in the training," said Patricia Torn, co-presenter. "I love the humor that was brought by the people attending. It was joyous."

The day was framed as a "train the trainer" event so that community health representatives in attendance could take what they've learned from the training and present it back in their communities to a greater-reaching audience.

Attendees also had the chance to give comment for a brand-new training, *Respect Your Health & Respect Tobacco*, developed specifically for Native American audiences. Cancer, type two diabetes, and heart disease are a huge epidemic in Native communities today, and are all linked to commercial tobacco. This presentation is intended to bringing awareness to the dangers of commercial tobacco use, while respecting the sacred practice of traditional tobacco.

The next training will be held on April 6th. Please contact [Jovian](#) if you are interested in attending or having a training in your area.



Electronic Cigarette

Review

Audio-Visual Presentation from Dr. Stan Glantz



Dr. Glantz, the Truth Initiative Distinguished Professor of Tobacco Control, conducts research on a wide range of topics ranging from the health effects of secondhand smoke (with particular emphasis on the cardiovascular system) to the efficacy of different tobacco control policies. His work has attracted considerable attention from the tobacco industry, which has sued the University of California (unsuccessfully) twice in an effort to stop Dr. Glantz' work.

In [this lecture](#), Dr. Glantz gives a thorough review of electronic cigarettes, the multiple unsolved problems and their rapidly evolving use. He reviews early history starting in the late 1990's, when Philip Morris Tobacco Company did the first foundation work in secret for their possible future use to keep profits alive through an alternative addictive tobacco product even if commercial tobacco cigarette sales declined.

Dr. Glantz reviews various e-cigarette promotion claims and numerous recent research studies. The e-cigarette ultra-fine particles penetrate lung and blood vessel walls more easily than larger regular tobacco particles, which cause more smoke and greater cancer risk. These appear to be more damaging to the blood vessels and heart than to the lungs.

Dr. Glantz's primary future concerns with electronic cigarettes are:

- Heart damage even more than lung damage from e-cigarettes.
- The emerging widespread "dual use" of both e-cigarettes and commercial cigarettes.
- Future youth impact as nationally outlined in the [2016 Report of the Surgeon General: "E-Cigarette Use Among Youth and Young Adults."](#)

Event Calendar

What's going on in the community.

[2017 IHS National Dental Updates Meeting: Working together to improve oral health](#)

Date: April 17-20, 2017

Where: Sheraton Albuquerque Uptown Hotel
2600 Louisiana Blvd. NE 87110



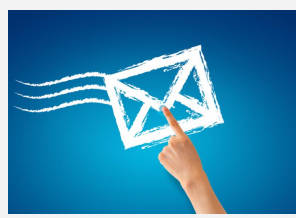
Participants may earn up to 25 hours of continuing dental education (CDE) credit for this meeting! View the meeting agenda and additional information [here](#).

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.

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