



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, Empowerment, Sustainability, and Community

Health & Wellness

Why is Social Wellness Important?

July is Social Wellness Month! This means taking the time to nurture yourself and your relationships. According to a [study](#) done by the University of Minnesota, healthy relationships are a vital component to one's health. The health risks from being isolated from others are comparable to the same risks associated with cigarette smoking, blood pressure, and obesity.



Benefits of having a strong support team:

- Your heart and blood pressure will respond better to stress
- Healthier endocrine system and cardiovascular functioning
- Healthy social networks enhance the immune system's ability to fight diseases



To learn more about improving your social health [click here](#) to read to the full article!

Community Success

Pueblo of Laguna 1st Annual Prevention Summit

The Pueblo of Laguna Behavioral Health Services hosted their 1st Annual Prevention Summit on June 18 - 19, 2019 at the K'awaika Center. This event

consisted of an array of presenters who spread awareness to the community on topics related to, opioids, hallucinogens, underage drinking, wellness wheel, suicide prevention, domestic violence, emerging tobacco products, meditation, and positive parenting. While at the summit, participants also had the opportunity to hear from keynote speakers and Governor Herrera.

This was a very successful prevention summit that addressed many crucial and beneficial health topics for attendees. We look forward to next year!



Webinars & Presentations

Keep it Sacred National Native Network Webinar - Using Campaigns and Social Media to Address Commercial Tobacco Use

The Inter-Tribal Council of Michigan's National Native Network with Indian Health Service Health Promotion & Disease Prevention and the Indian Health Services Clinical Support Center presented a webinar series on July 10, 2019.



This **presentation** included presenters from the CDC's Office on Smoking and Health and IHS who discussed the risks associated with commercial tobacco use, and ways to use campaigns and social media for organizations.

To view recorded webinar please [click here](#).

Upcoming Community Events

Pueblo Crossroads Ohkay Owingeh

The Pueblo Crossroads will be hosting their Fun Run/Walk event on Saturday, June 13, 2019 at the Ohkay Owingeh

Wellness Center.

Onsite Registration: 8:00am

Start Time: 8:30am

For more information:

[Sharon Gerena](#) (505) 747-7795



Summer Family Fun Activities Albuquerque Area

The Native Health Initiative and Native American Professional Parenting Resources have created a guide to **FREE** and low-cost summer fun for families and friends!



To view guide please [click here](#).

What now?

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 help 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.

View an archive of past newsletters [here](#). Sign up to receive future newsletters [here](#).

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