



## 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

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## National HIV Awareness Month

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### The Month of June is HIV Awareness!

#### What is HIV?

HIV is an acronym that stands for Human Immunodeficiency Virus. If HIV is not treated properly it can eventually lead to Acquired Immunodeficiency Syndrome (AIDS). HIV can be contracted primarily through having unprotected sex or by sharing needles or other drug equipment with someone who is HIV positive. HIV harms the body's infection fighters, such as the immune system, or T cells. In the long term, HIV can destroy many cells in the body that fight infections and disease.

#### How is Smoking Correlated with HIV?

Smoking harms nearly every part of the body. According to the Centers for Disease Control and Prevention (CDC), in 2014, **among adults with HIV, 37.9% were current cigarette smokers** (CDC, 2014). If one has HIV and decides to smoke they put themselves at risk for the following:

- Thrush (mouth infection)
- Hairy leukoplakia (white mouth sores)
- Bacterial pneumonia
- Pneumocystis pneumonia (dangerous lung infection)
- Chronic Obstructive Pulmonary Disease (COPD)
- Heart disease and stroke
- Lung cancer

(CDC, 2020)

#### How Can HIV Be Prevented?

There is no known vaccine to prevent HIV infection and there is also no cure for HIV infection. However, you can lower your risk of becoming infected or spreading HIV to others by doing the following:

- Getting tested regularly for HIV
- Have open communication with your partner, or monogamous
- Consistently use male latex or female polyurethane condoms
- Do not share needles or other drug injection equipment

**Benefits of Quitting Smoking:**

By deciding to **quit smoking** it has many benefits for your body and future. The sooner you quit, the **body can properly heal and you can protect your family from secondhand smoke**. The following list contains more reason why quitting smoking is beneficial:

- After 1 year of smoking your risk for heart attack drops dramatically
- After 2 - 5 years your chance for stroke call fall to the same as a nonsmoker's
- People with diabetes, who decide to quit begin immediately having better control over blood sugar levels

(CDC, 2020)

For more info about HIV, please [click here](#).

For more info about the Benefits of Quitting Smoking, please [click here](#).

## Upcoming Webinars & Events

### New Mexico 2020 Summit on Health Equity

The **New Mexico 2020 Summit on Health Equity** is a **virtual series** which is taking place **May 21 - June 25, 2020**. The six week series will be **every Thursday**, from **May 21 through June 25 from 11:30am - 1:00pm**. The sessions focus on health disparities, preventable differences in the burden of disease, injury, and violence, in an effort to achieve health equity in NM.



To register please [click here](#)

### NM ACT General Membership Meeting

On Tuesday, June 16, 2020 the **New Mexico Allied Council on Tobacco (NMACT)** will be hosting their **general meeting via Zoom from 1:00pm - 3:00pm**.



For additional info and Zoom Link Contact

[Lesley Meyer](#) (NM ACT Co-Chair)

### COVID-19 & Commercial Tobacco Use: General Education and Cessation Resources

In collaboration, the **Albuquerque Area Southwest Tribal Epidemiology Center** and **Keres** will be hosting a **virtual presentation on COVID-19 & Commercial Tobacco Use: General Education and Cessation Resources, Thursday, June 18, 2020 from 10:00am - 11:00am**.

COVID-19 & Commercial Tobacco Use:  
General Education and Cessation Resources

Dr. Patricia Nez Henderson

Virtual Presentation



Thursday, June 18, 2020  
10:00 AM – 11:00 AM (MST)

Registration Link:  
<http://do.asstec.net/hob/2020-register.html#ec>

Vice President, Black Hills Center for American Indian Health

For Questions on Registration please call or email:  
• [ryazze@aaish.org](mailto:ryazze@aaish.org) / (505) 228-3514  
• [jhenio@keres.com](mailto:jhenio@keres.com) / (505) 314-5520



This event is being organized via a collaboration between the Albuquerque Area Southwest Tribal Epidemiology Center and Keres Consulting, Inc.

**Keynote Speaker:** Dr. Patricia Nez Henderson  
(Vice President, Black Hills Center for American Indian Health)

To register, please [click here](#).

For questions contact: [Reiko Yazzie](#) (505) 225-3514 or [Jovian Henio](#) (505) 314-5520

## FREE Resources

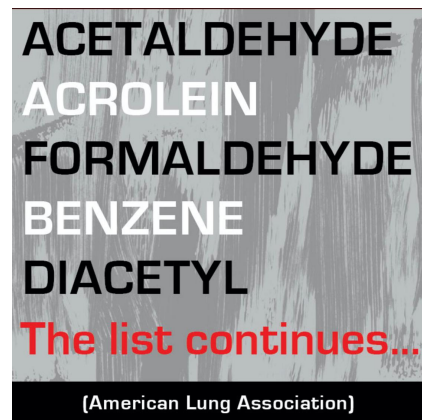
### Oso Vista Ranch Project - PSA Videos

In collaboration with Oso Vista Ranch Project, Navajo Comedian Ernie Tsoie, have teamed up to provide Put Smoking Away videos FREE for communities. Videos include **marketing tactics big tobacco industries use to target children, info about e-cigarettes, the differences between sacred and commercial tobacco**, etc.



Meet Big Tobacco  
Oso Vista Ranch Project | five views

To view and share these videos please [click here](#).



### Chemicals in E-Cigarettes

Did you know?

E-cigarettes produce a number dangerous chemicals such as **acetaldehyde, acrolein, and formaldehyde**. Aldehydes can lead to **lung disease** as well as **cardiovascular disease** (ALA, 2020).

Give your lungs a break and quit smoking TODAY!

To learn more [click here](#)

To download PSA [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](#).

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

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