

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, August 21, 2020



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

In the Diné language, the month of August is called **Bini'anit'ah Tsosí**, which means Small Harvest. Smoke Free Signals would like to welcome you to our August 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

Childbearing Is A Sacred Tradition

3

Community Health Leader Application Announcement

4

FREE RESOURCES!

Smoke Free Signals | 505-837-2104 | www.SmokeFreeSignals.com

Childbearing Is A Sacred Tradition

In tribal communities children are seen as a blessing. Their laughter, voice, innocence, and soft cries are an essential part of traditional child development. Many American Indian and Alaskan Native communities have songs that speak about the raising of children and stories that emphasize the importance of childbearing. It's essential that parents, grandparents, and guardians know the dangers of smoking around their precious babies, especially, during pregnancy. Pregnant mothers who smoke are more likely to deliver their babies earlier and face high risks of infant death, disabilities and diseases.

Health Effects of Smoking and Secondhand Smoke on Pregnancies:

- ◇ Smoking reduces a woman's chances of getting pregnant.
- ◇ Smoking during pregnancy increases the risk for pregnancy complications.
- ◇ Smoking can cause tissue damage in the unborn baby, particularly in the lungs and brain.
- ◇ High risk of miscarriage.
- ◇ Carbon monoxide in tobacco smoke can keep the developing baby from getting enough oxygen.
- ◇ Chemicals in tobacco can harm unborn babies.



For more information visit:

https://www.cdc.gov/tobacco/basic_information/health_effects/pregnancy/index.htm

Community Health Leadership Program

The Community Health Leadership Program is seeking tribal or tribal-serving organizations to apply for this exciting opportunity! Community Health Leaders will be able to design and implement a policy action plan tailored to their community or organization, and earn \$2,500! The advocacy goal will be focused on secondhand smoke, secondhand aerosol, and commercial tobacco prevention.

DEADLINE TO APPLY:
September 30, 2020

BENEFITS

- ♦ Earn money towards milestones achieved
- ♦ Gain community health advocacy skills
- ♦ Access to letters of recommendations
- ♦ Opportunity to help your Native community and/or organization.



Community Health Leadership Program

The Community Health Leadership Program is seeking tribal or tribal-serving organizations to apply for this exciting opportunity! Community Health Leaders (CHL) will be able to design and implement a policy action plan tailored to their community/ organization. The advocacy goal will be focused on secondhand smoke, secondhand aerosol, and commercial tobacco prevention.

Benefits of being a CHL:

- Earn money towards milestones achieved
- Gain:
 - Community health advocacy skills
 - Letters of Recommendations
- Opportunity to help your Native community

Eligibility:

- Interest with working in commercial tobacco prevention
- Motivated
- Excellent communication
- Knowledgeable about tribal/ organization's community & policy protocols

Deadline to apply:
September 30, 2020

More Info:

Smoke Free Signals
smokefreesignals@gmail.com

ELIGIBILITY

- ♦ Interest with working in commercial tobacco prevention
- ♦ Motivated
- ♦ Excellent communication
- ♦ Knowledgeable about tribal or organization's community and policy protocols.

To access applications and for more information visit:

<https://www.smokefreesignals.com/chlp>

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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**

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!**](#)

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