

# N 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, June 10, 2022



## 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 June 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 Youth and Nicotine

### 3 Smoke Free Signals Traditional Tobacco Education and Awareness Initiative

### 4 Upcoming Opportunities

# Youth and Nicotine

Did you know that it only takes 5 mg of nicotine a day for a youth to establish a nicotine addiction? According to the U.S. Food and Drug Administration, nicotine is a highly addictive drug and can be found in many commercial tobacco products, including many electronic cigarettes. The average cigarette delivers 2 mg of nicotine to the user. E-cigarettes can often be even more addictive. For example, one juul pod contains 40 mg of nicotine, or the equivalent to a pack of cigarettes. When young users smoke or vape, the addictive drug can quickly be absorbed by the brain. When this occurs, dopamine, a chemical that signals pleasure, is released, and triggers the user a sense of “relaxation.” This feeling ultimately causes the user to smoke or vape again, which can lead to addiction.

Nicotine is very harmful to children because they are still in the development stages. When teenagers smoke or vape, it can disrupt the formation of brain circuits which can impact the attention and learning receptors and make them susceptible to nicotine addiction. According to a Truth Initiative study, youth and young adults who had ever used an e-cigarette are seven times higher of becoming smokers one year later compared with those who never vaped.

If you or you know a young adult who is trying to quit vaping, encourage them to join the This Is Quitting program. This free and anonymous text messaging program is designed to help young people quit vaping.

For more information visit:

[https://truthinitiative.org/sites/default/files/media/files/2022/06/Nicotine\\_Factsheet\\_FINAL\\_060822.pdf](https://truthinitiative.org/sites/default/files/media/files/2022/06/Nicotine_Factsheet_FINAL_060822.pdf)



## Smoke Free Signals Traditional Tobacco Education and Awareness Initiative

Smoke Free Signals would like to announce the launch of the Smoke Free Signals Traditional Tobacco Education and Awareness Initiative. The Smoke Free Signals program developed numerous tribally focused designs and imagery that are aimed in an ongoing effort to share awareness of the sacred use of traditional tobacco and the harms of commercial tobacco. The first series of designs will be printed on numerous items like stickers, notebooks, posters, and shirts. The items will be shared with tribal community health representatives, school health programs, and other tribal health programs.



**I choose to live  
nicotine-free!**



**I choose to live  
nicotine-free!**



**I choose to live  
nicotine-free!**

If your health organization or program is interested in a sample kit, request and email Josiah Concho at [JConcho@keresnm.com](mailto:JConcho@keresnm.com).

# Upcoming Opportunities

## Better Presentations: From Design to Delivery

**June 23, 2022 @ 1:00 PM - 5:00 PM**



The Southwest Tribal Tobacco Coalition invites you to join the Better Presentations: From Design to Delivery Workshop. This VIRTUAL half-day workshop is perfect for people who want to learn a better way to organize, create, and deliver data-rich presentations. [CLICK HERE](https://www.surveymonkey.com/r/presnt) to register.

## Nicotine Dependence Treatment Continuing Education & Certification Program - **July 19, 20, & 21 or September 13, 14, & 15**



The Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) and Indian Health Service Health Albuquerque Area Promotion Disease Prevention invites you to be part of the Basic Tobacco Intervention Skills Certification for Native Communities (BTIS) 2022 VIRTUAL Training! The training session will allow to distinguish between the use of traditional and commercial tobacco in Native American communities and emphasize evidence-based techniques to increase rates of successful interventions resulting in the cessation of commercial tobacco use. [CLICK HERE](http://db.aastec.net/sttc/req.html) 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\*\*](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.

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