

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, September 3, 2021



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 September 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

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How To Help Your Employees Quit Smoking During the COVID-19 Pandemic

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Community Health Leadership Program

4

FREE RESOURCES!

How To Help Your Employees Quit Smoking During the COVID-19 Pandemic

If your employees are trying to quit, in the process of quitting, or are trying to remain tobacco-free, it's important that the workplace is smokefree and vape-free and resources to quit are available. With the increasing amount of the Delta variant illnesses, and the return of many COVID-19 restrictions, it is likely that some people's levels of stress and anxiety are increasing. These complex emotions can lead individuals to use commercial tobacco products to cope with the current world situation.

According to [Truth Initiative](#), it is too early to fully understand the specific impacts the virus can have on people using tobacco products. **What experts do know is that current smokers and vapers are more susceptible for a serious case of COVID-19.** Provided by Truth Initiative, the [EX Program](#) recommends the following five tips to support employees trying to quit, in the process of quitting, or are trying to remain tobacco-free:

1. Quitting Tobacco Can Actually Reduce Stress

According to multiple studies, within two weeks of quitting, a person's mental health improves. Stopping smoking can contribute to a healthy living environment physically and emotionally.

2. Online Communities Give 24/7 Peer Support, Without Leaving Home

The EX community provides 24/7 support for people trying to quit smoking and those who are trying to remain smoke-free. Additionally, current and former tobacco users can ask questions, write about their challenges, and offer support to others.

3. Using Live Chat With Coaches Can Build Confidence

If working from home, employees may feel a sense of boredom or loneliness. The EX program offers EX coaches who are treatment experts, to speak to someone who is struggling during this time. Talking with a quit coach is essential to develop confidence and motivation.

4. Adding Easy Access To Quit Medication Makes A Difference

Employees can utilize the EX Program's low-cost tobacco cessation programs to have free quit medications delivered right to their homes.

5. Low-Cost Option Available to Help Employees Quit

The EX program is a low-cost digital resource and is easy to access from any device.

For more information visit: <https://www.theexprogram.com>

Community Health Leadership Program

The Community Health Leadership Program is seeking health professionals, community members, and tribal or tribal-serving organizations to apply for this exciting opportunity! Community Health Leaders (CHLs) will be able to design and implement a policy action plan tailored to their community or organization, and earn \$2,500. CHLs will center their target on the protection of secondhand smoke, secondhand aerosol, and commercial tobacco education.

DEADLINE TO APPLY:
September 30, 2021

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.

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ELIGIBILITY:

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

COMMUNITY HEALTH LEADERSHIP PROGRAM

PROVIDING SECONDHAND SMOKE PROTECTIONS RESOURCES
FOR NATIVE AMERICAN COMMUNITIES IN NEW MEXICO

The **Community Health Leadership Program (CHLP)** is seeking interested health professionals, community members, students, tribal or tribal-serving organizations to apply for this exciting opportunity!

Community Health Leaders (CHLs) will be able to design and implement a policy action plan tailored to their community.

Advocates will center their target on the protection of secondhand smoke, secondhand aerosol, and commercial tobacco education.

DEADLINE TO APPLY: September 30, 2021



CONTACT: JConcho@keresnm.com

www.SmokeFreeSignals.com/chlp

 @SmokeFreeSignals

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To access application and for more information visit:

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

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

FREE Resources

HIGHLIGHT: Smoke Free Signals Education Videos

The Smoke Free Signals Secondhand Smoke and Tobacco Education Video Series is now complete. All education videos will remain 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. Listed below are the themes for each video.

- ♦ **Video 1:** Chemicals In Secondhand Smoke
- ♦ **Video 2:** Cost Savings
- ♦ **Video 3:** Tobacco Cessation & Resources
- ♦ **Video 4:** Smokeless Tobacco
- ♦ **Video 5:** Thirdhand Smoke
- ♦ **Video 6:** Secondhand And Thirdhand Smoke And Pets
- ♦ **Video 7:** Reasons To Quit
- ♦ **Video 8:** Targeted Marketing
- ♦ **Video 9:** Predatory Marketing
- ♦ **Video 10:** Tobacco Myths And Facts
- ♦ **Video 11:** Nicotine Addiction
- ♦ **Video 12:** Nicotine Poisoning
- ♦ **Video 13:** What Are E-Cigarettes?
- ♦ **Video 14:** Flavored Tobacco: Menthol
- ♦ **Video 15:** Flavored Tobacco
- ♦ **Video 16:** Secondhand Aerosol Exposure
- ♦ **Video 17:** Policy Change 101
- ♦ **Video 18:** Dee Johnson Clean Indoor Air Act
- ♦ **Video 19:** How Can You Use Policy To Protect Loved Ones?
- ♦ **Video 20:** COVID-19, Smoking, and Vaping
- ♦ **Video 21:** INSPIRE
- ♦ **Video 22:** Smoking And Diabetes
- ♦ **Video 23:** Commercial Tobacco Is Not Traditional
- ♦ **Video 24:** How To Protect Our Traditions From Secondhand Smoke
- ♦ **Video 25:** How To Protect Our Children From Secondhand Smoke
- ♦ **Video 26:** Protect Yourself And Loved Ones From Secondhand Smoke: Vehicles
- ♦ **Video 27:** Protect Yourself And Loved Ones From Secondhand Smoke: Homes
- ♦ **Video 28:** Why Plan A Smokefree & Vapefree Event

To watch Smoke Free Signals' Education Video visit:
<https://www.smokefreesignals.com/education-videos>

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



**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](https://www.facebook.com/SmokeFreeSignals)!

If you would like to unsubscribe from the Smoke Free Signals' biweekly newsletter, please email JConcho@keresnm.com to be removed from the listserv directory.

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