



## 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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## What Does Smoking Do To Your Heart?

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With **February** being **HEART** month take care of yours by exploring these helpful tips!

Currently, smoking is still the #1 cause of preventable disease and death in the United States. Because cigarette smoke contains more than 7,000 chemicals it creates certain complications for the user. When a person smokes, the chemicals mix with the blood and the contaminated substance is distributed throughout the body. This is particularly toxic for your heart and blood vessels. Over time this can lead to cardiovascular disease (CVD).

### What is CVD?

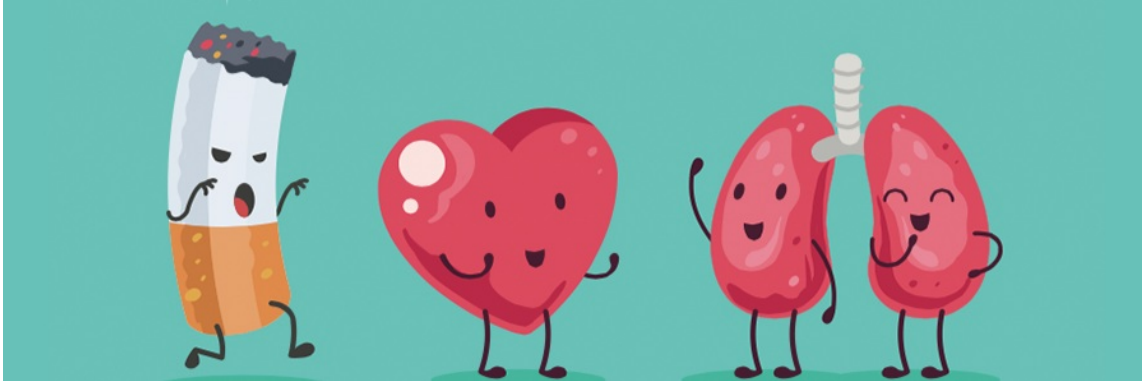
This term refers to a menu of complications that affect the heart or blood vessels, including:

- coronary heart disease
- high blood pressure
- heart attacks
- stroke

### How can you protect yourself and others?

The best way to protect yourself and others is not to smoke or encourage users to quit smoking. Listed below are numerous benefits from **staying smoke free** :

- In as little as 20 minutes after you quit smoking your heart rate drops
- After 12 hours quitting smoking the carbon monoxide level in your blood drops to normal
- After 4 years of quitting your risk of a stroke drops
- Save \$\$



For more information about heart health and smoking [click here](#).

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## Community News

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### Go Red for Native Women Heart Health Summit

The American Heart Association hosted its 7th Annual Go Red for Native Women Heart Health Summit on February 2, 2020 at the Hyatt Regency in Albuquerque. Attendees had the opportunity to learn about the following topics:

- Women and Heart Disease
- Traditional Foods and Heart Health
- E-Cigarettes and Women's Health
- Pow Wow Sweat - Dancing to the Beat of Your Own Drum!

This exciting event brought attendees representing a variety communities.



Great Job American Heart Association and ABQ Area IHS Office!

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## Upcoming Events

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**41st Baca Rodeo Series**  
**Tobacco Free Rodeo**

The Tobacco Free Rodeo campaign will be hosting its **41st Baca Rodeo Series every Saturday and Sunday in Valencia County Sheriffs Posse, Belen, NM.**

Remaining Calendar Dates (Begins at 1:00pm):

- February:
- 29
- March:
- 1, 7, 8



For more information please contact: [CJ Baca](mailto:CJ.Baca@valenciacountysheriffsposse.com) (505) 240-0726

Download Event Flyer [here](#)

## Summer Internship Opportunity Albuquerque Area Indian Health Board

The Albuquerque Area Indian Health Board is seeking eligible AI/AN undergraduate and graduate student applicants for a paid internship this summer! Students enrolled in a public health, health education, or another allied field degree program at an accredited university are invited to apply online by **Friday, March 6th, at 5pm.**



For additional information or questions please contact

[Amruta Dixit-Moffa](mailto:Amruta.Dixit-Moffa@aaiahb.org) - (505) 962-2601

## General Members Meeting New Mexico Allied Council on Tobacco



[NMACT](#) will be hosting its **General Members Meeting** on **Tuesday, March 24th** from **1:00pm - 3:00pm** at Berna Facio Professional Development Center (3315 Louisiana Blvd NE).

For more information, please contact [Lesley Meyer](mailto:Lesley.Meyer@nmaact.org).

## 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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