# SMOKE FREE SIGNALS ENALS ENALS

This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.

Friday, February 5, 2021



#### MISSION AND CORE VALUES

TO PROVIDE COMMERCIAL TOBACCO SECONDHAND SMOKE AWARENESS AND RESOURCES TO NEW MEXICO TRIBAL COMMUNITES, IMPROVING HEALTH OUTCOMES

# WELCOME TO OUR BIMONTHLY NEWSLETTER

Smoke Free Signals would like to welcome you to our Febraury bimonthly 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 Smoking and Diabetes
- **OPPORTUNITY: Call for Speakers and Presentations**
- 3 HIGHLIGHT: Smoke Free Signals Education Video Series
- 5 FREE RESOURCES!

## **Smoking and Diabetes**

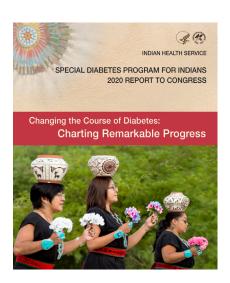
According to the *Centers for Disease Control and Prevention*, smoking can cause type 2 diabetes. It's essential that people know that smokers are 30-40% more likely to develop type 2 diabetes. Compared to nonsmokers with diabetes, smokers tend to have issues with insulin dosing and trouble managing their disease due to the high levels of nicotine in their body. People with diabetes who smoke would require larger doses of insulin to reach a level of control. Whether a person has type 1 or 2 diabetes, controlling it can be very difficult. It's important that tribal community members strive to live a healthy and beautiful life.

#### **Risks For Smokers With Diabetes:**

- ♦ Heart and kidney diseases.
- ♦ Possible infections, ulcers, and amputation due to poor blood flow in legs and feet.
- ♦ Retinopathy (eye disease that causes blindness).
- Peripheral neuropathy (numbness, pain, weakness, and poor coordination in the arms and legs, caused by damaged nerves).

#### **Resources For Individuals Who Smoke And Have Diabetes:**





## SMOKING AND DIABETES



#### WHAT YOU NEED TO KNOW ABOUT SMOKING AND DIABETES

The 2014 Surgeon General's Report has found that smoking is a cause of type 2 diabetes, which is also known as adult-enset diabetes. Smokers have a genetar risk of developing type 2 diabetes than do nonsmokers. The risk of developing diabetes increases with the number of diparettes smoked per day.

Diabetes is a disease that causes blood sugar levels in the bedy to be too

high and puts the body at risk for many serious health conditions. More than 25 million adults suffer from diabetes in the United States, where t disease is the seventh leading cause of death. It is also a growing health crisis around the world.

#### HOW SMOKING CAUSES TYPE 2 DIABET Smoking increases inflammation in the body. Inflammation of when chemicals in Gigarette smoke injure cells, causing swell

when chemicals in cigarette smake injure cells, causing swelling and interfering with proper cell function. Smaking also causes oxidative stress, a condition that occurs as chemicals from cigarette smake combine with oxygen in the body. This causes darnage to cells. Evidence strengly suggests that both inflammation and oxidative stress may be related to an increased risk of diabetes.

#### increases blood sugar. Smokers tend to have higher concentra than nonsmokers. WHAT SMOKING MEANS TO PEOPLE

#### WITH DIABETES

Studies have confirmed that when people with type 2 diabetes are exposed to high levels of nicotine, insulin (the hormone that lowers blood sugar levels) is less effective. People with diabetes who smoke need larger doses of insulin to control their blood sugar.

#### including: heart and kidney disease

- poor blood flow in the legs and feet that can lead to foo and possible amputation of toes or feet;
- retinopathy (an eye disease that can cause blindness); and
   peripheral neuropathy (damaged nerves to the arms and legs that cause

#### For more information, visit:

https://www.cdc.gov/tobacco/campaign/tips/diseases/diabetes.html

https://www.ihs.gov/sites/newsroom/themes/responsive2017/display objects/documents/SDPI2020Report to Congress.pdf

## **OPPORTUNITY: Call for Speakers and Presentations**

The *New Mexico Allied Council on Tobacco's* (NM ACT) primary goal is to eliminate the of negative health effects and economic impact that commercial tobacco products have on New Mexico communities. Through numerous initiatives, NM ACT will be hosting the NM *ACTion* Annual Conference on **May 12th and 13th, 2021**. To deliver a meaningful, relevant, and significant event, full of workshops and activities, NM ACT is offering a networking opportunity for presenters. This year's conference is focusing on community resilience and commercial tobacco. NM ACT is seeking presentations in the following catergories:

- **♦ Track 1 Nicotine Dependency Treatment**
- ♦ Track 2 African American Population Track
- ♦ Track 3 Policy and Advocacy in Public Health

#### **DEADLINE TO SUBMIT PROPOSAL:**

Friday, February 26, 2021

For more information and to access application visit:

 $\underline{https://newmexicoact.org/2021-nmaction-annual-conference-2/call-for-speakers-2021-nmaction-annual-conference/2/call-for-speakers-2/cal$ 

## **HIGHLIGHT: Smoke Free Signals Education Videos**

Smoke Free Signals would like to announce the Secondhand Smoke and Tobacco Education Video Series. The first video of the series, *Chemicals in Secondhand Smoke*, will be published TODAY on the Smoke Free Signals' website and Facebook page. Stay tuned every Friday, as a new video will be released for your learning and enjoyment experience.

Videos can be viewed on the Smoke Free Signals <u>WEBSITE</u> or Facebook Page <u>@SmokeFreeSignals</u>.



2021 New Mexico

open call for

We are looking for new and innovative presenter's for our

2021 NMACTion Annual Conference

May 12th and 13th, 2021

"Breathing New Life:
Fostering Resilient Tobacco-Free Communities"

RESENTATIONS

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

# 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** 



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!

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