

# 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, February 5, 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 BIMONTHLY NEWSLETTER

Smoke Free Signals would like to welcome you to our February 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

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

**3** **HIGHLIGHT:** Smoke Free Signals Education Video Series

**5** **FREE RESOURCES!**

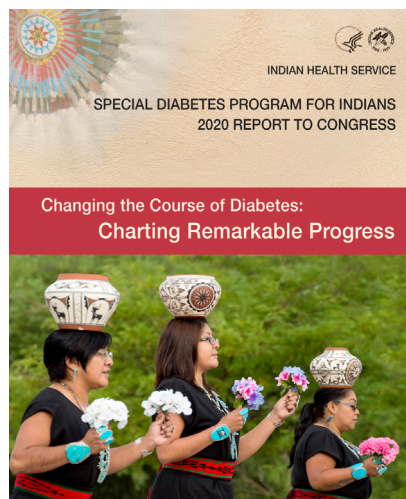
# Smoking and Diabetes

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:



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](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 *ACT*ion 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 categories:

- ♦ **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:

<https://newmexicoact.org/2021-nmaction-annual-conference-2/call-for-speakers-2021-nmaction-annual-conference/>



## 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 [WEBSITE](#) or Facebook Page [@SmokeFreeSignals](#).

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

If you would like to unsubscribe from the Smoke Free Signals' bimonthly newsletter, please email [JConcho@keresnm.com](mailto:JConcho@keresnm.com) to be removed from the listserv directory.

Smoke Free Signals | 505-837-2104 | [www.SmokeFreeSignals.com](http://www.SmokeFreeSignals.com)