



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

E-Cigarettes Info

What is Vitamin E Acetate?

Individuals who continue to use e-cigarettes are putting themselves at risk for an e-cigarette or vaping product use-associated lung injury, or commonly referred to as EVALI.

Further, the **Vitamin E acetate within e-cigarettes pose harm to the users.** Vitamin E naturally

occurs in certain foods, vegetables oils, cereals, meat, fruits and vegetables. It can also be present in dietary supplements and cosmetic products such as skin creams (CDC, 2020). With that being said, inhalation of **Vitamin E Acetate** is particularly unsafe because of the harm it may cause to the user. While this vitamin is safe for ingestion and when applied to the skin, research suggests **when inhaled it may interfere with normal lung functioning.**



For more information please [click here.](#)

Environmental Impact

Why Are Cigarette Butts the Most Littered Item on Earth?

Since the 1980s, **cigarette butts** have consistently made up **30 to 40 percent** of all items collected in **annual international coastal and urban cleanups**. That means cigarettes, which also **top America's list of most littered things**, have the longstanding distinction of being the **most littered item on earth**, with about 4.5 trillion cigarettes discarded each year worldwide.

Why does cigarette litter remain so commonplace, even in the U.S., where smoking rates have gone down? Three factors help explain.

1. Cigarette butts can take many years to break down .

Nearly all - 98 percent - of cigarette filters are made of plastic fibers, meaning it does not biodegrade. Littered cigarette butts stick around for a long time and leach toxic chemicals - such as arsenic (used to kill rats) and lead, to name a few - into the environment, leading to land, water and air pollution.

2. Littering remains a common method of disposing butts.

Disposing cigarettes on the ground or out of a car is so common that 75 percent of smokers report doing it. Studies estimate that smokers litter as many as 65 percent of their cigarette butts.

3. Smoking rates are still at epidemic levels.

Americans smoke billions of cigarettes - about 267 billion in 2015 - each year. Smoking rates that are still high, combined with the common practice of littering butts that do not biodegrade, create conditions that perpetuate toxic cigarette litter.



To read more [click here](#)

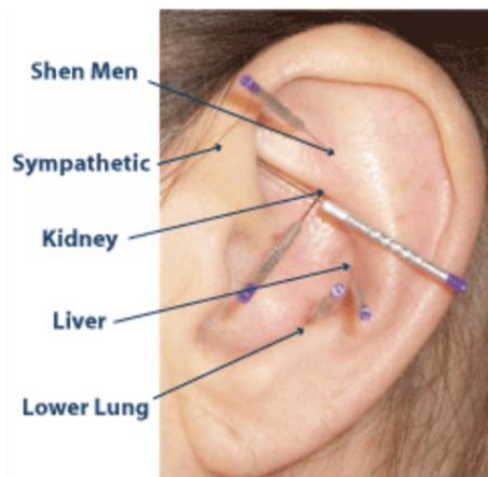
Community Health Leaders

Quit Smoking with Acudetox By Judithe Gachupin & Diane Shije, Pueblo of Zia

Smoking is the leading cause of lung cancer. It also increases a person's risk for Chronic Obstructive Pulmonary Disease (COPD). There are various methods to **quit smoking** and one way is using **Acudetox**.

What is Acudetox?

Acudetox is a form of acupuncture. Acudetox uses five points on the ears which are the Sherman, Sympathetic, Kidney, Liver, and Lungs. Using the five points help detoxify the body and help improve the overall well being. We place five small sterilized



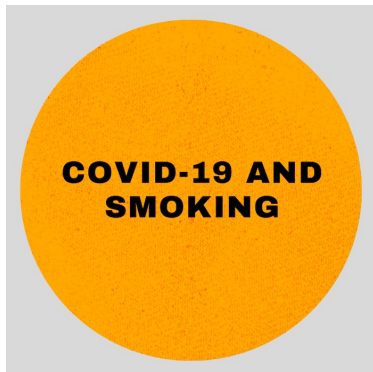
The NADA 5 point protocol points

needles into the specific site on each ear. The participants sit quietly in a small group setting for about 45 minutes, relaxing.

The benefits of Acudetox include :

- Helps minimize withdrawal symptoms
- Reduces craving
- Reduces stress & anxiety
- Calms the mind
- Improves overall well being

It can be stressful in trying to quit smoking, however, on **Acudetox treatment is quite helpful in relaxing the mind, reducing anxiety, and reducing the nicotine cravings.**



COVID 19 and Smoking By Rachel Riley, Pueblo of Acoma

When smoking, fingers are in contact with lips which increases chances of transmission of a virus from hand to mouth.

Products like hookahs and sharing of e-cigarettes involve the sharing of mouth pieces and hoses which could transmit viruses like COVID-19. **For help**

quitting commercial tobacco products call 1-800-
visit www.cdc.gov/quit

QUIT NOW or

Smoke Free Workplaces

Freedom from Smoking

The choice to quit smoking can be an extremely difficult decision to make, however it can be very rewarding for the future. By not smoking it increases health benefits for individuals and it can save the workplace money. See the **real costs of smoking** below (American Lung Association, 2020).

- Cigarette smoking kills more than 480,000 Americans each year.
- Smoking related illness in the U.S. costs more than \$300 billion a year, including over \$175 billion in direct medical care for adults and \$156 billion in lost productivity.
- Employers can save nearly \$6,000 per year for every employee that quits smoking.

To learn more about a highly effective smoking cessation program provided by American Lung Association, [click here](#).



Join Freedom From Smoking

Are you ready to quit now? We're here to help. Hundreds of thousands of people quit smoking through our Freedom From Smoking program.

FREE Resource

QUITTING SMOKING
HEALTH BENEFITS

20 Minutes After Quitting:

- ◇ Your heart rate drops to a normal level

12 To 24 Hours After Quitting:

- ◇ The carbon monoxide level in your blood drops to normal
- ◇ The risk of heart attack is significantly reduced

[American Lung Association]

Benefits of Quitting Smoking

Did you know?

Every hour a user decides to quit smoking their health benefits increase. See timeline below.

After quitting effects:

20 minutes - Heart rate drops to a normal level

12 - 24 hours - Risk of heart attack is reduced

2 weeks to 3 months - Lung function improves

1 - 9 months - Shortness of breath decrease

To learn more [click here](#)
To download PSA [click here](#)

What now?

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