



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

Community Spotlight

Pueblo of Laguna Community Health and Wellness Department

June is [Men's Health Month](#) and the Pueblo of Laguna Community Health and Wellness Department celebrated in style! The Department held a competition on June 16th encouraging tribal employees to wear blue for Wear BLUE day.

[Wear BLUE Day](#) is a part of the year-round Wear BLUE® awareness campaign created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives, and give women an opportunity to encourage them to do so.



"It was a fun opportunity to raise awareness," said Public Health Nurse, Leticia Rivas, RN. "A lot of people who might not otherwise pay attention to certain campaigns were able to participate." The departmental competition garnered near 50 participants and brought awareness to an important cause.

The Community Health and Wellness Department also hosted a Men's Wellness Summit on June 20th. 40 individuals took the time out of their days to be proactive about how they can better their health. The two-hour summit included presentations about kidney health, behavioral health, self-empowerment, cardiac health, and overall wellness. "It was great we were able to incorporate not only physical health, but also the mental, emotional, and behavioral side of health as well," Leticia shared. "People enjoyed focusing on the whole well-being of an individual."

While the majority of attendees were from Laguna, several travelled from outside communities to participate. "Hopefully events like these will become more common not just in Laguna, but other communities as well," said Leticia.

[Did you Know? Men's Health Statistics:](#)

- Men live about 5 years less than women on average
- 1 in 2 men will develop cancer
- Men have a higher death rate for most leading causes of death including cancer, heart disease, diabetes, and suicide
- Approximately 30,000 men in the U.S. die each year from prostate cancer
- Men make 1/2 as many physician visits for prevention as women
- Men are more likely to be uninsured than women

Smoke Free Spaces

In this guidebook you will find multiple fact sheets for guided implementation of HUD's smoke-free policy in public housing. Tips, checklists, timelines, and additional helpful tools.

Implementing HUD's SMOKE-FREE POLICY in Public Housing

HUD GUIDEBOOK

Event Calendar

The 12th Annual Health and Safety Fair will take place Thursday, July 27th from 9:00 AM to 2:00 PM at the [Tesuque Pueblo Intergenerational Center \(IGC\)](#).

The fair includes health screenings, information on health insurance, dental screenings, health resources, free lunch, arts and crafts, fun run and walk, door prizes and giveaways!

Smoke Free Signals will be presenting on second and thirdhand smoke. Stop by and say hello!

For more information please contact Charlotte Hena at 505-660-0513 or Catherine Vigil at 505-490-3461.



12th Annual Health & Safety Fair

at the Tesuque Pueblo Intergenerational Center

Thursday, July 27th, 2017

9:00am - 2:00pm
COME JOIN THE FUN!

The poster features a red and orange gradient background with a circular logo on the left and a heart icon on the right. Below the text is a small photograph of people at a table.

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](#).

Smoke Free Signals | 505-837-2104 | smokefreesignals@gmail.com
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