

# 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, April 21, 2023



## MISSION AND CORE VALUES

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

## HIGHLIGHTS

**WELCOME  
TO OUR  
BIWEEKLY  
NEWSLETTER**

Smoke Free Signals would like to welcome you to our April biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

**2** Commercial Tobacco and Pregnant Women

**3** OPPORTUNITIES

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## Commercial Tobacco and Pregnant Women

According to the [Centers for Disease Control and Prevention](#), American Indians/Alaska Natives have a higher risk of experiencing tobacco-related disease and death due to high prevalence of commercial tobacco use. Although, quitting rates are relatively low among tribal communities compared to other groups of people, it's essential that American Indian and Alaskan Native women know the risk of smoking during pregnancy and postpartum. With this disparity, women and their babies are at increased risk for miscarriage, preterm birth, and low birthweight. During postpartum, secondhand smoke exposure can create long-term health problems in babies, such as asthma, ear infections, and other respiratory illnesses. Rates for sudden infant death syndrome (SIDS) are also higher for Native infants. It's important that Native women quit smoking during pregnancy and remain commercial tobacco-free when the baby comes home.

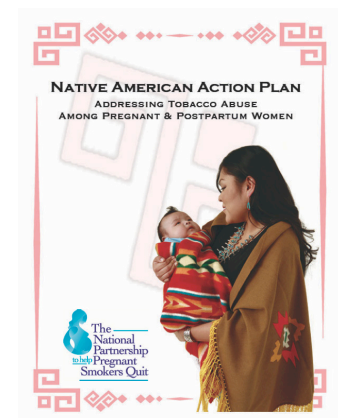
### Benefits of Quitting Before Pregnancy:

- ◇ Less risk of baby being born early
- ◇ Less risk of baby being born with birth defects like cleft lip or cleft palate
- ◇ Higher chance for baby to have a healthy birth weight and grow on track
- ◇ Increased chance for lungs and brain to develop normally

### Benefits of Remaining Smoke-free:

- ◇ Baby will have fewer coughs, chest colds, and ear infections.
- ◇ Baby will have lower chances of getting bronchitis or pneumonia.
- ◇ Less frequent and less severe asthma.
- ◇ Less of a chance of becoming smokers as adults.
- ◇ Lower chances of baby dying from SIDS.

### RESOURCES:



[CLICK HERE](#) for more information about Nicotine Use Among Pregnant Women



[CLICK HERE](#) for Quitting Hotline

For more information visit:

<https://women.smokefree.gov/pregnancy-motherhood/smokefree-motherhood>  
<https://www.cdc.gov/tobacco/disparities/american-indians/index.htm#patterns-of-tobacco-use>

# OPPORTUNITIES

## 2023 Circle of Harmony HIV/AIDS Wellness Conference Tuesday – Thursday, April 25 – 27, 2023



Join the Albuquerque Area Indian Health Board's Community Health Education and Resiliency Program for the 2023 Circle of Harmony HIV/AIDS Wellness Conference Cultivating Biomedical Practices to Advance Health Equity. This conference will focus on HIV/AIDS in Indigenous communities while also educating on biomedical approaches to prevent HIV which include implementing PrEP navigation, prevention approaches such as medication and other biomedical strategies to promote health equity. [CLICK HERE](#) to register.

## Reclaim Sacred Tobacco: Bi-Monthly Virtual Call Friday, April 28, 2023 @ 11:00 AM – 12:00 PM CST

**RECLAIM SACRED TOBACCO**

Bi-Monthly Call  
Date: Friday, April 28, 2023  
Time: 11 am - 12 pm CST

Zoom meeting hyperlink:  
<https://tinyurl.com/ReclaimTobacco>

Join us as we discuss reclaiming our sacred medicine: tobacco.

This will be an opportunity for Tribal advocates to share ideas and resources, set mutual goals and most importantly, build camaraderie and strengthen our connections.

Each time we meet, we will prioritize discussing the importance of reclaiming traditional Native tobacco and focus on a specific Tribal region or community.

**Discussion topics:**

- Growing traditional tobacco
- Smoke-free housing
- Smoke-free Tribal gaming
- Comprehensive Tribal policy
- Commercial tobacco elimination
- Decolonizing tobacco

Questions?  
Contact:  
Clinton Isham at: [wisham@airislife.com](mailto:wisham@airislife.com)  
or  
Hershel Clark at: [hclark@airislife.org](mailto:hclark@airislife.org)

**AIR IS LIFE**  
Tribal Tobacco Reclamation

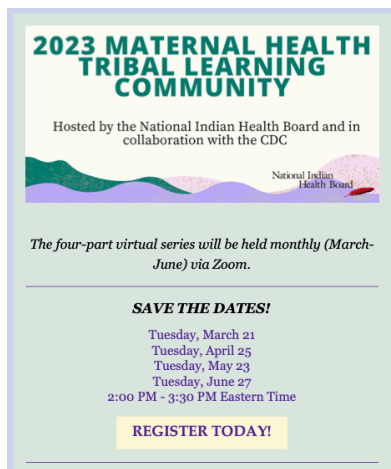
Join the American Nonsmokers' Rights Foundation and Air Is Life Coalition on a discussion about reclaiming tobacco as sacred medicine. This virtual meeting will be an opportunity for Tribal advocates to share ideas and resources, set goals, establish networks, and strengthen Tribal connections! The discussion will include growing traditional tobacco, smokefree housing, smokefree tribal gaming, comprehensive Tribal policy, commercial tobacco elimination, and decolonizing tobacco. [CLICK HERE](#) to register.

# TRAININGS

## 2023 Maternal Health Tribal Learning Community Series

Join the National Indian Health Board in partnership with the Centers for Disease Control and Prevention (CDC) in addressing maternal mortality prevention in Tribal communities. Participate in the learning series to share your experiences, learn about prevention efforts, and engage with leaders and professionals. Listed below are upcoming learning opportunities for the Maternal Health series.

[CLICK HERE](#) to register.



**2023 MATERNAL HEALTH TRIBAL LEARNING COMMUNITY**

Hosted by the National Indian Health Board and in collaboration with the CDC

National Indian Health Board

The four-part virtual series will be held monthly (March-June) via Zoom.

**SAVE THE DATES!**

Tuesday, March 21  
 Tuesday, April 25  
 Tuesday, May 23  
 Tuesday, June 27  
 2:00 PM - 3:30 PM Eastern Time

**REGISTER TODAY!**

### Remaining Virtual Sessions

- ◇ **April 25:** Cultural Competency and Responsive Healthcare Practices
- ◇ **May 23:** Mental Health and Well-Being: Reconnecting Indigenous Lifeways
- ◇ **June 27:** Advancing Health Equity: Strengthening Community Engagement and Partnerships



**ZOOM TRAINING: SMOKE-FREE AT HOME NM**

Learn about smoking/vaping cessation and the effects of secondhand and thirdhand smoke on those living in apartments (multi-unit housing).

The New Mexico Department of Health, the Apartment Association of New Mexico, and Smokefree at Home NM invite all interested apartment property managers, maintenance, other multi-unit housing personnel to attend a Zoom training on Smoking/Vaping cessation and the effects of secondhand and thirdhand smoke on those living in apartments (multi-unit housing). This is an overview.

**You are not expected to conduct presentations or smoking cessation support. We will do that if needed to do so.**

Each workshop is held on six (6) separate days from 10 am to 2:45 pm.

The days and times of the workshops (scheduled below) registration is limited to 2 (two) or 3 (three) people in each workshop to ensure maximum support for individual needs. Six workshops will be held beginning Saturday, April 8, 2023, and ending Tuesday, June 6, 2023. Choose the one that best meets your needs. However, the workshop will be held on that date. Back at each session is limited to a maximum of three participants.

**Presented by:** Apartment Association of New Mexico, Smoke-Free at Home New Mexico, New Mexico Department of Health (NMDHQP), National Use Prevention and Control (NUPAC).

To register and make arrangements for the workshop of your choice, email or call Patricia Torn contact link below and your name will be added to your workshop certificate address, email, and phone number.

505-307-3414  
 ptorn@comcast.net

## ZOOM Training: Smoke-Free At Home NM

Join the New Mexico Department of Health, the Apartment Association of New Mexico, and Smokefree at Home New Mexico for a virtual training to learn about commercial tobacco cessation and the effects of secondhand and thirdhand smoke on those living in multi-unit housing and apartments. To register, please email Andrew and Patricia Torn at [ptorn@comcast.net](mailto:ptorn@comcast.net) or call at (505) 307-3414.

# 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

## Smoke Free Signals Education Videos

The Smoke Free Signals Secondhand Smoke and Tobacco Education Video Series is available on the Smoke Free Signals website. The videos can be shared with students, friends, and family, and community members. If you would like to request a USB-drive of all Secondhand Smoke and Tobacco Education videos, please email [SmokeFreeSignals@gmail.com](mailto:SmokeFreeSignals@gmail.com).

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

## 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' biweekly newsletter, please email [JConcho@keresnm.com](mailto:JConcho@keresnm.com) to be removed from the listserv directory.