

# 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, October 16, 2020



## MISSION AND CORE VALUES

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

## WELCOME TO OUR BIWEEKLY NEWSLETTER

Spooky season is around the corner! As harvest seasons wraps up, Smoke Free Signals would like to welcome you to our October biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

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

# Secondhand Smoke Exposure: Is Ventilation an Effective Method?

Secondhand smoke is the content released from burning the end of commercial cigarettes and the smoke breathed out from the user. There are 7,000 known chemicals that are released once burned, including 70 chemicals that can cause cancer. These toxic chemicals are very dangerous to individuals with respiratory issues and children's developing bodies. According to *Centers for Disease Control and Prevention*, there is **NO RISK-FREE** level of secondhand smoke and even a brief exposure can cause immediate harm. Developing a 100% smoke-free home, vehicle, and workplace is the best method to prevent secondhand smoke exposure.

In 2007, the **World Health Organization (WHO)** reported to the effectiveness of ventilation and made the following report:

*“Remove the pollutant—tobacco smoke—by implementing 100% smokefree environments. This is the only effective strategy to reduce exposure to tobacco smoke to safe levels in indoor environments and to provide an acceptable level of protection from the dangers of secondhand smoke exposure. Ventilation and smoking areas, whether separately ventilated from nonsmoking areas or not, do not reduce exposure to a safe level of risk and are not recommended.”*



**For more information visit:**


[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/protection/ventilation/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/protection/ventilation/index.htm)

[https://www.who.int/tobacco/resources/publications/wntd/2007/pol\\_recommendations/en/](https://www.who.int/tobacco/resources/publications/wntd/2007/pol_recommendations/en/)

# Community Health Leadership Program

The Community Health Leadership Program is seeking tribal or tribal-serving organizations to apply for this exciting opportunity! Community Health Leaders will be able to design and implement a policy action plan tailored to their community or organization, and earn \$2,500! The advocacy goal will be focused on secondhand smoke, secondhand aerosol, and commercial tobacco prevention.





### Community Health Leadership Program

The Community Health Leadership Program is seeking tribal or tribal-serving organizations to apply for this exciting opportunity! Community Health Leaders (CHL) will be able to design and implement a policy action plan tailored to their community/ organization. The advocacy goal will be focused on secondhand smoke, secondhand aerosol, and commercial tobacco prevention.

**Eligibility:**

- Interest with working in commercial tobacco prevention
- Motivated
- Excellent communication
- Knowledgeable about tribal/ organization's community & policy protocols

**Deadline to apply: October 23, 2020**

**More Info:**  
Smoke Free Signals  
[smokefreesignals@gmail.com](mailto:smokefreesignals@gmail.com)

### Benefits of being a CHL:

- Earn money towards milestones achieved
- Gain:
  - Community health advocacy skills
  - Letters of Recommendations
- Opportunity to help your Native community

**DEADLINE TO APPLY:**  
**October 23, 2020**

## BENEFITS

- ◇ Earn money towards milestones achieved
- ◇ Gain community health advocacy skills
- ◇ Access to letters of recommendations
- ◇ Opportunity to help your Native community and/or organization.

## ELIGIBILITY

- ◇ Interest with working in commercial tobacco prevention
- ◇ Motivated
- ◇ Excellent communication
- ◇ Knowledgeable about tribal or organization's community and policy protocols.

To access applications and for more information visit:


<https://www.smokefreesignals.com/chlp>

# ANNOUNCEMENT

## New Mexico Allied Council on Tobacco CONTEST

Support New Mexico Allied Council on Tobacco and spread some kindness by participating in the *Spread the Kindness Video Contest*! Enter a short video for a chance to win a FREE Ipad! All you have to do is focus your 60 second video on *Friendship, Comedy, and Living a Commercial Tobacco Free Life*. Submit your video and contact information to [Devona@ChronicDiseasesNM.org](mailto:Devona@ChronicDiseasesNM.org).


As part of our fundraiser we are hosting a Facebook contest for the best 60-second video based on our event theme:  
Celebrating World Kindness Day.





**Spread the Kindness Video Contest! - Win an iPad!**

Who?	ALL AGES WELCOME
WHAT?	Enter a short video for a chance to win a FREE Ipad!
HOW?	<p>Video themes: <i>Friendship, Comedy, Living a Commercial Tobacco Free Life!</i></p> <p>Submit an original, creative video up to 60 seconds long reflecting a special friendship, comedy act, or why tobacco prevention is important to you!</p> <p>SUBMIT YOUR VIDEO &amp; CONTACT INFO TO: <a href="mailto:Devona@ChronicDiseaseNM.org">Devona@ChronicDiseaseNM.org</a></p> <p>No obscene language or images</p> <p>One video per contestant</p> <p>Need not be present to win</p> <p>Questions? Contact Devona at <a href="mailto:Devona@ChronicDiseaseNM.org">Devona@ChronicDiseaseNM.org</a></p>
WHEN?	<p>Contest starts Oct 1st and closes October 31st</p> <p>Winning video will be announced at the NM ACT RAFFLE Fundraiser Event November 13th, 2020 at 3:00 pm via Zoom</p> <p>Winning video will be posted to the NM ACT Website and Facebook site</p>
WHERE?	<p>NM ACT RAFFLE Fundraiser Event, November 13<sup>th</sup></p> <p><a href="https://newmexicoact.org/nmaction-leadership-awards-raffle/">https://newmexicoact.org/nmaction-leadership-awards-raffle/</a></p>

Zoom Info: To be provided at a later date



Win an iPad!



iPad donated by: POWERON TECHNOLOGY SERVICES

For more information please contact:  
[Devona@ChronicDiseasesNM.org](mailto:Devona@ChronicDiseasesNM.org).

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

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