



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

Commercial Tobacco Taxes

Why should you be concerned with commercial tobacco taxes? According to the Truth Initiative campaign, research shows the increase in tobacco taxes decreases commercial tobacco use (2019). Raising the price can affect per-capita consumption, rates, and number of cigarettes smoked daily.

Another benefit to tobacco taxes is increased revenue for the tribe. This extra money can be used for programming in the community, such as wellness initiatives, community health fairs, and tobacco-free signage for tribal schools and buildings.

Cigarette prices and consumption

10% Increase in cigarette price



As cigarette prices increase, consumption drops.

3-5% Decrease in overall cigarette consumption

Quick Facts:

- The New Mexico American Indian/Alaska Native adult smoking rate is 14.4% compared 17.2% overall for New Mexican adults
- New Mexico is ranked 17th in the U.S. for its cigarette tax of \$2.00 per pack

For additional information about NM commercial tobacco laws [click here](#)

Health Effects



**THERE IS NO
RISK-FREE LEVEL
OF EXPOSURE TO
SECONDHAND
SMOKE.**

American Lung Association

Secondhand Smoke and Children

Do you know the health effects of secondhand smoke exposure to children? Secondhand smoke is very harmful to individuals and families. According to the American Lung Association, every year there are between 150,000 and 300,000 lower respiratory tract infections in infants and children. As a result, there are about 7,500 to 15,000 hospitalizations each year. Exposure to secondhand smoke can cause fluid buildup in the middle ear and asthma flare-ups. For more information [CLICK HERE](#).

Remember, there is no risk-free level of exposure to secondhand smoke. Keep the house safe and clean by not smoking inside and being cautious of pollutant levels and local smokers.

- Even when you can't smell it, cigarette smoke can still harm your child
- Opening a window or using a fan does not protect children.
- Air purifier and air fresheners do not remove smoke's poisons.
- Smoke from one cigarette can stay in a room for hours. Don't smoke at home, even when children aren't there.

For more great tips about secondhand smoke prevention [CLICK HERE](#)

Ways To Protect Your Children From Secondhand Smoke

At Home:

If you take care of children in your home, do not allow anyone to smoke inside. Do not let babysitters or family and friends smoke around your children.

At Day Care:

Make sure smoking is not allowed in your child's daycare.

At School:

Make sure your child's school is smoke-free inside and out. All school events should be "No Smoking."

At Public Areas:

Choose restaurants and businesses that are smoke-free. "No Smoking" sections in restaurants do not protect children from secondhand smoke.

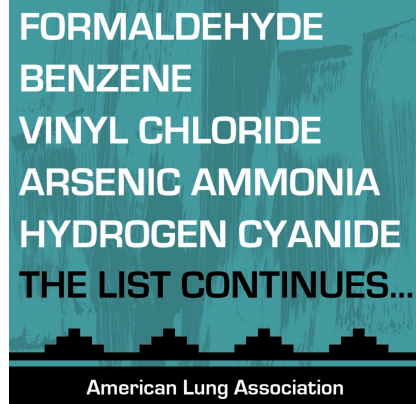
In Your Car:

Do not allow to smoke if children are riding in your car. Rolling down a window does not protect them.

What's in a Cigarette?

There are about 600 known ingredients found in cigarettes. When the cigarette is burned, 7,000 chemicals are created. Sixty nine of these chemicals are toxic and can cause cancer.

Most of these chemicals can be found in products that are used on a daily basis. These consumer products have warning labels about ingestion, such as ammonia from common household cleaners. Yet all these harmful chemicals are ingested through smoking cigarettes. Listed below are some of the chemicals created by burning one cigarette.



- **Acetone** - found in nail polish remover
- **Acetic Acid** - an ingredient in hair dye
- **Ammonia** - a common household cleaner
- **Arsenic** - used in rat poison
- **Benzene** - used in rubber cement and gasoline
- **Butane** - used in lighter fluid
- **Cadmium** - active component in battery acid
- **Carbon Monoxide** - released in car exhaust fumes
- **Formaldehyde** - embalming fluid
- **Hexamine** - found in barbeque lighter fluid
- **Lead** - used in batteries
- **Naphthalene** - ingredient in mothballs
- **Methanol** - a main component in rocket fuel
- **Nicotine** - used as an insecticide
- **Tar** - material for paving roads
- **Toluene** - used to manufacture paint

[For more information CLICK HERE](#)

FREE Resources

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! [CLICK HERE](#) to take you to our page.



#SmokeFreeSignals

WHAT NOW?

We encourage you to read all the articles and upcoming newsletters. Please 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](#).

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