

# 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, March 5, 2021



## MISSION AND CORE VALUES

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

## WELCOME TO OUR BIMONTHLY NEWSLETTER

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

## HIGHLIGHTS

**2** Smoking and Pregnant Women

**3** Community Health Leadership Progress

**4** **FREE RESOURCES!**

## Smoking 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 racial/ethnic groups, it's essential that American Indian and Alaskan Native women learn 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 smoke-free when the baby comes home.

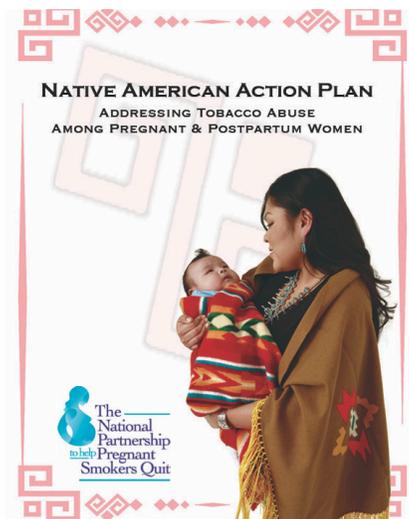
### Benefits of Quitting Before Pregnancy:

- ◇ 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.
- ◇ Less likely to die from sudden infant death syndrome (SIDS).

### 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:



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>

## Community Health Leadership Progress

During this unprecedented time in our history it has become challenging for Smoke Free Signals to continue business as usual. As businesses, schools, and social establishments are closed it has impacted the way we have presented and educated on the harms of commercial cigarettes, secondhand smoking and vaping. Like many, we have had to adjust our day to day operations, and have begun delivering support online in any way we can in place of previous in-person engagement.

Smoke Free Signals' Community Health Leader, A. Romero, has come up with a unique way to continue his awareness efforts with his community. This included speaking to the grandparents and parents of students who are currently learning virtually from home and having discussions with the students. Additionally, A. Romero reached out to students and parents near and far, and has successfully presented and educated them on the harms of commercial tobacco. To encourage the students and continue the conversation on commercial tobacco prevention, Smoke Free Signals sent informational packets to the individuals. We are glad to be able to continue this important education in a virtual setting, and thank all of the students for their participation!

*Students involved with secondhand smoke and commercial tobacco education.*



**Kutz**

*San Felipe and Jemez Pueblo*

**Kyle and Tyler**

*Hopi, Diné, and Jemez Pueblo*

**Malikai**

*Jemez Pueblo*

# FREE Resources

## HIGHLIGHT: Smoke Free Signals Education Videos

Smoke Free Signals would like to announce the Secondhand Smoke and Tobacco Education Video Series. The fifth video of the series, *Thirdhand Smoke*, will be published TODAY on the Smoke Free Signals' website and Facebook page. Stay tuned every Friday, as a new video will be released for your learning and enjoyment experience.

Smoke Free Signals' Education videos can be viewed on the Smoke Free Signals [WEBSITE](#) or Facebook Page [@SmokeFreeSignals](#).



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

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

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