

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 30, 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 April bimonthly 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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Tobacco and The Environment

While the use of commercial tobacco continues to negatively impact the health of people, it also endangers the health of the environment. Of the total amount of trash collected from annual coastal and urban cleanups 30% - 40% of items collected are cigarette butts. When e-cigarette and cigarette waste aren't disposed of properly it may end up in nearby water sources, roadways, retail areas, loading docks, parks, and other recreational areas. As a result of improper disposal, the waste can pollute the water, air, and land with toxic chemicals, heavy metals, and nicotine residue. Because cigarette butts are made of plastic filters, they cannot be eaten by wildlife or decomposed sustainably.

Are Cigarettes and E-Cigarettes Biodegradable?

The answer is no. Most cigarettes and e-cigarette have to be disposed of properly in order for cigarettes and e-cigarettes to not pollute the streets and wildlife.

Cigarettes

The plaster filters found on commercial cigarettes are made of cellulose acetate, which only degrades under severe biological processes. If a cigarette is thrown in a parking lot or on the ground it will not biodegrade. If under certain conditions, like ending up in a sewage tank, it takes at least nine months to degrade.



E-Cigarettes

Even under severe conditions e-cigarette waste cannot be biodegraded. If e-cigarettes are thrown on the streets it will mostly likely break down into microplastics and toxic chemicals, that will eventually flow into waterways and wildlife. The best method to dispose of e-cigarettes is to contact local waste departments in your community and ask about their household hazardous waste program.



For more information visit:

<https://truthinitiative.org/research-resources/harmful-effects-tobacco/tobacco-and-environment>



For full environmental report visit:

https://truthinitiative.org/sites/default/files/media/files/2021/03/Truth_Environment%20FactSheet%20Update%202021_final_030821.pdf

Smoke Free Signals | 505-837-2104 | www.SmokeFreeSignals.com

FREE Resources

HIGHLIGHT: Smoke Free Signals Education Videos

The thirteenth video of the Secondhand Smoke and Tobacco Education Video Series, *What Are E-Cigarettes?*, 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.

The educational video series can be viewed on the Smoke Free Signals [WEBSITE](https://www.smokefreesignals.com) or Facebook Page [@SmokeFreeSignals](https://www.facebook.com/SmokeFreeSignals).



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

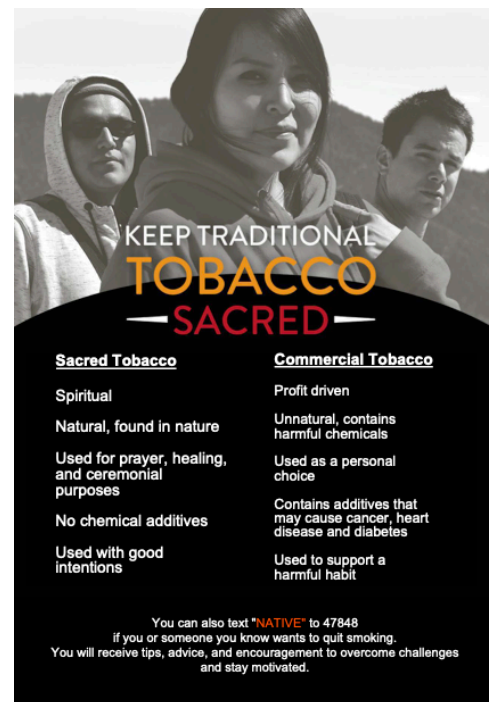
SmokefreeTXT Program: A Quit Tool for Tribal Communities

In collaboration with the *National Cancer Institute*, *Indian Health Services* developed a mobile messaging tool to provide 24/7 free assistance in aiding American Indian and Alaska Native people to quit smoking. This program includes daily encouragement by text and on-demand assistance. To join, text **NATIVE** to **47848** to enroll in a 6-8 week quitting program.

The [SmokefreeTXT Program](https://www.ihs.gov/newsroom/ihs-blog/october2020/ihs-announces-new-mobile-messaging-tool-to-help-people-who-want-to-quit-commercial-tobacco-use/) recognizes the importance of sacred tobacco to prayer, healing, and ceremony. The program is entirely accessible by text message and participants can text keywords, such as CRAVE, MOOD, and SLIP, to receive additional support. For example, someone who is experiencing a craving can text CRAVE for support to manage their withdrawal symptoms. Join today for support!

For more information visit:

<https://www.ihs.gov/newsroom/ihs-blog/october2020/ihs-announces-new-mobile-messaging-tool-to-help-people-who-want-to-quit-commercial-tobacco-use/>



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



**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 to be removed from the listserv directory.

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