



## 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

**Community Health Leader Program applications are due today by 5:00 PM MST. [Apply here.](#)**

## Smoke Free Policies

### Why are they important?

Secondhand smoke is the combination of smoke from the burning end of a tobacco product and the smoke breathed out by the user. Secondhand smoke contains more than 7,000 chemicals; hundreds are toxic, and about 70 can cause cancer. There is no risk-free level of secondhand smoke, and even brief exposure can cause immediate harm. Establishing a 100% smoke-free environment is the only effective way to fully protect nonsmokers from secondhand smoke.

The Dee Johnson Clean Indoor Air Act passed in 2007 required most public places and workplaces in New Mexico to go smoke-free. This law protected the health of New Mexicans by limiting exposure to secondhand smoke. Statewide we are seeing more and more tribal communities implement smoke-free policies within their communities to protect tribal members from health risk caused by secondhand smoke including cancer, asthma attacks, lung and ear infections, heart disease, and much more.

The expert organizations below share why ventilation from secondhand smoke:

### U.S. Surgeon General

In 2006, the U.S. Surgeon General released a report entitled *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. The report stated that the scientific evidence now supports the following major conclusion: "Eliminating smoking in indoor spaces fully protects nonsmokers from exposure to secondhand smoke. **Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate exposures of nonsmokers to secondhand smoke.**"

This conclusion was substantiated, in part, by the following facts:

- Conventional air cleaning systems can remove large particles but not the smaller particles or the gases found in secondhand smoke.
- Current heating, ventilating, and air conditioning systems alone do not control secondhand smoke exposure. In fact, these systems may distribute secondhand smoke throughout a building.
- Even separately enclosed, separately exhausted, negative-pressure smoking rooms do not keep secondhand smoke from spilling into adjacent areas.

In 2007, WHO released a report entitled Protection from Exposure to Secondhand Tobacco Smoke: Policy Recommendations. In light of the available scientific evidence on ventilation, the report made the following recommendation to protect workers and the public from exposure to secondhand smoke:

**"Remove the pollutant-tobacco smoke by implementing 100% smoke-free 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."

### The American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE)

ASHRAE is the national standard-setting body for indoor air quality, including ventilation issues. In 2010, ASHRAE released a report entitled ASHRAE Position Document on Environmental Tobacco Smoke. The report included the following major conclusions:

- "At present, **the only means of effectively eliminating health risks associated with indoor exposure is to ban smoking activity.**"
- "No other engineering approaches, including current and advanced dilution ventilation or air cleaning technologies, have been demonstrated or should be relied upon to control health risks from environmental tobacco smoke exposure in spaces where smoking occurs."
- "Because of ASHRAE's mission to act for the benefit of the public, it encourages **elimination of smoking in the indoor environment as the optimal way to minimize environmental tobacco smoke exposure.**"

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## Smoke Free Spaces

All around us is a world filled with beauty. Yet that beauty can be clouded when the air is filled with cigarette smoke. It is bad for everyone, especially those living with diabetes. We can help them by making sure the air where we live and work in is free from secondhand smoke. We can make life easier for people living with diabetes and protect the beauty of the world around us. Watch the "Have a Heart" video [here](#).



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## Event Calendar

Come celebrate Thanksgiving with Running Medicine and Bosque School with this family-friendly, gratitude-filled fun run/walk. Choose from 5k and 10k run/walk, 1 and 2 mile fitness walks, or the 400-meter Toddler Dash. View the flyer [here](#).

**Time: 8:00 AM, Thursday, November 24, 2017**

**Place: Bosque School (4000 Bosque School Rd NW)**

**Cost: FREE; sign up on site**

You are invited to bring donations for local families in need (winter clothing and non-perishable food items) as well as cash donations for the Running Medicine program.

For more information and to donate giveaways or donations to this event, please contact 505-340-5658 or [runningmedicineabq@gmail.com](mailto:runningmedicineabq@gmail.com).



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## What now?

We encourage you to read all the articles in this and upcoming newsletters, and to share and forward these emails to people within your network to help keep everyone up to date!



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*This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.*

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View an archive of past newsletters [here](#). Sign up to receive future newsletters [here](#).

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www.SmokeFreeSignals.com

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