

# NEWSLETTER

## SMOKE FREE SIGNALS

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

Friday, May 28, 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 May 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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Commercial Tobacco Use Among Individuals With Behavioral Health Conditions

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Commercial and Traditional Tobacco Training for Native American Communities

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**FREE RESOURCES!**

# Commercial Tobacco Use Among Individuals With Behavioral Health Conditions

Individuals with mental health or substance use disorders utilize cigarettes more than adults without these conditions. Adults living with a mental disorder can have conditions that affect their thinking, feeling, mood, and behavior. Some examples can include depression, anxiety, bipolar disorder, or schizophrenia. Approximately 1 in 4 adults in the United States has a form of behavioral health condition and these adults utilize 40% of all cigarettes smoked by adults. Quitting commercial tobacco holds additional health benefits to adults with mental health and substance use disorders.

## Benefits of Quitting Commercial Tobacco

- ◇ **Supports Behavioral Health Treatment:** tobacco smoke can interact or inhibit the effectiveness of medications taken by individuals with behavioral health conditions.
- ◇ **Could Improve Mental Health:** nicotine can mask the negative symptoms of mental health disorders, while quitting can increase the quality of life.
- ◇ **Could Make Relapse Less Likely:** quitting smoking is associated with an increase in long-term abstinence from substances, such as alcohol and drugs.
- ◇ **Had Immediate Physical Health Benefits:** quitting smoking reduces the risk of heart disease, stroke, and cancer.

### WHAT WE KNOW Tobacco Use and Quitting Among Individuals With Behavioral Health Conditions

#### DID YOU KNOW?

- Individuals with behavioral health conditions are more likely than those without such conditions to smoke and to smoke more heavily, and they account for nearly half of all tobacco-related deaths each year.<sup>1,5</sup>
- Smoking can exacerbate mental health symptoms and complicate treatment.<sup>1,2,6</sup>
- Quitting smoking can improve mental health and substance use disorder recovery outcomes.<sup>1,2,7,10</sup>

Nearly 25% of adults in the United States have a mental health or substance use disorder (i.e., behavioral health condition), and these adults consume almost 40% of all cigarettes smoked by adults in the United States.<sup>11</sup>

People with behavioral health conditions die about five years earlier than people without such conditions, more than 50% from tobacco-attributable diseases.<sup>12</sup>

The first step in addressing tobacco use among individuals with behavioral health conditions is understanding the current available evidence.

#### PEOPLE WITH BEHAVIORAL HEALTH CONDITIONS...

- 1) **Are more likely to smoke.**  
Individuals with a behavioral health condition are more likely to smoke than people without such a condition, and smoking rates are even higher among individuals with serious mental health disorders and addictions.<sup>1,2</sup>
- 2) **Smoke more.**  
Individuals with behavioral health conditions smoke more cigarettes than people who smoke and do not have these conditions.<sup>3,3</sup>
- 3) **Want to quit smoking.**  
Many individuals with behavioral health conditions want to quit smoking but may face extra challenges in successfully quitting and may benefit from extra help.<sup>13,14</sup>
- 4) **Die prematurely.**  
Individuals with serious mental health disorders who smoke die almost fifteen years earlier than individuals without these disorders who do not smoke.<sup>15</sup>
- 5) **Die from smoking-related illness.**  
People with behavioral health conditions account for over 200,000, or nearly half, of tobacco-related deaths each year.<sup>11,6</sup> The most common causes of death among people with behavioral health conditions are heart disease, cancer, and lung disease, all of which can be caused by smoking.<sup>11,2</sup>



National Center for Chronic Disease Prevention and Health  
Office on Smoking and Health Print Only



[CLICK HERE](#) for resource.

For more information visit:

<https://www.cdc.gov/tobacco/disparities/mental-illness-substance-use/index.htm>

# Commercial and Traditional Tobacco Training for Native American Communities

**Training Date: Tuesday, June 22, 2021 , 1:00 - 4:00 PM MST**

This virtual tobacco training is available for New Mexico Native American communities who are interested in discussion around commercial tobacco prevention, smokefree spaces, and traditional tobacco. Additionally, material will be available for Community Health Workers, Community Health Representatives, and tobacco preventionists that can be used in your tribal community.

## Upon Completion Of This Training, Participants Will Be Able To:

1. Differentiate between commercial tobacco and traditional tobacco.
2. Understand the use of ceremonial tobacco in tribal communities.
3. Recognize how smokefree spaces contribute to overall health.
4. Identify available resources for quitting commercial tobacco.

**Commercial Tobacco Training**  
for Native American Communities

Tuesday, June 22, 2021, 1PM-4PM MST

Add Your Details

\*First Name  \*Last Name

\*Email

\*Organization

\*Job Title

Tribal Affiliation

Commercial and Traditional Tobacco Training  
Jun 22, 1:00 PM - 4:00 PM MDT  
Zoom

[\*\*CLICK HERE  
TO REGISTER\*\*](#)

*\* Zoom information will be sent to all registrants before the event.*

**For more information and to register visit:**

<https://keresnm.wixsite.com/kchtobacco>

# FREE Resources

## **HIGHLIGHT: Smoke Free Signals Education Videos**

The seventeenth video of the Secondhand Smoke and Tobacco Education Video Series, *Policy Change 101*, 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](#) or Facebook Page [@SmokeFreeSignals](#).



To watch Smoke Free Signals' Education Video visit:

<https://www.smokefreesignals.com/education-videos>

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

# 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**

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