



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

Happy Halloween!

You know what's scarier than ghouls, goblins, and ghosts? Commercial tobacco's effect on the body! Secondhand smoke contains more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer. Secondhand smoke can cause heart disease, lung cancer, and strokes in adults, and ear infections, severe asthma attacks and sudden infant death syndrome (SIDS) in children!

Do your part to stay away from and protect your family from scary secondhand smoke.

Let's connect!

Smoke Free Signals is now on Facebook!

If you have a Facebook page, we'd love to connect! Head on over to our brand new [Facebook page](#) and give us a 'like!' (And know we like you back!)



Smoke Free Spaces

Electronic Nicotine Delivery Systems (ENDS) Key Facts

ENDS generally emit lower levels of dangerous toxins than combusted cigarettes. However, in addition to nicotine, **ENDS aerosols can contain heavy metals, ultrafine particulate, and cancer-causing agents like acrolein.**

Currently, the evidence is insufficient to conclude that ENDS are effective for smoking cessation.

ENDS aerosol is **NOT** harmless "water vapor" and is **NOT** as safe as clean air.

ENDS are aggressively marketed using similar tactics as those proven to lead to youth cigarette smoking. Although the advertisement of cigarettes has been banned from television since 1971, ENDS are now marketed on television and other mainstream media channels.

ELECTRONIC NICOTINE DELIVERY SYSTEMS KEY FACTS

Youth use of ENDS continues to rise rapidly in the U.S.

From 2011 to 2014, **past 30-day use** of e-cigarettes increased

9X for high school students (1.5% to 13.4%)
and more than **6X** for middle school students (0.6% to 3.9%)

Nearly 2.5 million U.S. middle and high school students were **past 30-day e-cigarette users** in 2014

including about **1 in 7** high school students.¹

In 2013, more than a quarter of a million (263,000) middle and high school students who had **never smoked cigarettes** had ever used e-cigarettes.²

Most adult ENDS users also smoke conventional cigarettes, which is referred to as "dual use."

In 2012/2013, 1.9% of adults were **past 30-day e-cigarette users**, including **9.4%** of conventional cigarette smokers.³

Among adult **past 30-day e-cigarette users**, **76.8%** were also current cigarette smokers (i.e., "dual users") in 2012/2013.³

Nicotine poses dangers to pregnant women and fetuses, children, and adolescents. Youth use of nicotine in any form, including ENDS, is unsafe.^{4,5}

- Nicotine is highly addictive.⁶
- Nicotine is toxic to developing fetuses and impairs fetal brain and lung development.^{4,7}
- Poisonings have resulted among users and non-users due to ingestion of nicotine liquid, absorption through the skin, and inhalation.⁸ E-cigarette exposure calls to poison centers increased from one per month in September 2010 to 215 per month in February 2014, and over half of those calls were regarding children ages 5 and under.⁹

- Because the adolescent brain is still developing, nicotine use during adolescence can disrupt the formation of brain circuits that control attention, learning, and susceptibility to addiction.³
- According to the Surgeon General, the evidence is already sufficient to warn pregnant women, women of reproductive age, and adolescents about the use of nicotine-containing products such as smokeless tobacco, dissolvables, and ENDS as alternatives to smoking.⁴

ENDS marketing has included [unproven claims of safety and use for smoking cessation](#), and statements that they are exempt from clean air policies that restrict smoking.

When addressing potential public health harms associated with ENDS, it is important to simultaneously [uphold and accelerate strategies found by the Surgeon General to prevent and reduce combustible tobacco use](#), including tobacco price increases, comprehensive smoke-free laws, high-impact media campaigns, barrier-free cessation treatment and services, and a comprehensive [statewide tobacco control programs](#).

You can view the full PDF from CDC [here](#).

Event Calendar

Thursday, November 17, 2017 is the Great American Smokeout. Every year, smokers across the nation take part in the [American Cancer Society Great American Smokeout](#) event. Encourage someone you know to use the date to make a plan to quit, or plan in advance and then quit smoking on that day. By quitting - even for 1 day - smokers will be taking an important step toward a healthier life and reducing their cancer risk.



You can learn more about the Great American Smokeout or find resources to host your own event on [this website](#).

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!



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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