October 31, 2017



# 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 <u>Facebook page</u> and give us a 'like!' (And know we like you back!)



# **Smoke Free Spaces**

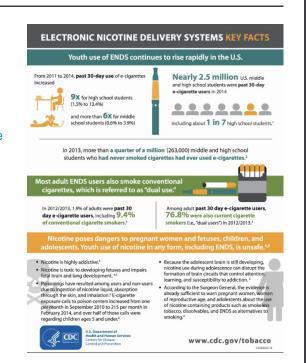
Electronic Nicotine Delivery Systems (ENDS) Key Facts

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 main stream media channels.



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 in creases, 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.

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

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