



Keep Tobacco Sacred

# Urban American Indian Tobacco Prevention & Education Network (UAITPEN) Newsletter

September 2006

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## Key findings of the Surgeon General's report on SHS

"The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General" was released in June of this year, confirming that secondhand smoke is not just a minor annoyance, but a serious hazard to our health. In this report, the Surgeon General has concluded that:

1. Millions of Americans, both children and adults, are still exposed to secondhand smoke in their homes and workplaces despite substantial progress in tobacco control.
2. Secondhand smoke exposure causes disease and premature death in children and adults who do not smoke.
3. Children exposed to secondhand smoke are at an increased risk for sudden infant

death syndrome (SIDS), acute respiratory infections, ear problems, and more severe asthma. Smoking by parents causes respiratory symptoms and slows lung growth in their children.

4. Exposure of adults to secondhand smoke has immediate adverse effects on the cardiovascular system and causes coronary heart disease and lung cancer.
5. The scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke.
6. 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.

You can read more about the Surgeon General's report on second hand smoke on the web at [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco), come by the TPEP office to get a copy, or call us at 503-224-1044 x 238.



## SAVE THE DATE

Quarterly UAITPEN luncheon  
October 26th, 2006  
12 Noon

## SAVE THE DATE

## Quarterly UAITPEN meeting

We are in the process of planning our next Urban American Indian Tobacco Prevention & Education Network quarterly meeting. It will be held on Thursday, October 26th at 12 noon at the NARA Madison Building, 1776 SW Madison, Portland, OR. Lunch will be provided.

This will be a great opportunity for you to meet the new Project Coordinator, Becky Wright. Other topics on the agenda include planning the Networks focus for the project, as well as a discussion of the new State sponsored evaluation that is in the planning stages for

our program. If you have any additional items for the agenda, please let the Project Coordinator know. If you are a Network member, and haven't received a letter from us, please let us know.

## Secondhand smoke and our children

We can all agree that protecting our children is a priority. With the release of the "Health Consequences of Involuntary Exposure to Tobacco Smoke, a report of the US Surgeon General", we are reminded of the necessity of protecting our children from exposure to secondhand smoke.

According to this report, children are more heavily exposed to secondhand smoke than adults. Almost 60 percent of U.S. children aged 3-11 years—or almost 22 million children—are exposed to secondhand smoke. About 25 percent of children in this age group live with at least one smoker, as compared to only about 7 percent of nonsmok-

ing adults. Because the Surgeon General's report also states that eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from secondhand smoke exposure, separating smokers from nonsmokers, cleaning the air, and ventilating buildings does not eliminate secondhand smoke exposure.

So how do we protect our children? We can do a few things to minimize exposure to secondhand smoke:

- Quit smoking, help a family member quit smoking, help a client quit smoking. Take advantage of the great American Smokeout on November 16<sup>th</sup> and plan your quit date and action plan. You can get

free cessation help through the Oregon Quit Line, 1-877-270-STOP (7867), or talk to a health provider.

- Go outside to smoke. As it gets colder, this will be harder to do, but please remember you are doing it for the health of the non-smokers in your household, including your children.
- Support the Statewide School law that makes all K-12 school buildings and properties smokefree and chew tobacco free. No smoking or chewing of tobacco is allowed on school properties at any time.



**"22 million children are exposed to secondhand smoke."**

## Oregon tobacco clearinghouse

This is just a quick reminder that you can receive tobacco education materials for free from the Oregon Tobacco Education Clearinghouse. They have many brochures, posters and videos that are specifically designed for Native populations, and there may be something for your organization.

Some of the topic areas include::

- Youth prevention
- Creating tobacco-free environments
- Decreasing tobacco advertising and promotion
- Promoting linkages to tobacco cessation resources
- Chew, dip, cigars and other types of tobacco products

You can access the entire catalog online at:  
<http://www.oregon.gov/DHS/ph/tobacco/otec/otec.pdf>

You can also call toll free at 1-888-412-1701, or fax toll free at 1-888-412-1702. Hours are between 8:00 am and 4:30 pm, Monday through Friday.



The TPEP program at NARA has some posters that you can't get through the Oregon tobacco Education Clearinghouse, such as the one you see here. If you would like some materials such as these to post for your organization, please let us know and we can get you some.



## Great American Smokeout

The Urban Indian Tobacco Prevention and Education Program (TPEP) is working with the other multi-cultural TPEP's to put together an event for the 30<sup>th</sup> Annual Great American Smokeout, Thursday, November 16<sup>th</sup>. The Great American Smokeout is a National event publicized by the American Cancer Society in order to encourage smokers to quit smoking for at least one day, and is a day where the many successful ways of quitting are presented. This event began in 1971 when

Arthur Mullaney, a Massachusetts resident, asked people to give up smoking for a day and to donate the money they would have spent on tobacco to a local high school. The American Cancer Society picked up on the idea and in 1977 held the first National day of no smoking, and has been doing it annually ever since. The event we are working on this year is focused on the 35,000 Oregonians who are unable to breathe clean air in their workplaces. According to the State of Oregon, over 900

American Indian employees are exposed to secondhand smoke in their workplaces. Note that this number does not include employees of casinos that allow smoking.

From 11:30 to 1:30 on November 16<sup>th</sup> we will be at Pioneer Place Mall, providing educational materials about secondhand smoke and smokefree workplaces. If you are interested in helping out at this event, please contact Becky Wright at 503-224-1044, extension 238, or at [bwright@naranorthwest.org](mailto:bwright@naranorthwest.org).



## Tobacco News

Earlier this month, a study was released indicating a link between smoking and increased risk for HIV. Researchers reviewed previous studies linking smoking to the disease, and found that smoking is an independent risk factor that raises the chances of contracting the virus by 1.6 to 3.5. Researchers did not find a link between smoking and earlier onset of AIDS. One possible explanation is that the changes smoking causes in the lungs and on the

immune system reduces the body's ability to fight infection.

A report released in April of this year showed that researchers had found three new pesticides in cigarette smoke (as if the 4000 chemicals we already knew were in cigarettes weren't enough!) The three compounds found are Flumetralin, a suspected endocrine disrupter already banned for use on to-

bacco in Europe, Pendi-methalin, a known endocrine disrupter that affects the thyroid, and Trifluralin, an endocrine disrupter that affects the reproductive and metabolic systems. The last two of these are suspected human carcinogens, meaning they probably cause cancer.

**A recent study found that smoking increases risk of HIV infection.**

## Upcoming Events

As a part of our outreach of the Tobacco Prevention and Education Program, you can find us at many of our community events, including:

**3rd annual Kanawaksooma Celebration Powwow**, October 7th, 2006, Mt. Hood Community College. Grand Entry 1 & 7pm.

**A Gathering of Flutes**, sponsored by Native People's Circle of Hope, November 4, 2006, Multnomah Arts Center, 10am to 8pm.



If your organization has an event coming up and you would like us to come and provide tobacco education materials, please let us know. If we aren't able to make it in person, we can certainly provide training and materials to someone else to provide at your event

**Did you know? Tobacco farms are so contaminated by chemicals that when a farm stops producing tobacco, they cannot grow food items on this farm for at least 50 years !**



**NATIVE AMERICAN  
REHABILITATION  
ASSOCIATION (NARA) OF  
THE NORTHWEST, INC.**

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You might have noticed the new logo on the front of our newsletter. This is just a draft of the logo, the finished version will be much more polished. Amanda Wright (Klamath, Choctaw) designed this logo, and we can discuss in our next meeting if the Network would like to officially adopt the logo for the Urban American Indian Tobacco Prevention & Education Network.

## **New Project Coordinator, Becky Wright, MPH**

Greetings, new and existing Network members! My name is Becky Wright (Western Band of Cherokee). I am very happy to announce that I am the new Tobacco Prevention & Education Coordinator at NARA. Norma has decided to move on to the next phase of her life, full-time college student, so I will be attempting to fill her shoes in this project.

I have been with the project for a whole two weeks now, so I am still getting my feet wet and figuring out how I can best serve the Network.

I come to you all as a recent MPH graduate from Portland State University's School of Community Health. I hope that my education combined



with my eight years of involvement in the Portland Native community will allow me to provide the services that the Network may need.

With my partner of eight years, I have a beautiful 2 1/2 year old daughter, Yukpa Sophie, who loves powwow dancing and drumming, so

you may have seen us around at local powwows and events. I have also been involved with the l'nim miya'c play group at Portland State University, and have been both an intern and an employee at the Northwest Portland Area Indian Health Board. I am very excited to be here and can't wait to meet with all our Network members and see what I can do for our program! See you at our luncheon on October 26th!

*~Becky Wright*



*Keep Tobacco Sacred*