



**Chronic Disease & Commercial Tobacco Tribal Newsletter:  
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**Featured Best Practice**

**Making a Plan to Quit Commercial Tobacco\***

In many American Indian/Alaska Native cultures a project (such as quitting commercial tobacco) is undertaken in a series of four steps. Each step is associated with a direction:  
**East:** represents thinking about the project  
**South:** represents active planning of how the goal will be accomplished  
**West:** represents initiating the project  
**North:** represents carrying through and continuing the project  
Four is a sacred number to most tribal people, so it may feel more comfortable to present a plan in four steps with a circular diagram of the four directions and a step associated with each direction.

**Talking Circle**

May be a way to offer ongoing support to people that would like to quit commercial tobacco. Topics could include the health risks of commercial tobacco use.

**\*IHS Fieldbook 2009**

[http://www.KeepItSacred.org/network/images/network/PDFs/IHS\\_FIELDBOOK/unit\\_2.pdf](http://www.KeepItSacred.org/network/images/network/PDFs/IHS_FIELDBOOK/unit_2.pdf)

**Featured Program**

**Hannahville Indian Community-Creating & Sustaining Partnerships**

Hannahville Indian Community through their work with The A PROMISE Partnership (Inter-Tribal Council of Michigan-CDC REACH MNO funded project) has created and sustained a partnership with their local school, Nah Tah Wahsh. Through their partnership the Tobacco Specialist and Wellness Advisory Council (WAC) members presented to the school about the dangers of commercial tobacco, held an art contest with the students, and returned to award the winners. Amanda Hess, one of the WAC members, had this to say about her involvement, "I was involved in judging a poster contest and presenting the awards to the children who submitted the most thoughtful artwork to be used to send messages about the dangers of commercial tobacco versus the sacred use of tobacco in their posters. It was one of the most rewarding experiences that I have had because I know that if we changed one child's mind during the process we may have literally saved a life. ...These posters are powerful and have very meaningful messages."

**Consequences of Smokeless Tobacco\***

Smokeless tobacco refers to snuff, chew, or spit tobacco that is used orally, but not smoked.

- The Surgeon General's Report, "Health Consequences of Using Smokeless Tobacco, " concluded, "Oral use of smokeless tobacco represents a significant health risk and is not a safe substitute for smoking cigarettes"
- Smokeless tobacco contains 28 cancer-causing agents (carcinogens). Smokeless tobacco use increases the risk of developing cancer of the oral cavity and other oral health problems (leukoplakia and recession of the gums).

**\*IHS Fieldbook 2009**

[http://www.KeepItSacred.org/network/images/network/PDFs/IHS\\_FIELDBOOK/unit\\_2.pdf](http://www.KeepItSacred.org/network/images/network/PDFs/IHS_FIELDBOOK/unit_2.pdf)

**RESOURCES**

For more information on brief interventions and the Five A Model please go to: [mdquit.org/cessation-programs/brief-interventions-5](http://mdquit.org/cessation-programs/brief-interventions-5)

A PROMISE Partnership info: [www.itcmi.org/departments/health-education-and-chronic-disease/reach-mno/](http://www.itcmi.org/departments/health-education-and-chronic-disease/reach-mno/)

Free Commercial Tobacco Resources: [www.KeepItSacred.org](http://www.KeepItSacred.org)