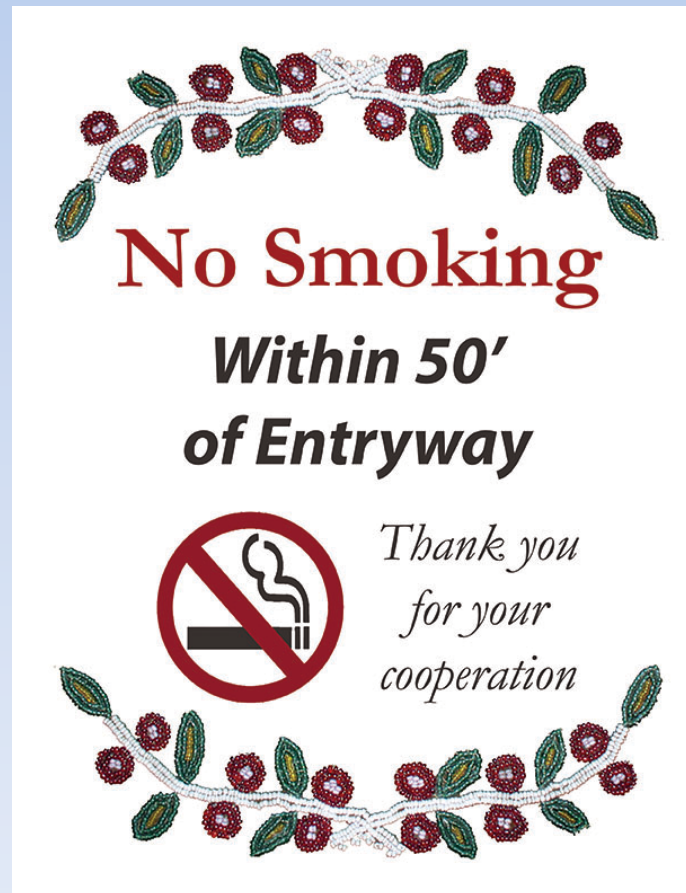
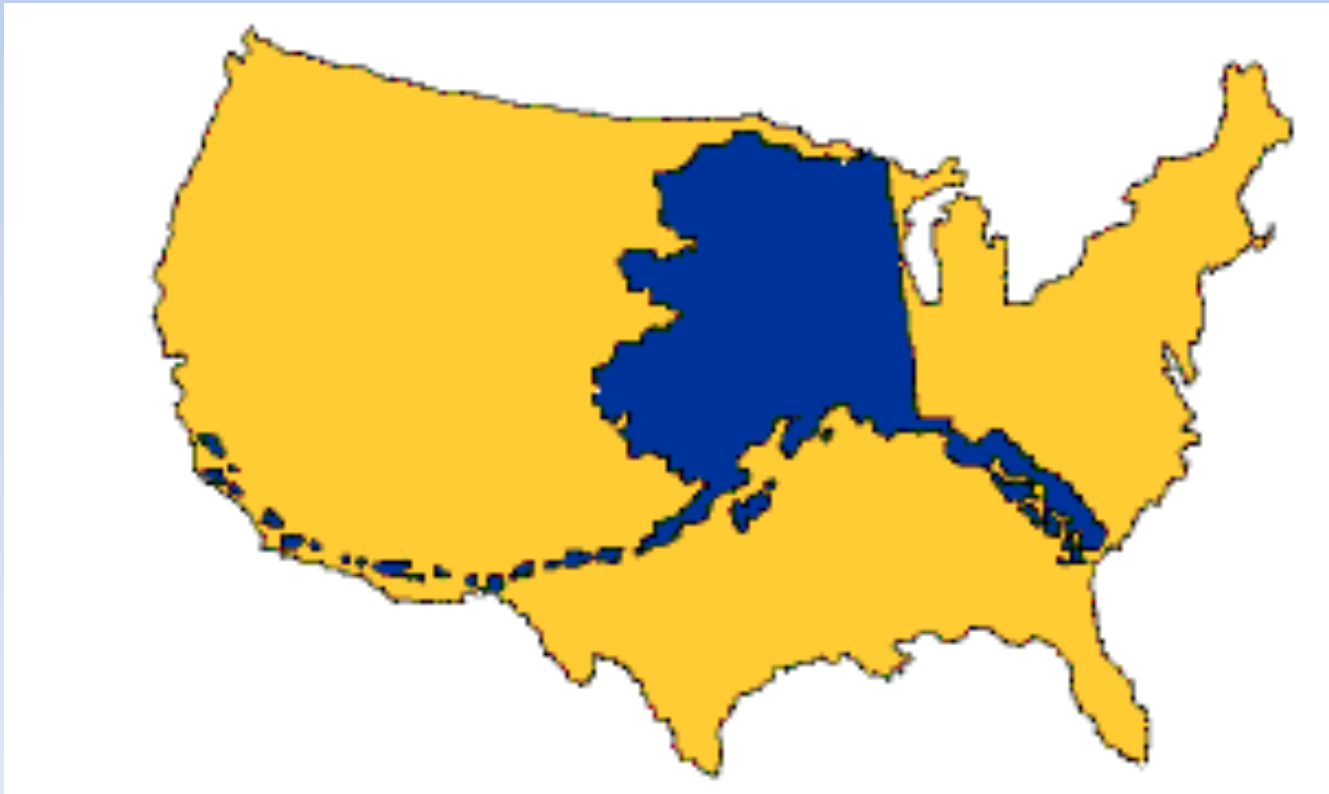


Alaska-Engaging Tribes in Tobacco Prevention Efforts



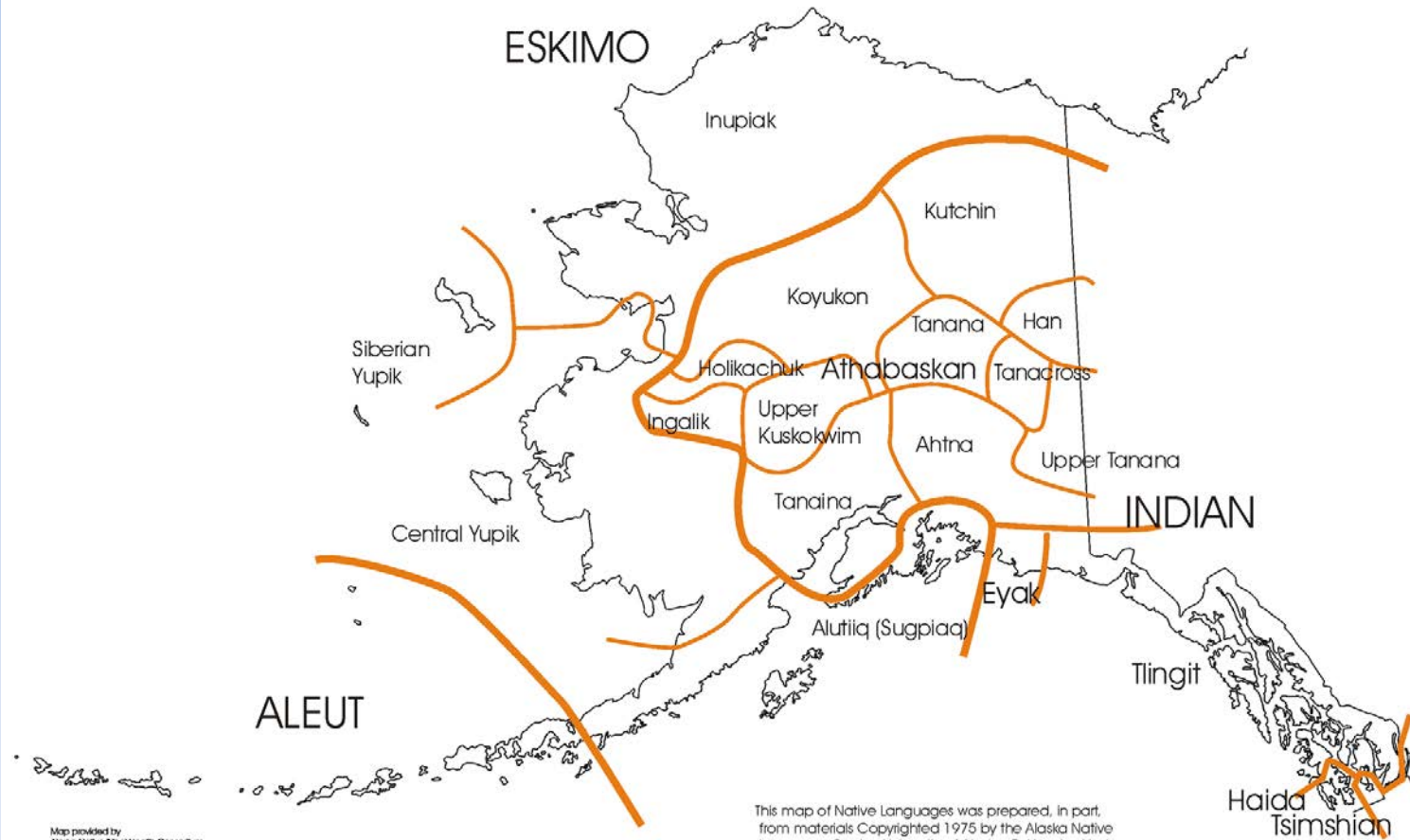
Andrea Thomas
SEARHC Tobacco Program Manager

Alaska- 229 Tribes



THE ALASKA NATIVE HEALTH CARE SYSTEM

Native Languages



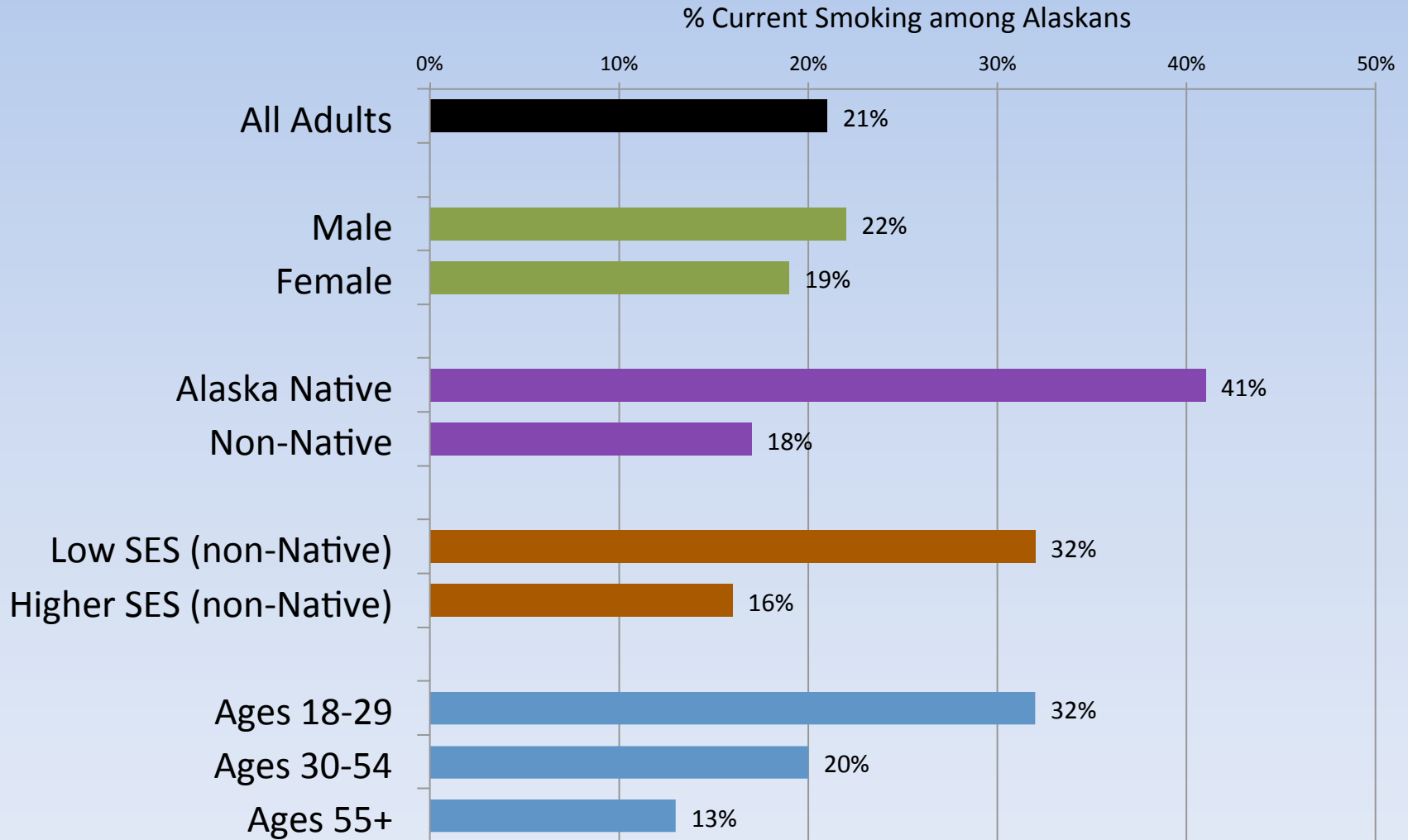
Map provided by
Alaska Native Tribal Health Consortium
Division of Information Technology
www.anthc.org

This map of Native Languages was prepared, in part,
from materials Copyrighted 1975 by the Alaska Native
Language Center, University of Alaska, Fairbanks, Alaska.

Historical Tobacco Use in Alaska

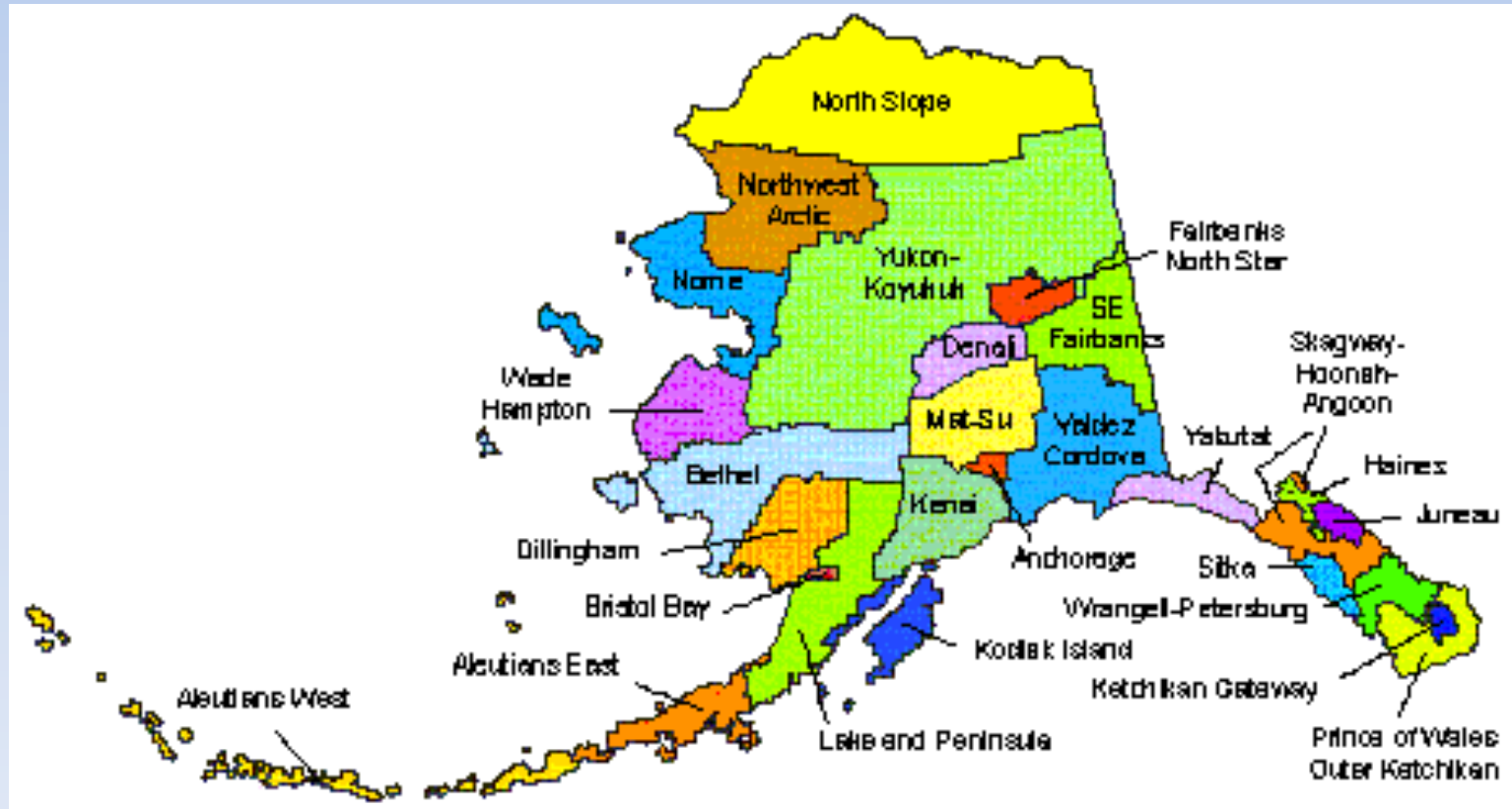
- No Sacred use historically
- Cultivated it in Southeast Alaska- used it like a plant
- Quit growing it when European tobacco became readily available

Tobacco-Related Disparities Data



Source: AK Behavioral Risk Factor Surveillance System (BRFSS), 2010 data

Alaska Regions



Video

[http://www.youtube.com/
watch?v=upedFcFugHE](http://www.youtube.com/watch?v=upedFcFugHE)

Addressing Alaska Native Tobacco Use- A Team Effort



LEAD and the Southeast Alaska Regional Health Consortium (SEARHC) partner

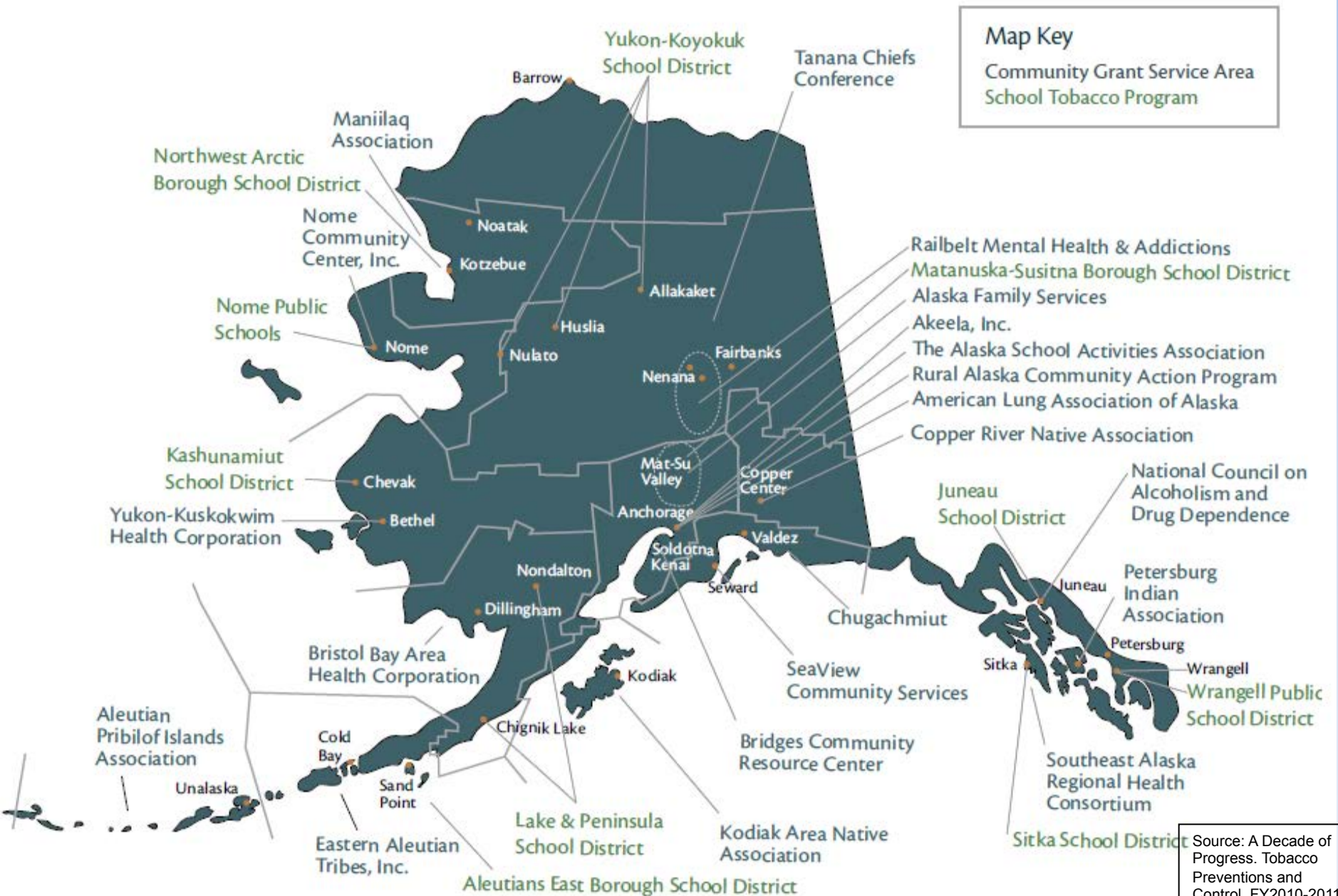


*Working to increase
Alaska Native
leadership to
support tobacco-free
and smokefree
workplace policies
within Tribes.*

Alaska Federation of Natives (AFN)



Community & School Grantees



Source: A Decade of Progress. Tobacco Preventions and Control FY2010-2011

Resources Were Developed

- Fact Sheet: Smokefree Workplaces for Alaska Native people
- Sample Resolutions
 - ✓ Tobacco-free Workplace Resolution
 - ✓ Smokefree Workplace Resolution
- Tips for Working with Local Tribes
- Implementation Toolkit

SMOKEFREE WORKPLACES

A Resolution for Alaska Tribes

Tribal leaders can protect people from secondhand smoke and protect children from tobacco-caused diseases and addiction by creating smokefree workplaces.

How does secondhand smoke affect Alaska Native people?

- In healthy non-smokers, secondhand smoke causes heart disease, stroke, respiratory disease, and lung cancer¹
 - Non-smokers' heart disease risk rises 25-30%¹
 - Non-smokers' lung cancer risk rises 20-30%¹
- Causes asthma, bronchitis, and pneumonia in Alaska Native children¹
- Increases risk of Sudden Infant Death Syndrome (SIDS)¹

How will smokefree policies benefit Alaska Native people?

- Smokefree policies protect people from second hand smoke, encourage adults to quit smoking, and discourage youth from starting
- Smokefree policies have a positive impact on business and employment
- \$491 million is spent annually on health care costs and lost productivity from smoke-filled workplaces²
- 88% of adults and 80% of smokers in Alaska agree people should be protected from second hand smoke³
- 10-15 years of life return when a smoker quits tobacco³
- Children have the chance to grow up healthy and tobacco free

What are the risks of tobacco use?

Tobacco use by Alaska Native adults and youth remain higher than that of non-Natives. Tobacco use harms Alaska Native people with diseases that were not historically common.

- Cancer is leading cause of death for AK Natives
 - lung cancer, primarily from smoking, is the leading cause of cancer death⁴
 - 1 in 3 cancer deaths are caused by tobacco⁴
- Heart disease and strokes are the second leading cause of death with 1 in 5 caused by tobacco⁴
- Respiratory disease is a leading cause of Native death with 8 in 10 caused by tobacco⁴

Tobacco Use and Exposure in Alaska

Category	Alaska Natives	All Alaskans
Young adult smokers (age 18-29)	52%	31%
Adult smokers (18 & over)	43%	22%
Youth smokers (high school & younger)	23%	16%
Adults currently using smokeless tobacco ⁵	4%	12%
Youth smoking before age 19 ⁶	22%	14%
Youth exposed to smoking in past week ⁷	44%	43%

¹ The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Centers for Disease Control and Prevention, 2006

² What Size Strategy To Use About Tobacco Use Among Alaska Natives: Implications for Program Planning (2007). Div of Public Health, AN Dept. of Health and Social Services

³ Tobacco Prevalence and Control Annual Report (2006). Div of Public Health, AN Dept. of Health and Social Services

⁴ Behavioral Risk Factor Surveillance System (BRFSS), 2006

⁵ Behavioral Risk Factor Surveillance System (BRFSS), 2006

⁶ AK Youth Risk Behavior Survey (YRBS), 2006

⁷ AK Youth Risk Behavior Survey (YRBS), 2007-2008

Resolution # _____

Title: Resolution for the Control and Elimination of Secondhand Tobacco Smoke in the Work Place and Enclosed Public Places.

WHEREAS, The _____ (name of tribe), is an Indian Tribe as defined in Section 4 of the Indian Self-Determination and Education Assistance Act, Pub. L. 93-638, 25 U.S.C. 450b;

WHEREAS, Alaska Native people have the highest rate of tobacco use in the state of Alaska;

WHEREAS, Tobacco use is the leading cause of preventable death and disease and Alaska Native people suffer serious health consequences including heart disease and cancer;

WHEREAS, Secondhand tobacco smoke exposure is another leading cause of preventable death, and causes disease in healthy nonsmokers, including heart disease, stroke, respiratory disease, and cancer;

WHEREAS, It has been determined that the level of exposure to secondhand tobacco smoke in only completely smokefree environments is safe;

WHEREAS, A significant amount of secondhand tobacco smoke exposure to adults and children occurs in the workplace, which has serious adverse health effects a

WHEREAS, Smokefree workplaces will reduce secondhand tobacco use overall, support health and wellness, and protect the health of our children, grandchildren, families, and community members;

WHEREAS, The health of our people is of utmost importance and Alaska Native people have taken a lead in addressing health issues throughout the years; and

WHEREAS, Smokefree tribal workplaces will protect the health of our children, grandchildren, families, and community members.

THEREFORE, BE IT RESOLVED that to protect the health and welfare of others and employees, smoking tobacco shall be prohibited within all facilities owned, operated or leased by the _____ (name of tribe) including:

- a) all areas within enclosed places that are open to or frequented by the public;
- b) all areas within places of employment; and
- c) all outdoor areas within 20 feet of entrances, exits and windows that open to enclosed places and places of employment.

BE IT FURTHER RESOLVED, that signs prohibiting smoking shall be posted and a smoking distance no less than 20 feet from any entrances be enforced.

CERTIFICATION

I hereby certify that the above resolution was duly adopted at a regular meeting of the _____ (name of tribe) on this ___ day of _____ 2012 at _____ which a quorum was present, with a vote of ___ for, ___ against, ___ abstentions, ___ absent.

preparing the property

It may seem obvious, but preparing your Tribal worksite is one of the first steps in creating a tobacco-free environment. Here are four easy steps to making your workplace tobacco free.

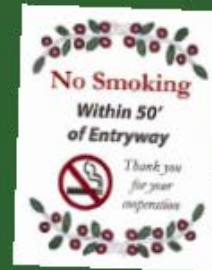
1.

Remove all ashtrays, matchbooks, and other tobacco paraphernalia. Offer gum or mints!



2.

Post no-tobacco signs wherever possible.



3.

Train employees how to ask customers not to use tobacco on workplace property.



4.

Create cards to hand out with the workplace policy and tobacco quit information.

XYZ is a tobacco-free campus including all buildings, grounds, roads, and sidewalks. Please help us protect the health of our people.

For help to quit tobacco call 1-800-QUIT-NOW

Contact (insert name) for more signs or information (insert phone#)

Tribal Resolutions passed this past year!



- St. George Traditional Council TF
- Native village of Hydaburg SF
- Native Village of Kobuk TF
- Native Village of Point Hope TF
- Nunakauyak Traditional Council (Toksook Bay) SF
- Native Village of Nenana TF
- Skagway Traditional Council SF
- Chilkat Indian Village in Klukwan SF
- Native Village of Akhiok TF
- Native Village of Buckland TF
- Native Village of Kotzebue TF
- Selawik IRA TF
- Tuntutuliak Traditonal Council SF

13

Tobacco/Smoke free Tribal Policies

49!

AFN SMOKEFREE RESOLUTION 11-51

FY12 UPDATE

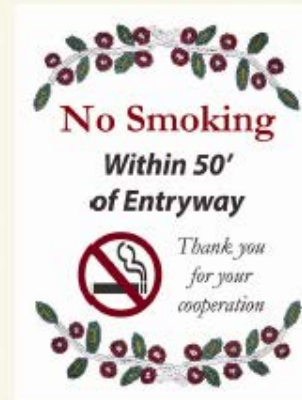
Seven Resolutions Passed since AFN!

NOW THEREFORE BE IT RESOLVED by the Delegates to the 2011 Annual Convention of the Alaska Federation of Natives, Inc., that AFN supports statewide smokefree workplaces to protect Alaska Native and non-Alaska Native people from the known dangers of secondhand smoke.

CONGRATULATIONS!

Since AFN 2011, these Tribes passed tobacco or smokefree workplace resolutions:

ST. GEORGE TRADITIONAL COUNCIL
NATIVE VILLAGE OF HYDABURG
NATIVE VILLAGE OF KOBUK
NATIVE VILLAGE OF POINT HOPE
NUNAKAUYAK TRADITIONALCOUNCIL
NATIVE VILLAGE OF NENANA
TANANA CHIEFS CONFERENCE



WHY ARE TRIBAL RESOLUTIONS SO IMPORTANT?

Smokefree policies protect people from second hand smoke, reduce tobacco use, and discourage youth from starting. Today there is a growing movement to tackle the issue of tobacco use at a local level.

“Passing a tobacco-free resolution is just another step to keeping our tribe and youth healthy,” said Josie Dayton of the Koyukuk Tribal Council.

Tobacco use disproportionately affects the health of Alaska Native people, leading to higher rates of preventable illnesses and premature death. Alaska Native adults are almost twice as likely to smoke as non-Native adults. Additionally, Alaska Native youth are nearly twice as likely to be current smokers as non-Native youth.

For educational materials to assist your Tribe with a tobacco or smokefree workplace please contact Andrea Thomas at 907-966-8883, andreat@searhc.org or Edy Rodewald, at 907-364-4452, erode@searhc.org

Three Tribal Health Consortia

Resolutions

ANHB Tobacco-free Resolution 2011-01 UPDATE

Three more tribal healthcare facilities passed tobacco policies

Now therefore be it resolved the Alaska Native Health Board supports a statewide tobacco-free workplace policy within the Alaska Tribal Health System to protect Alaska Native people from the dangers of secondhand smoke and tobacco use.

CONGRATULATIONS!

Since ANHB resolution 2011-01, these Tribal health entities passed tobacco-free or smokefree workplace resolutions:

- Copper River Native Association
- Kenaitze Indian Tribe
- Tanana Chiefs Conference

Other tobacco-free/smokefree tribal facilities:

- Aleutian Pribilof Islands Association
- Bristol Bay Area Health Corporation
- Alaska Native Tribal Health Consortium
- Chugachmiut
- Ketchikan Indian Corporation
- Kodiak Area Native Association
- Metlakatla Indian Community
- Norton Sound Health Corporation
- Southcentral Foundation
- Southeast Alaska Regional Health Consortium
- Seldovia Village Tribe
- Tanana Chiefs Conference
- Yukon-Kuskokwim Health Corporation

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Alaska Native Tobacco Advisory Group is an
Alaska Tobacco Control Alliance (ATCA) workgroup.

Tanana Chiefs Conference

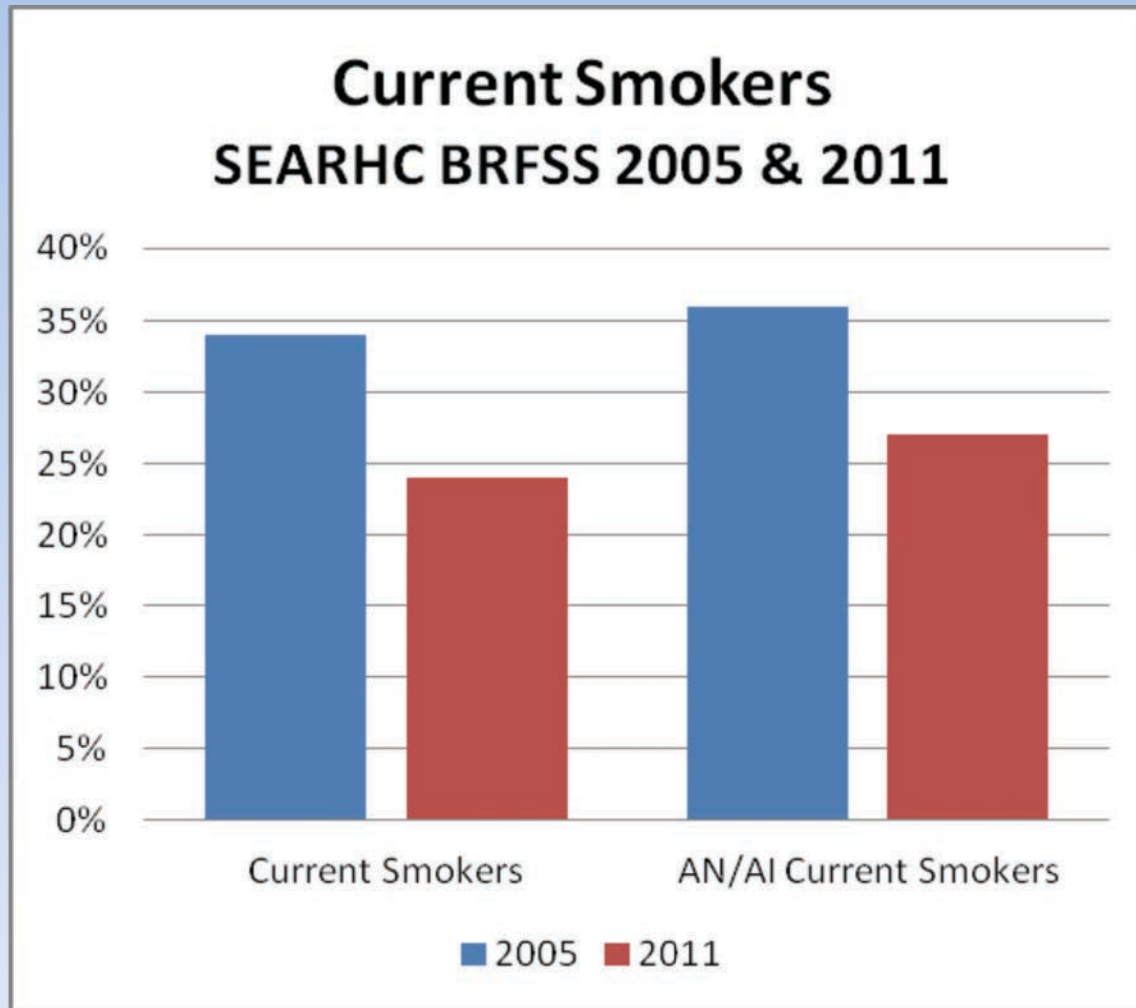


Shawna Hildebrand then told them that 120 Alaskan's die each year from exposure to secondhand smoke alone, and with their help we can make the number zero.



And, subsequently, as a result of a lot of support from the communities we serve...

Tanana Chiefs Conference Delegate Resolution



There was a significant decrease in the number of Alaska Native/ American Indian currently smoking from 36% in 2005 to 27% in 2011 (p-value 0.00364).

**Be Strong in
Mind, Body
and Spirit**