



**KEEP IT SACRED**  
NATIONAL NATIVE NETWORK

Life is Sacred | Keep it Sacred

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**Partner Agencies**



Inter-Tribal Council of Michigan



California Rural Indian Health Board



Great Plains Tribal Chairmen's Health Board

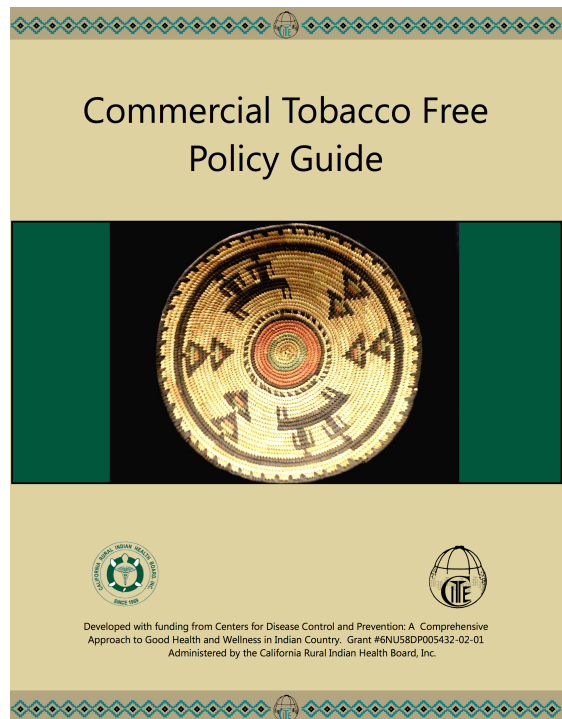


SouthEast Alaska Regional Health Consortium

**Benefits of a Commercial Smoke Free Policy**

*By Sohab Arif*

Tribes have a sovereign right to determine the health of their own people. To adopt and implement a commercial smoke free policy to protect children and elders from the dangers of commercial secondhand smoke is an exercise of that sovereignty. A policy also helps state the Tribe's position on commercial tobacco and commercial secondhand smoke exposure. Enacting and implementing a smoke free policy can be a long and tedious process. However, implementing a smoke free policy is a step forward toward healthy Tribal members and a commitment to our future generations.



There are several reasons to adopt a commercial smoke free policy:

- Commercial smoke free policy protect elders and children from the health consequences of commercial secondhand smoke;
- Assists Tribal members who are trying to quit smoking by providing less places to smoke and creating commercial smoke free areas where it will not trigger them to smoke by smelling smoke;
- Saves cost on health care dollars by preventing ear infections, asthma attacks, cardiovascular disease, and cancer due solely to reducing commercial secondhand smoke exposure;
- Ensures traditional tobacco is used for ceremony and medicine;
- Saves cost for Tribal housing by having to rid housing of the smell of smoke and replacing walls and carpet due to smoke stains and tertiary smoke or Third-hand smoke. Third-hand tobacco smoke contamination remains after the cigarette has been extinguished. Third-hand smoke residue builds up on surfaces over time and resists normal cleaning. Third-hand smoke can't be eliminated by airing out rooms, opening windows, using fans or air conditioners, or by confining smoke to only certain areas;
- Protects the environment by reducing cigarette butt litter, reduce deforestation by not needing paper to make cigarettes, and prevent wildfires;
- Protects Tribal employee health by reducing the use of sick leave due to reducing commercial secondhand smoke exposure, thus also increasing productivity and
- Research shows a reduction in cigarette use when commercial smoke free policies are introduced;

Any commercial smoke free policy will have to be approved by the Tribal council for that Tribal community. In the case of a Tribal Health Program, the policy will have to be approved by the health board. Click on [Commercial Tobacco Free Policy Guide](#) to learn more about how you can help enact a policy change in your community.

## 2017 Tobacco-Free College Program — Funding Available

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In the fight to curb commercial tobacco use in the U.S., college campuses have emerged as a critical battleground.

That's because virtually all smokers – 99 percent – start smoking before turning 26 years old. Community colleges and minority-serving academic institutions, including tribal colleges, are especially important because they tend to serve students who are at greater risk for commercial tobacco use, including low-income and first-generation students.

Over the past two years, Truth Initiative has awarded funding to 135 historically black colleges and universities and community colleges to advocate for, adopt and implement a 100 percent smoke- or commercial tobacco-free policy. These institutions have joined the growing movement of more than 1900 smoke-free colleges, including seven tribal colleges.

To keep the momentum going, Truth Initiative is launching its new Tobacco-Free College Program, which offers 17-month grants of up to \$20,000 to community colleges and minority-serving institutions, including tribal colleges, to adopt a 100 percent commercial tobacco-free college policy. Truth Initiative recognizes and honors the fact that tobacco may have a sacred cultural place in American Indian life. Many Native American tribes use tobacco for spiritual, ceremonial, and traditional healing purposes. Truth Initiative, therefore, distinguishes traditional, ceremonial, and spiritual use of tobacco from its commercial use. Truth Initiative promotes commercial tobacco control efforts that do not target traditional tobacco.

Grantees will also receive guidance through webinars, learning communities, and one-on-one consultations throughout the grant period.

Please visit the Truth Initiative website to view the grant guidelines, application information, and registration for an informational webinar on September 14 at <https://truthinitiative.org/get-involved>

The deadline for applications is October 11.

For more information, please contact Kristen Tertzakian at [ktertzakian@truthinitiative.org](mailto:ktertzakian@truthinitiative.org) or 202-454-5788.



## NNN Technical Assistance Webinars

The National Native Network produces their webinar series "Cancer Risk Reduction in Indian Country" several times a year. Check out our website for the latest information.

For more information or to register for a webinar, visit us on [Facebook](#), [Linked-In](#), and [www.keepitsacred.org](http://www.keepitsacred.org).

## Podcasts

We are adding podcasts to our resource line-up. Inter-Tribal Council of Michigan staff Josh Mayo is interviewing tribal experts in the field of public health and will release podcasts in the new year. Featured experts include Dr. Donald Warne from North Dakota State University, Dr. Linda Burhansstipanov from Native American Cancer Research, and the NNN Board of Directors.

# Webinar Archives

## It Sticks! Secondhand and Third hand Smoke

**REGISTER NOW!**  
 NNN & IHS HP/DP Present:  
**"It Sticks! Secondhand and Third hand Smoke"**

**Learning Objectives/Outcomes**  
 By the end of this webinar, participants will be able to:

1. Examine the health consequences of secondhand smoke on youth, elders, and community members.
2. Implement strategies to reduce exposure to "sticky" commercial third hand smoke.
3. Employ discussions that empower community members to create environmental policies to protect their health from secondhand smoke.

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<http://keepitsacred.itemi.org/2017/08/nnn-ihs-hpdp-present-webinar-it-sticks-secondhand-and-third-hand-smoke>

### [CLICK HERE FOR ARCHIVE](#)

SAULT STE. MARIE, Mich. – The Inter-Tribal Council of Michigan's National Native Network present a webinar series: Cancer Risk Reduction in Indian Country.

### Presented by:

**Jovian Henio, Certified Tobacco Interventionist (CTI), Outreach Coordinator, Keres Consulting, Inc.**

**Allie Moore, Project Manager, Keres Consulting, Inc.**

**Title:** It Sticks! Secondhand and Third hand Smoke

### Learning Objectives/Outcomes:

By the end of the webinar, participants will be able to:

1. Examine the health consequences of commercial secondhand smoke on youth, elders, and community members.
2. Implement strategies to reduce exposure to "sticky" commercial third hand smoke.
3. Employ discussions that empower community members to create environmental policies to protect their health from secondhand smoke.

**Target Audience:** Nurses, health educators, administrators, and support staff working with American Indian and/or Alaska Native communities.



## Michigan Food Access Collaborative

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[CLICK HERE FOR ARCHIVE](#)

SAULT STE. MARIE, Mich. – The Inter-Tribal Council of Michigan’s National Native Network present a webinar series: Cancer Risk Reduction in Indian Country.

**Presented by:** Michelle Schulte, Project Coordinator, Inter-Tribal Council of Michigan, Inc.

**Title:** Michigan Food Access Collaborative

### Learning Objectives/Outcomes:

By the end of the webinar, participants will be able to:

1. Recognize the limited access to safe, nutritious food within American Indian/Alaska Native communities
2. Build tribal and non-tribal coalitions focused on increasing community resources that promote healthy nutrition and lifestyle

**Target Audience:** Nurses, health educators, administrators, and support staff working with American Indian and/or Alaska Native communities.



## Dine' Food System Movement

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[CLICK HERE FOR ARCHIVE](#)

SAULT STE. MARIE, Mich. – The Inter-Tribal Council of Michigan’s National Native Network present a webinar series: Cancer Risk Reduction in Indian Country.

**Presented by:** Gloria Ann Begay, Core Member/Volunteer, Dine’ Community Advocate and Educator

**Title:** Dine’ Food Access Collaborative

### Learning Objectives/Outcomes:

By the end of the webinar, participants will be able to:

1. Understand the indigenous concept of health and impact of Dine’ food issues & policies.
2. Develop a food movement plan that reflects local community needs and culture.
3. Identify health and food system outcomes as food hubs, tribal food policies, and more.

**Target Audience:** Nurses, health educators, administrators, and support staff working with American Indian and/or Alaska Native communities.

## AICTP Surpasses Enrollment Goal with 193 for 2017

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*Call 1-855-372-0037 for culturally tailored Native American quit coaches*

SAULT STE. MARIE, Michigan – As of July 31, 2017 the American Indian Commercial Tobacco Program (AICTP) has reached 193 enrollments, surpassing their goal of 183 callers.

The AICTP, offers free culturally tailored Native American quit coaches to help guide American Indians looking to quit using commercial tobacco products such as cigarettes, tobacco, and e-cigarettes through their journey to a healthier lifestyle.

“Research shows that the vast majority of current smokers are aware of the dangers of commercial tobacco use, such as smoking; and wish to quit. However, many smokers have tried to quit in the past but need extra support from coaches to be successful,” said Raeanne Madison, Community Action Program Manager with the Inter-Tribal Council of Michigan, Inc.

26% of American Indians and Alaska Natives smoke cigarettes. According to the Centers for Disease Control and Prevention, life expectancy for smokers is at least 10 years shorter than for nonsmokers.

American Indians and Alaska Natives looking to begin their journey on quitting smoking, smokeless tobacco use, and e-cigarettes can enroll into the AICTP in two ways. They can call the toll-free number at 1-855-372-0037 or register online at <https://americanindian.quitlogix.org/>

## Tobacco: Honoring our Traditions and our Health

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[CLICK HERE FOR FULL ARTICLE](#)

Tobacco: Honoring our Traditions and our Health is brought to you by the Tribal Public and Environmental Health Think Tank, the video highlights tobacco prevention efforts in Wisconsin Tribal communities.

The video discusses the importance of reclaiming traditional tobacco and highlights successful smoke-free initiatives in Wisconsin tribal communities, including an outdoor Ojibwe cultural event center and a Ho-Chunk gaming casino that have implemented smoke-free policies.

We believe it will be of particular interest to the Inter-Tribal Council of Michigan Health Education department, particularly the SEMA project, because of its relevance to Native health and tobacco policy, as well as Anishinaabe peoples.

Please share with your organization and with partners.

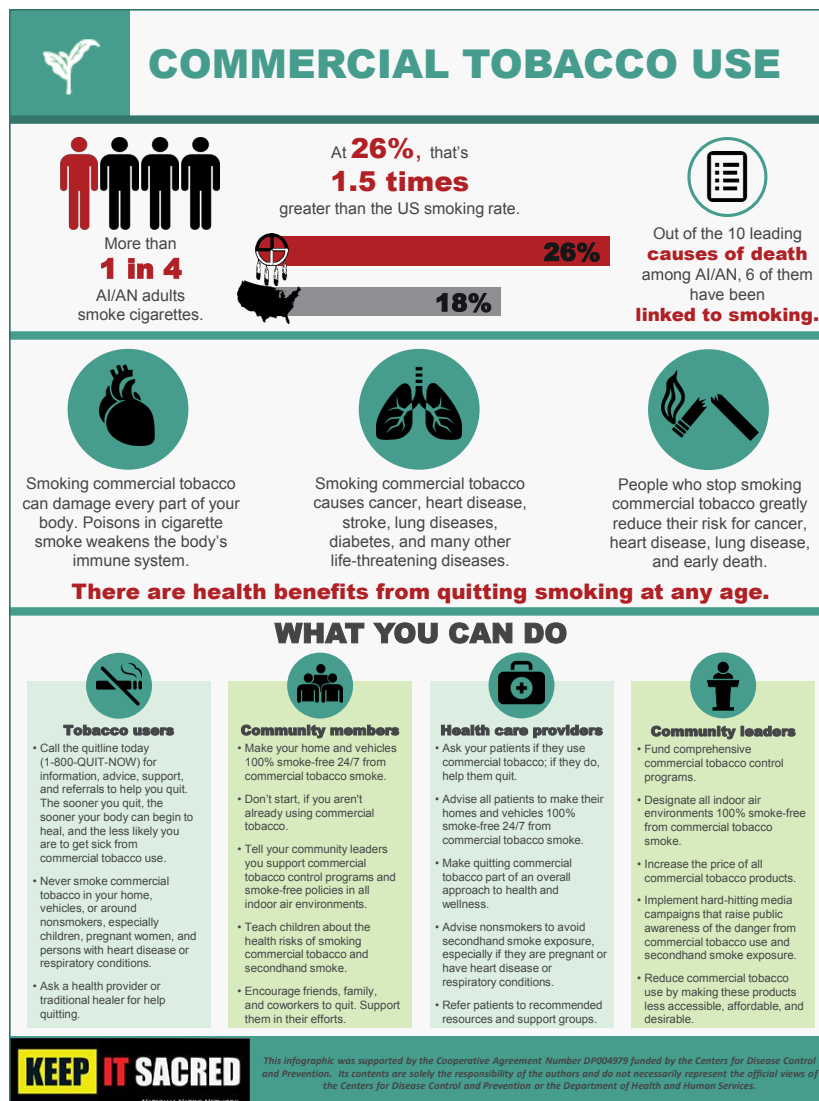
For more information and additional resources, please visit the [Tribal Public and Environmental Health Think Tank](#) website.

## Articles, Publications, and Research

- [MMWR Quickstats – E-Cigarettes](#)
- [FDA to Expand Public Education to Focus on Prevention of Youth E-Cigarette Use](#)
- [FDA Announces Comprehensive Regulatory Plan to Shift Trajectory of Tobacco-Related Disease, Death](#)

## Opportunities

- [2017 Commercial Tobacco-Free College Program – Funding Available from Truth Initiative](#)





Open to Veterans and all other community members.



Be a Warrior  
in Your  
Community.

**Call today.**

As an American Indian veteran, you fought for your country. Now, join the fight for our culture and traditions by getting help to quit using commercial tobacco. Call the American Indian Commercial Tobacco Program today.

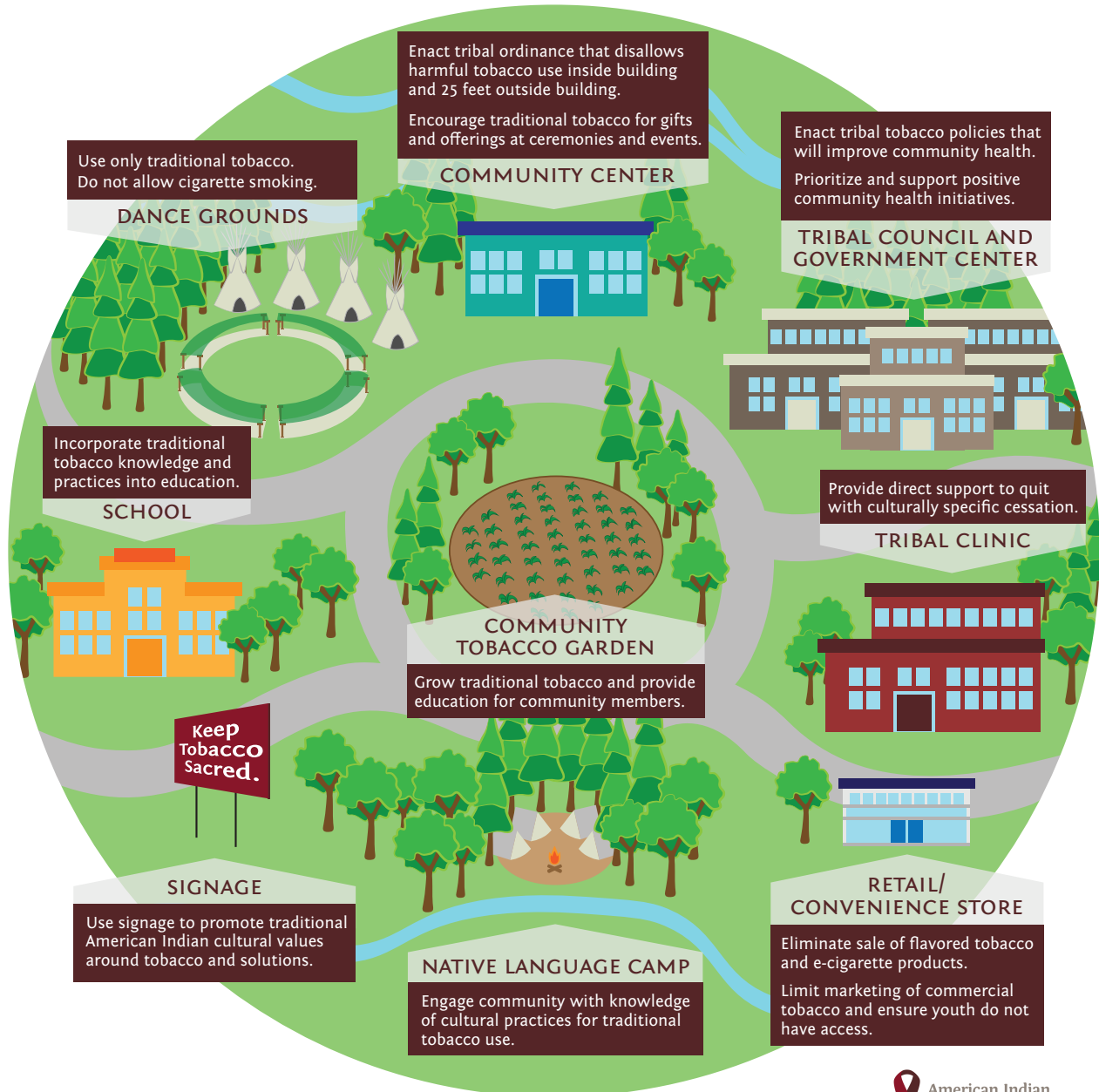
**1-855-372-0037**



# SACRED TRADITIONAL TOBACCO FOR HEALTHY NATIVE COMMUNITIES

## A BALANCED COMMUNITY FOR HEALTH

- ▶ Tribal leadership support & engagement
- ▶ Cultural connectedness & healing
- ▶ Community engagement
- ▶ Youth leadership & youth-led advocacy



More than half of patients in substance use treatment will ultimately die from a tobacco-related disease



## Is tobacco in your treatment plan?

Quitting smoking can reduce risk of relapse.

Talk with your health care provider or case manager, and call Alaska's Tobacco Quit Line for FREE support at

**1-800-QUIT-NOW**



## Events

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**September 20, 2017** – Cancer Coalition Identity, Branding, and Marketing – Presented by American Cancer Society in partnership with the National Association of Chronic Disease Directors – [SAVE THE DATE](#)

**September 18-19, 2017** - National Native Health Training Institute - Denver, CO - [LEARN MORE](#)

**September 21-24, 2017** Spirit of EAGLES National Conference “Changing Patterns of Cancer in Native Communities - Niagara Falls, NY - [MORE INFORMATION](#)

**September 22-28, 2017** - EVENT - Tenth AACR Conference on The Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. -Sheraton Atlanta Hotel - [LEARN MORE](#)

**October 11, 2017** - WEBINAR - Finding New Financing for Tobacco Cessation & Cancer Prevention Efforts - National Behavioral Health Network – [LEARN MORE](#)

**November 27-28, 2017** - EVENT - Cancer Survivorship Symposium - [LEARN MORE AND REGISTER](#)

[FOR MORE AND THE LATEST EVENTS, VISIT KEEPITSACRED.ORG](#)

SIGN UP FOR OUR NEWSLETTER HERE: <http://keepitsacred.itcmi.org/about-us/contact-our-team/>

If you have an event or opportunity to share in the next NNN Newsletter, please call or email the National Native Network team at 906-632-6896 x108 or [nnn@itcmi.org](mailto:nnn@itcmi.org)

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