



Life is Sacred | Keep it Sacred

Inside this Issue

- 1 – Alaska Legislature Passes Smoking Ban
- 3 – Upcoming NNN Webinars
- 4 – How SB 63 affects AN populations
- 4 – AICTP Free NRT
- 6 – New Videos
- 13 – Articles | Research | Events

Partner Agencies



Inter-Tribal Council of Michigan



California Rural Indian Health Board



Great Plains Tribal Chairmen's Health Board



SouthEast Alaska Regional Health Consortium

Alaska Legislature Bans Smoking in Bars, Restaurants, and other Public Places

[CLICK HERE FOR FULL ARTICLE FROM JuneauEmpire.com](#) by James Brooks

JUNEAU, Alaska - After six years of work, the Alaska Legislature on Saturday afternoon approved a statewide ban on smoking in most public places across Alaska.

Senate Bill 63 was approved by the Alaska House of Representatives in a 32-7 vote and after a procedural vote in the Senate is on its way to the desk of Gov. Bill Walker, who is expected to sign it.

“Considering what it’ll mean for health and public safety for working Alaskans, after a six-year struggle, it was worth it. Well worth it,” said Sen. Peter Micciche, R-Soldotna and the bill’s leads sponsor.

When signed into law, SB 63 will forbid smoking in bars, restaurants, and most businesses statewide. Smoking will also be forbidden in buses, taxis, and similar forms of public transportation. About 50 percent of Alaska’s population lives in cities such as Bethel, Anchorage, and Juneau that already ban public smoking; SB 63 will extend those bans into areas that have not already banned smoking.

“This is a really significant moment for Alaskans across the state, for the 50 percent of Alaskans who are not currently protected by a smoke free law. They will now have that protection,” said Emily Nenon, Alaska government relations director for American Cancer Society Cancer Action Network.

There are limited exemptions in the bill for such things as fishing boats, smoking areas at airports and food trucks (if only one person is working there). Private clubs may allow smoking if they don’t serve

alcohol and were open before 2017. Tobacco stores can allow smoking if they have a special ventilation system or if the store is in its own building, away from other businesses.

The ban covers e-cigarettes and marijuana as well as traditional smoking practices. E-cigarette stores that opened before 2017 can allow use of those devices, and e-cigarette stores with separate ventilation systems can allow them on site, too.

Marijuana businesses can allow on-site smoking in a separate building licensed under regulations that have not yet been written by the Alaska Marijuana Control Board.

"It's been a long time coming," said Rep. Lance Pruitt, R-Anchorage, of the smoking ban. "It's the right thing to do."

SB 63 and a predecessor bill in the 2015-2016 Legislature were stymied by a single legislator, Rep. Gabriel LeDoux, R-Anchorage. Micciche introduced another predecessor bill in the 2013-2014 Legislature, but it failed to advance to a vote of the full Senate before the session ended.

LeDoux, who this session is chairwoman of the powerful House Rules Committee, declined to schedule SB 63 for a vote until the final day of the session. She also supervised the addition of several amendments to the bill in the rules committee.

Two of those amendments were later removed, but the most significant – allowing municipalities to opt out of the ban with an areawide vote – remains in the bill.

Despite that fact, LeDoux was one of the seven votes against the measure.

Nenon said the inclusion of the opt-out provision means her organization and others that oppose smoking will have some more work to do.

"Because of the opt-out provision that was added in the rules committee, we will have to remain ever-vigilant to make sure that the right to breathe is not taken away," she said.

Youth E-Cig Ban Also Passes

In a separate move, the Alaska Legislature also approved Senate Bill 15, which prohibits Alaskans younger than 19 from buying e-cigarettes.

Alaska law already prohibits vaping by youths if the liquid within the e-cigarette contains nicotine. SB 15, which must receive the approval of Walker before becoming law, extends that ban to all vaping.



Six-year effort culminates on final day of legislative session; cities and boroughs may opt out.

Sen. Gary Stevens, R-Kodiak, sponsored the bill and has previously said he did so because it is not known whether e-cigarette use is harmful.

The bill passed the Senate 18-0 on March 8 and the House approved a slightly revised version 37-3 on Saturday.

Contact: [James Brooks](#).

NNN & IHS HP/DP Webinar - Strategies to Address Barriers in Pediatric Obesity & Food Access

REGISTER HERE

The Inter-Tribal Council of Michigan's National Native Network with Indian Health Service Health Promotion & Disease Prevention present a webinar series: Cancer Risk Reduction in Indian Country.

Date: Wednesday, July 20, 2018

Title: Strategies to Address Barriers in Pediatric Obesity & Food Access

Presenter: Shelley Kubczak, MPH; Michelle Schulte, ITC of MI, Hannah Wichern, ITC of MI

REGISTER HERE

Learning Outcomes/Objectives:

Learning objectives are still being discussed and will be released shortly. Register now and don't miss out on your opportunity to view this webinar.

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

NNN & IHS HP/DP Webinar

SAVE THE DATE - Information still to come - check <http://www.keepitsacred.org/events> for updates.

Date: Monday, July 25, 2018

Presented by: Lori New Breast and CoCo Villaluz

Learning Objectives/Outcomes: TBA

REGISTER NOW AND SAVE THE DATE HERE



[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.

To view our webinar archives [CLICK HERE](#).

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

[Podcasts](#)

The second part of our conversation with Ernie Whiteman is up now. Joshua Hudson and Ernie discuss traditional vs. commercial tobacco. [LISTEN HERE](#).

SB 63 is a win for Alaska Natives

By Tammi Meissner, Health Educator, SEARHC

As a health educator, I work in communities using evidence-based strategies to help with changing social norms, system changes, cessation and advancement of smoke and tobacco free workplaces. I also act as a resource to community leaders, organizations, businesses, and Alaskan Native Tribes in identifying and reducing the impact of tobacco within their communities. I feel that the passage of the Alaska smoke free workplace law, SB 63, as a huge win in protecting and preventing secondhand smoke exposure for those who work in or frequent places in Alaska that still allow smoking but will now have to comply with providing clean indoor air for all workers and patrons.

With the Alaska Legislature passing a statewide smoke free workplace bill, this will protect the roughly 50% of Alaskans who are currently not protected by a smoke free workplace law.

About 2 in 5 (42%) of Alaska Native adults smoke, compared to 1 in 6 (17%) of non-Native adults. [1]

As a health educator, I am aware that creating a smoke free workplace, encourages smoking individuals to quit, helps those who have quit to continue abstaining, and protects everyone from the harmful effects of secondhand smoke. I look forward to anticipating, in the next several years, a decline in the percentage of Alaska Native smokers.

It has taken many years and a lot of hard work by many individuals and organizations to help this law get passed. I am very excited that I am here to experience this monumental shift in social change.

[1] [http://dhss.alaska.gov/dph/Chronic/Documents/Tobacco/PDF/2016_AKTobaccoFacts .pdf](http://dhss.alaska.gov/dph/Chronic/Documents/Tobacco/PDF/2016_AKTobaccoFacts.pdf)



Inter-Tribal Council of Michigan launches Social Media Platforms

SAULT STE. MARIE, Mich. - The Inter-Tribal Council of Michigan has launched new social media platforms. This will be a resource intended to share information with partners, tribal membership, tribal leaders, community leaders, and other stakeholder partners.

We will have the opportunity to share photos, events, reports, articles, and other information dealing with all programs under the Inter-Tribal Council of Michigan umbrella.

We encourage everybody to follow us on:

- **FACEBOOK** - <https://www.facebook.com/InterTribalCouncilMichigan/>
- **TWITTER** - <http://www.twitter.com/ITCofMichigan>
- **INSTAGRAM** - <http://www.instagram.com/InterTribalCouncilMichigan>
- **YOUTUBE** - <https://www.youtube.com/channel/UCWp3WFa8w2nOJENKNoHgTbw>

American Indian Commercial Tobacco Program Offers Free Nicotine, Gum, or Lozenges Through May 31

Thinking about quitting commercial tobacco? The Michigan Department of Health and Human Services (MDHHS) is expanding its telephone and nicotine replacement therapy (NRT) program to all Michigan residents through May 31.

During this time, the American Indian Commercial Tobacco Program and the Michigan Tobacco Quitline will offer a free, two-week supply of nicotine gum, patches, and lozenges for all new enrollees who want to quit smoking or chewing tobacco. American Indians looking to begin their commercial tobacco free journey may call **1-855-372-0037**. Enrollment is available 24 hours a day, seven days a week.



The program serves all ages, however, callers seeking NRT must be over 18 and meet basic health requirements. Enrollees will receive a coach who will assist them in setting a quit date, choosing a nicotine replacement product that is right for them, and making an individualized quit plan. The coach will provide support with up to four telephone coaching sessions scheduled around the caller's quit date.

"Callers using NRT along with coaching, such as through a telephone-based service like **1-855-372-0037**, can increase their chances of becoming smoke-free by five times the rate of someone quitting cold turkey," said Dr. Eden Wells, MDHHS chief medical executive. "Providing access to free NRT during this promotion might just be the jump start someone needs to quitting smoking tobacco for good."

The American Indian Commercial Tobacco Program and the Michigan Tobacco Quitline is an evidence-based service providing free telephone coaching for the uninsured, pregnant women, residents enrolled in Medicaid and Medicare, veterans, cancer patients, and American Indians. More than 100,000 calls have been received since the service launched in October 2003.

Over 40 percent of Native American adults in Michigan smoke cigarettes. Quitting smoking can be difficult, but help is available. Native American quit coaches are waiting to help smoking. Over 30 percent of callers stay quit after six months. For more information, call **1-855-372-0037** or visiting <http://keepitsacred.itcmi.org/quitline>.

Native Americans in Michigan Share their Commercial Tobacco Success Stories

Four Native Americans residing in Michigan have volunteered to share their success stories about giving up smoking cigarettes to lead a healthier lifestyle.

Valorie Glazier of Little Traverse Bay Band of Odawa Indians, Kimberly Leapley and Jacques LeBlanc both of the Bay Mills Indian Community, and Christopher Polasky of the Sitka Tribe of Alaska working with the Little Traverse Bay Band of Odawa Indians each graciously opened up their stories about quitting commercial tobacco.

The call to action for these stories are to urge their Native American peers to never give up quitting smoking. The focus is to call the American Indian Commercial Tobacco Program at **1-855-372-0037**. Native Americans in Michigan who call the AICTP can receive culturally tailored help and may receive free nicotine replacement therapy including gum and lozenges through May 31.

"40 percent of Native American adults in Michigan smoke cigarettes," said Cathy Edgerly, Program Manager at Inter-Tribal Council of Michigan.

Edgerly continues "Quitting smoking can be difficult, but help is available. Over 30 percent of callers to the AICTP stay quit after six months. We hope these digital stories remind all that they should never give up their attempts to quit smoking."

"Digital stories have been widely used to share the personal story of patients and individuals through public health," said Mike Willette, Communication Specialist, Inter-Tribal Council of Michigan.



(Clockwise from top left) Valorie Glazier, Little Traverse Bay Band of Odawa Indians; Kimberly Leapley, Bay Mills Indian Community; Christopher Polasky, Sitka Tribe of Alaska; Jacques LeBlanc, Bay Mills Indian Community each graciously volunteered their personal stories about how they each quit smoking. They urge community members to never give up quitting smoking. Call 1-855-372-0037 for help.

Willette continues "Typically, digital stories are shared on the internet and at presentations to showcase successes with a personal touch. We are taking this idea and moving it to the next level with shortened 30 second PSAs to air on television and internet to support each three minute digital story. We will be spreading the wealth of these wonderful stories throughout the year, focusing on one story per season. We have made all four videos available to view at <http://keepitsacred.itcmi.org/quitline> . We would like to thank Valorie, Kimberly, Jacques, and Christopher for taking us into their personal lives to tell their story and encourage their peers to give up commercial tobacco."

Valorie's story talks about how she had given up smoking upon request of her daughter. Kimberly's story talks about how her health has improved after quitting smoking. Jacques speaks on giving up smoking to be a bigger part of his children's lives. Christopher discusses giving up smoking after he had run into health problems.

Funding for this project came from the National Native Network, Michigan Tobacco Program, REACH Journey to Wellness, and the Three Fires Cancer Consortium programs. The stories were filmed and edited by Northern Michigan company Lamphere Visuals of Gaylord, Michigan.

For more information, call 1-855-372-0037 or learn more at <http://keepitsacred.itcmi.org/quitline> .

Great Plains Region Celebrates Colorectal Cancer Awareness Month

Every year, March is recognized as Colorectal Cancer Awareness Month. The Great Plains Colorectal Cancer Screening Initiative Created a campaign to encourage tribal communities to help raise awareness about Colorectal Cancer. This campaign is a photo contest that requires participants to show support for colorectal cancer by taking a group photo wearing blue. A blue cancer ribbon represents colon cancer. Participants used the hashtag #ShowYourBlueGP on social media to share photos and help raise awareness about this disease.

Ponca Tribe of Nebraska



Fort Yates, ND IHS Service Unit

Spirit Lake Nation, ND



McLaughlin, SD IHS Service Unit



Omaha Tribe of Nebraska





AMERICAN INDIAN
Commercial Tobacco Program



Open to Veterans and all other community members.



Tradition.
Honor.
Keep Tobacco
Sacred.

Call today.

As an American Indian military veteran, you protect sacred traditions. Keeping tobacco sacred is your duty as a veteran. Get help to quit using commercial tobacco by calling the American Indian Commercial Tobacco Program.

1-855-372-0037

A Federal Court has ordered R.J. Reynolds Tobacco, Philip Morris USA, Altria, and Lorillard to make this statement about the health effects of smoking.

- Smoking kills, on average, 1,200 Americans. Every day.
- More people die every year from smoking than from murder, AIDS, suicide, drugs, car crashes, and alcohol, **combined.**
- Smoking causes heart disease, emphysema, acute myeloid leukemia, and cancer of the mouth, esophagus, larynx, lung, stomach, kidney, bladder, and pancreas.
- Smoking also causes reduced fertility, low birth weight in newborns, and cancer of the cervix.

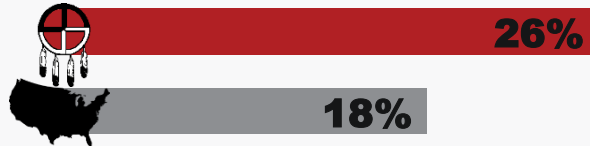


COMMERCIAL TOBACCO USE



More than
1 in 4
AI/AN adults
smoke cigarettes.

At **26%**, that's
1.5 times
greater than the US smoking rate.



Out of the 10 leading
causes of death
among AI/AN, 6 of them
have been
linked to smoking.



Smoking commercial tobacco can damage every part of your body. Poisons in cigarette smoke weakens the body's immune system.



Smoking commercial tobacco causes cancer, heart disease, stroke, lung diseases, diabetes, and many other life-threatening diseases.



People who stop smoking commercial tobacco greatly reduce their risk for cancer, heart disease, lung disease, and early death.

There are health benefits from quitting smoking at any age.

WHAT YOU CAN DO



Tobacco users

- Call the quitline today (1-800-QUIT-NOW) for information, advice, support, and referrals to help you quit. The sooner you quit, the sooner your body can begin to heal, and the less likely you are to get sick from commercial tobacco use.
- Never smoke commercial tobacco in your home, vehicles, or around nonsmokers, especially children, pregnant women, and persons with heart disease or respiratory conditions.
- Ask a health provider or traditional healer for help quitting.



Community members

- Make your home and vehicles 100% smoke-free 24/7 from commercial tobacco smoke.
- Don't start, if you aren't already using commercial tobacco.
- Tell your community leaders you support commercial tobacco control programs and smoke-free policies in all indoor air environments.
- Teach children about the health risks of smoking commercial tobacco and secondhand smoke.
- Encourage friends, family, and coworkers to quit. Support them in their efforts.



Health care providers

- Ask your patients if they use commercial tobacco; if they do, help them quit.
- Advise all patients to make their homes and vehicles 100% smoke-free 24/7 from commercial tobacco smoke.
- Make quitting commercial tobacco part of an overall approach to health and wellness.
- Advise nonsmokers to avoid secondhand smoke exposure, especially if they are pregnant or have heart disease or respiratory conditions.
- Refer patients to recommended resources and support groups.



Community leaders

- Fund comprehensive commercial tobacco control programs.
- Designate all indoor air environments 100% smoke-free from commercial tobacco smoke.
- Increase the price of all commercial tobacco products.
- Implement hard-hitting media campaigns that raise public awareness of the danger from commercial tobacco use and secondhand smoke exposure.
- Reduce commercial tobacco use by making these products less accessible, affordable, and desirable.



This infographic was supported by the Cooperative Agreement Number DP004979 funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

Most tobacco products purchased for youth under 18 are bought by people under the age of 21.¹



Raising the legal tobacco sales age to 21 can help:

- Decrease overall tobacco consumption
- Reduce teen access to tobacco
- **Raise a tobacco-free generation**

For more information, visit tobacco21.org.



¹ Difranza JR, Wellman RJ, Mermelstein R, et al. The natural history and diagnosis of nicotine addiction. Current Reviews in Pediatrics. 2011;7(2):88-96.

Articles, Publications, and Research

- **MMWR - Tobacco Cessation Interventions and Smoke-Free Policies in Mental Health and Substance Abuse Treatment Facilities – United States, 2016**
- **Discordance Between Perceived and Actual Tobacco Product Use Prevalence Among US Youth: A Comparative Analysis of Electronic and Regular Cigarettes**
- **MMWR - State Medicaid Coverage for Tobacco Cessation Treatments and Barriers to Accessing Treatments – United States, 2015-2017**
- **New FTC Report: Tobacco Industry Expenditures Keep Cigarettes and Smokeless Tobacco Cheap and Visible at the Point of Sale**

Opportunities

- **Funding Opportunity - Robert Wood Johnson Foundation - Policies for Action: Policy and Law Research to Build a Culture of Health - Due December 31, 2018**

Events

May 16-17, 2018 - EVENT - GPTCHB 2018 Cancer Symposium - [LEARN MORE](#)

May 22-24, 2018 - National Indian Health Board Public Health Summit - [LEARN MORE](#)

June 17-29, 2018 - FELLOWSHIP - NARCH Training - [LEARN MORE](#)

September 17-20, 2018 - EVENT - National Indian Health Board's 35th Annual National Tribal Health Conference - [LEARN MORE](#)

[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 x154 or nnn@itcmi.org

Follow us on social media:

[facebook.com/KeepItSacred](https://www.facebook.com/KeepItSacred) , twitter.com/KeepItSacred , [linkedin.com/company/keepitsacred](https://www.linkedin.com/company/keepitsacred)

This publication was supported by the Cooperative Agreement number 5NU58DP004979-03-00 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

The National Native Network is administered by the
Inter-Tribal Council of Michigan, Inc.
2956 Ashmun Street, Sault Ste. Marie, MI 49783
(906) 632-6896 www.itcmi.org

