



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



Take it Outside Act signed July 17.

From Heather Aronno, Alaska Grassroots Manager; American Cancer Society Cancer Action Network, Inc.

Alaska Governor Bill Walker will be signing the smoke-free workplace bill, clearing the "Take It Outside Act" to go into effect on October 1, 2018.

The signing will take place on Tuesday, July 17, at 10:30 am at The Lucky Wishbone restaurant.

The governor chose "The Lucky Wishbone as the location of this bill signing because it was the first smoke-free restaurant in Alaska.

Owner George Brown decided to make his establishment smoke-free in 1990 to honor his mother who passed away from cancer.

George passed away earlier this year and the signing of the smoke-free workplace bill will surely be another piece of his legacy.

NNN Represented in Alaska Events

Tammi Meissner represented the South East Alaska Regional Health Consortium and the National Native Network at two events held in Wrangell Alaska in July.

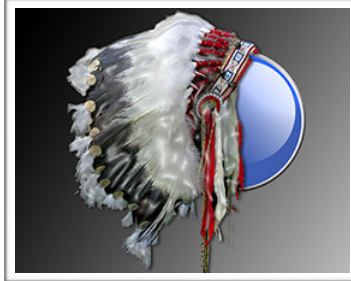
Below are some photos from the **Tiny Top Scrap Fish Derby** held July 2 and the **Art Clark Scrap Fish Derby** held July 4.

Tammi generated awareness for the Alaska Quit Line 1-800-784-8669 and on cigarette butts as toxic waste. Over 500 people were in attendance from Wrangell, visitors from all over Southeast Alaska and the lower 48 states.

The photos below are courtesy Vincent Balansag.







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**.

The Jim Beard Memorial Fishing Derby was held on June 16, 2018 in Thorne Bay, Alaska. Representing the SouthEast Alaska Regional Health Consortium and National Native Network, Tammi Meissner attended and provided information on the Alaska Quit Line 1-800-784-8669 and on cigarette butts as toxic waste. Over 300 people were in attendance from all communities on Prince of Wales Island.



SOUTHEAST TRADITIONAL TRIBAL VALUES

"OUR WAY OF LIFE"

- Discipline and Obedience to the Traditions of our Ancestors
- Respect for Self, Elders and Others
- Respect for Nature and Property
- Patience
- Pride in Family, Clan and Traditions is found in Love, Loyalty and Generosity
- Be Strong in Mind, Body and Spirit
- Humor
- Hold Each Other Up
- Listen Well and with Respect
- Speak with Care
- We are Stewards of the Air, Land and Sea
- Reverence for Our Creator
- Live in Peace and Harmony
- Be Strong and Have Courage

Developed, Adopted, and Approved at the 2004 Elders Forum on Traditional Values
Sponsored by Central Council on Health and Health Policy, Office of Alaska, Office of Care, SAMHSA Substance Abuse Treatment Program, Emergency Medical Services Program, and Alaska Native Systems



NNN & IHS HP/DP Webinar - Southwest Tribal Tobacco Coalition

REGISTER HERE

Full Details and Disclosures Here

The National Native network with Indian Health Service Health Promotion & Disease Prevention present a webinar series: Cancer Risk Reduction in Indian Country.

Title: Southwest Tribal Tobacco Coalition

Date: Wednesday, August 29, 2018

Presenter: Janna Vallo, MPA, CPS; Commercial Tobacco Control and Prevention Coordinator; Albuquerque Area Southwest Tribal Epidemiology Center

REGISTER HERE

Learning Outcomes/Objectives

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

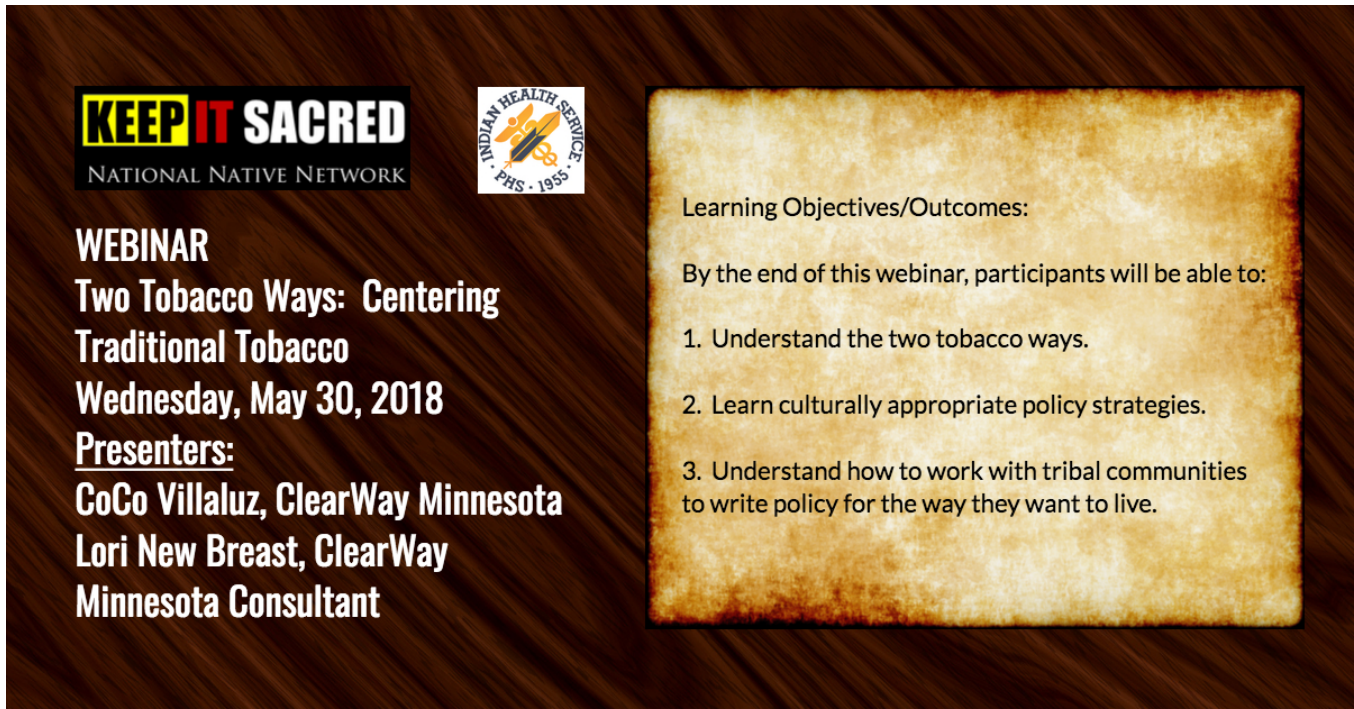
1. Differentiate between traditional and commercial tobacco and its use.
2. Build a community tobacco control coalition that provides cessation support for American Indian adults and youth who smoke cigarettes, and this who use other types of commercial tobacco.
3. Implement practices that incorporate meaningful participation from coalition members.

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



Webinar Archives

May 30, 2018 - Two Tobacco Ways: Centering Traditional Tobacco



The graphic features a dark wood-grain background. On the left, there is a logo for 'KEEP IT SACRED NATIONAL NATIVE NETWORK' and a circular logo for 'INDIAN HEALTH SERVICE' with 'IHS - 1955' and a stylized figure. To the right, a parchment-like box contains the learning objectives.

KEEP IT SACRED
NATIONAL NATIVE NETWORK

INDIAN HEALTH SERVICE
IHS - 1955

WEBINAR
Two Tobacco Ways: Centering Traditional Tobacco
Wednesday, May 30, 2018
Presenters:
CoCo Villaluz, ClearWay Minnesota
Lori New Breast, ClearWay Minnesota Consultant

Learning Objectives/Outcomes:

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

1. Understand the two tobacco ways.
2. Learn culturally appropriate policy strategies.
3. Understand how to work with tribal communities to write policy for the way they want to live.

[VIEW WEBINAR HERE](#)

Learning Outcomes/Objectives:

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

1. Understand the two tobacco ways.
2. Learn culturally appropriate policy strategies.
3. Understand how to work with tribal communities to write policy for the way they want to live.

June 20, 2018 - Strategies to Address Barriers in Pediatric Obesity & Food Access



Strategies to Address Barriers in Pediatric Obesity & Food Access
June 20, 2018
3 - 4 PM EDT
Presented by:
Shelley Kubczak, M.A., B.S.
Michigan Public Health Institute
Hannah Wichern, MPH
Inter-Tribal Council of Michigan
Michelle Schulte, M.A.
Inter-Tribal Council of Michigan

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

1. Recognize the limited access to safe, nutritious food within Michigan tribal communities.
2. Deliver culturally relevant nutrition education to improve pediatric obesity care in tribal communities with limited staff capacity.
3. Build a collaborative network focused on increasing community resources that promote healthy nutrition and lifestyle.

KEEP IT SACRED
NATIONAL NATIVE NETWORK



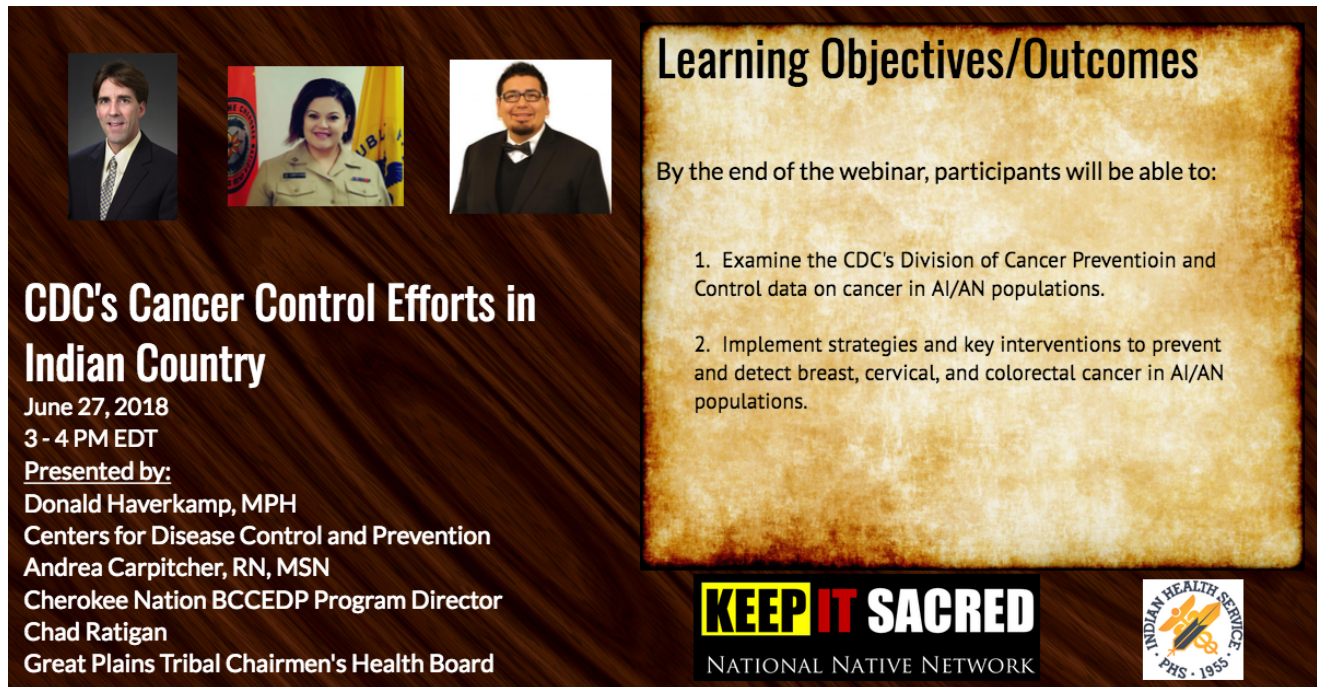
VIEW WEBINAR HERE

Learning Outcomes/Objectives:

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

1. Recognize the limited access to safe, nutritious food within Michigan tribal communities.
2. Deliver culturally relevant nutrition education to improve pediatric obesity care in tribal communities with limited staff capacity.
3. Build a collaborative network focused on increasing community resources that promote healthy nutrition and lifestyle.

June 27, 2018 - CDC's Cancer Control Efforts in Indian Country




CDC's Cancer Control Efforts in Indian Country
June 27, 2018
3 - 4 PM EDT
Presented by:
Donald Haverkamp, MPH
Centers for Disease Control and Prevention
Andrea Carpitcher, RN, MSN
Cherokee Nation BCCEDP Program Director
Chad Ratigan
Great Plains Tribal Chairmen's Health Board

Learning Objectives/Outcomes

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

1. Examine the CDC's Division of Cancer Prevention and Control data on cancer in AI/AN populations.
2. Implement strategies and key interventions to prevent and detect breast, cervical, and colorectal cancer in AI/AN populations.

KEEP IT SACRED
NATIONAL NATIVE NETWORK



VIEW WEBINAR HERE

Learning Outcomes/Objectives:

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

1. Examine the CDC's Division of Cancer Prevention and Control data on cancer in AI/AN populations.
2. Implement strategies and key interventions to prevent and detect breast, cervical, and colorectal cancer in AI/AN populations.

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



Open to Veterans and all other community members.



Keeping Tobacco Sacred Protects Your Legacy.

Call today.

It is an honor for American Indian veterans to serve their community. Keeping tobacco sacred helps to protect future generations. 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.

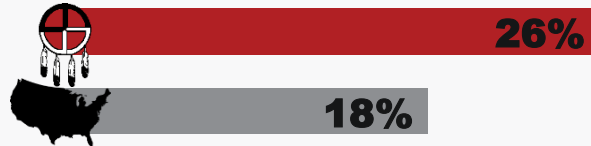


COMMERCIAL TOBACCO USE



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 - 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**
- **CDC - Awareness and ever use of "Heat-Not-Burn" Tobacco Products Among U.S. Adults, 2017**

Opportunities

- **Funding Opportunity - Robert Wood Johnson Foundation - Policies for Action: Policy and Law Research to Build a Culture of Health - Due December 31, 2018**
- **FUNDING AVAILABLE - GPTCHB - Increasing Breast and Cervical Cancer Screening Rates in Great Plains Region**

Events

July 26, 2018 - Breast Cancer Panel Discussion - [REGISTER HERE](#)

September 10-11, 2018 - NCCCP 20th Anniversary Event - [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](http://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

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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.

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