



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

Joshua Hudson selected as a W.K. Kellogg Foundation Community Leadership Network Fellow

Joshua Hudson, National Native Network Program Manager at Inter-Tribal Council of Michigan has been selected as a W.K. Kellogg Foundation Community Leadership Network Fellow.



"I am really excited to be a part of this learning community, to help better myself and my community. I

seek to learn more about the ways in which racial equity can be leveraged to improve health, safety, and happiness for families across demographic and geographic boundaries. I want to be sure that I help voice some of the needs and concerns of Indian Country when discussing racial equity and improving health for families," said Joshua Hudson.

The W.K. Kellogg Foundation Community Leadership Network with the Center for Creative Leadership is an innovative fellowship for local leaders to connect, grow, and lead transformational change on behalf of children, families, and communities. Fellows come from all walks of life, drawing upon a diversity of experiences and disciplines to unite us on a path toward a more equitable society. The class includes tribal leaders, elected officials, health practitioners, youth advocates,

educators, businesspeople, attorneys, civil rights activists, conservationists, and faith leaders. More than 800 people applied to the WKKF Community Leadership Network program. From that pool, 80 people were selected to be part of Class Two.

The WKKF Community Leadership Network is unique for its focus on: 1) advancing racial equity and racial healing in communities, 2) marshaling our collective resources and efforts to ensure all children have the opportunity to thrive, and 3) fostering a connected network of local leaders to drive transformational change. The WKKF Community Leadership Network brings together 80 inspiring and diverse leaders across the United States and sovereign tribes, with cohorts based in Michigan, Mississippi, New Mexico, and New Orleans – the foundation's priority places – along with one national cohort. The 18-month fellowship offers hands-on training, personalized coaching and mentoring, and practical experience.

Together, WKKF Community Leadership Network fellows move us forward to justice by bridging divides, encouraging new pathways for collaboration and leading transformational change for children, families, and communities. The WKKF Community Leadership Network plays a vital role in nurturing local leaders and building strong, connected networks that can address today's challenges and create equity at the local, state, tribal, regional, and national levels.

The W.K. Kellogg Foundation has a long history of investing in leadership development. Founder Will Keith Kellogg believed local leaders are the best source of ideas, passion, and wisdom to create long-lasting solutions for thriving children and their families. The Center for Creative Leadership; was tapped to lead the team based on its 50-year track record of cutting-edge research, practice, and training that develops leaders at all levels to drive sustainable change for the benefit of society.

If you want to learn more, you can visit wkkfcln.org. Recruitment for the next class will begin in fall 2020. If you have a recommendation for a fellow candidate or questions about the program, you can email wkkfcln@ccl.org. Joshua Hudson can be reached at jhudson@itcni.org.

National Native Network welcomes Melissa Meza Efraim Lopez at CRIHB

ROSEVILLE, Calif. – The **National Native Network** welcomes **Melissa Meza** and Efraim Lopez to the NNN program. Meza and Lopez are new team members with the **California Rural Indian Health Board, Inc.**, a partner of the NNN. Meza will be the primary contact for the National Native Network.

Melissa Meza is the Health Education Specialist II with CRIHB and actively leads the California Tribal Comprehensive Cancer Control Program as well as the National Native Network activities. As Health Education Specialist II, Meza is granted with coordinating an array of initiatives focused on promoting good health practices related to tobacco prevention, cancer control nutrition, obesity prevention, and many others.

Prior to her work with CRIHB, Meza has focused her work on Nutrition Education and Obesity Prevention (NEOP) related activities. She has actively led the NEOP funding within her county and was heavily involved with the Latino community as a Bilingual Health Educator and Community Advocate for Latino Outreach of Tehama County Non-Profit Organization.



The National Native Network welcomes Melissa Meza, Health Specialist II to the California Rural Indian Health Board.

A vast amount of Meza's background is in nutrition as she earned a Bachelor of Science in Nutrition and Food Science Communications from Chico State University. While at Chico State University, Meza completed an internship with the Center for Healthy Communities as a Bilingual Community Nutrition Assistant. This internship sparked Meza's interest in working with various communities and being and advocate for healthy living on all spectrums.

"As a member of the National Native Network, I look forward to continue working with various communities and increasing Native American members' health and longevity of life," said Meza.

Efraim Lopez has worked in the public health care field for two years. He currently works at CRIHB as Health Specialist I. He recently left Yolo County where he worked as a Health Specialist. Efraim holds a Bachelor of Science with a concentration in Community Health Education.

He is a former Emergency Medical Technician and is applying for his Master of Public Health. Lopez has volunteer work which involves translating at a local clinic as well as medical mission trips to Peru and Dominican Republic. In his spare time, he enjoys hiking and spending time with loved ones.

Lopez will be working alongside Meza to complete National Native Network activities.

Melissa Meza can be reached at her **CRIHB** office at **916-929-9761** or at **mmeza@crihb.org**.

Efraim Lopez can be reached at his **CRIHB** office at **916-929-9761** or at **elopez@crihb.org**.

For more information on the **National Native Network**, visit <http://www.keepitsacred.org/>.



The National Native Network welcomes Efraim Lopez, Health Specialist I to the California Rural Indian Health Board.



[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](#)

[LISTEN HERE](#)

NNN Program Manager, Joshua Hudson sat down with representatives from ClearWay Minnesota to discuss their journal article "Tobacco Industry Misappropriation of American Indian Culture and Traditional Tobacco."

NNN Podcast - Tobacco Industry Misappropriation of American Indian Culture and Traditional Tobacco

[LISTEN HERE](#)

NNN Program Manager, Joshua Hudson sat down with representatives from ClearWay Minnesota to discuss their journal article "Tobacco Industry Misappropriation of American Indian Culture and Traditional Tobacco."

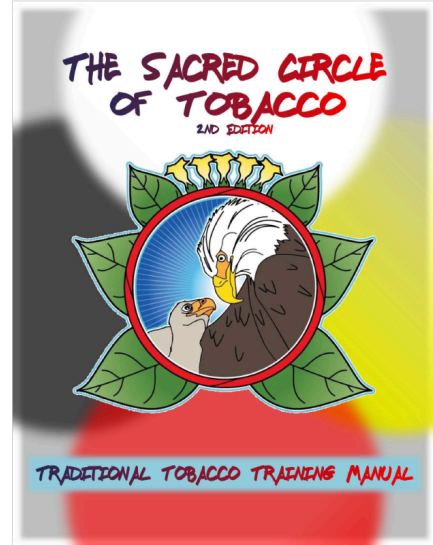


[Webinar Archives](#)

November 28, 2018 - Sacred Circle of Tobacco Youth Manual

[VIEW WEBINAR HERE](#)

A presentation of the new Sacred Circle of Tobacco Youth Manual



Cigarette Butt Clean-Up

By Tammi Meissner, SEARHC Health Educator II/Tobacco Policy

WRANGELL, Alaska – In November, the Wrangell High School Cheerleaders and their coach Stephanie Cartwright helped SEARHC Health Educator Tammi Meissner, pickup cigarette butts as an event to support the Great American Smokeout and the new State of Alaska smoke-free indoor workplace that took effect on October 1, 2018.



If you would like more information about how the State of Alaska is implementing this life-saving, cost-saving law, please go to the official state page of implementation at www.smokefree.alaska.gov.

The six pounds of butts will be displayed at community events along with the harms discarded butts have on the environment and to the body.

Cigarette butts are the number 1 littered item in the world! Do your part by not throwing your butts on the ground and disposing of them in a cigarette receptacle.



QUIT TOBACCO. SAVE YOUR HEART.

HEART DISEASE IS THE LEADING CAUSE OF DEATH
FOR BOTH MEN AND WOMEN.

TO REDUCE HEART DISEASE:

AVOID TOBACCO
BE MORE ACTIVE
CHOOSE GOOD NUTRITION





YOU DON'T HAVE TO STOP SMOKING IN ONE DAY. START WITH DAY ONE.

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout® event on November 15 be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit. Quitting starts here.

Learn more at cancer.org/smokeout
or call 1-800-227-2345.



Attacking from every angle.™

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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

Inter-**Tribal**

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.**

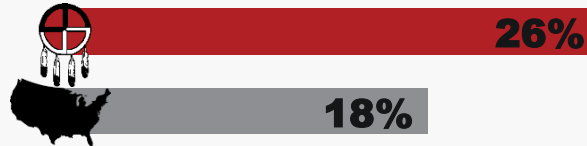


COMMERCIAL TOBACCO USE



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.



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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.

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.

- **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>

Articles, Publications, and Research

- **New Report Examines Challenges to Growth of American Indians and Alaska Natives in Medicine**
- **Interview with Oklahoma City Indian Clinic - Grand Prize Recipient of the 2018 80% by 2018 National Achievement Award**
- **New FTC Report: Tobacco Industry Expenditures Keep Cigarettes and Smokeless Tobacco Cheap and Visible at the Point of Sale**

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

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