

# **TOBACCO PREVENTION NEWSLETTER**

*November and December 2021*



## Navajo Nation Council Passes “Air is Life” Act of 2021

According to an [article](#) by the *Navajo Times*, the Navajo Nation Council passed the “Air is Life” Act of 2021. The act is a “100% commercial tobacco smoke-free policy for the Nation with no exceptions, including casinos”. The bill “prohibits the use of commercial tobacco products in enclosed, indoor workplaces or public places, and within 25 feet of any indoor area across the Navajo Nation”.

This bill is an enormous step in the right direction for tobacco control. The tobacco industry uses tactics and strategies to keep people addicted to using various tobacco products.

### AIR IS LIFE Nítch’i éí bee iiná

Image retrieved from: <https://no-smoke.org/air-is-life-act-of-2021-signed-into-law/>

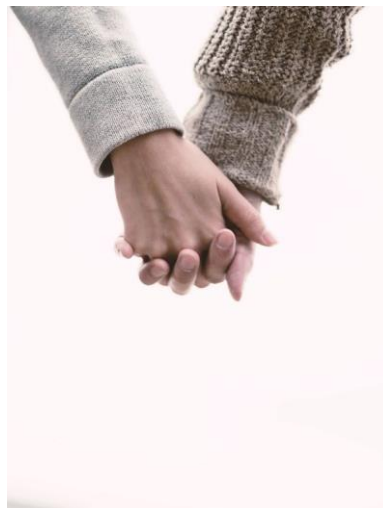
As physician Patricia Nez Henderson stated, “For far too long, the tobacco industry has interfered with our sovereign decision making for a healthier Navajo Nation and pushed products that have caused addiction all for the sake of profit over people”.

The Air is Life Coalition has been working to pass this bill for over ten years, so this is a huge success for all of Navajo Nation.

[Research](#) from the CDC has shown that Native Americans have a higher risk of experiencing tobacco-related disease and death due to high prevalence of cigarette smoking and other commercial tobacco use”. This is one reason why Quitline Iowa has a specific program for Native Americans that offers additional counseling sessions. Instead of receiving five counseling sessions, Native Americans can receive up to ten free counseling sessions.

## QUITLINE IOWA

Quitting is hard, but you don’t have to do it alone. You can increase your chances of success by calling Quitline Iowa and receiving free coaching, medication, and other supports. Call 1-800-QUIT-NOW (1-800-784-8669) to speak with a personal quitting coach and start your quit plan. You can also access resources and enroll in the program on the [Quitline Iowa website](#).



## MY LIFE MY QUIT

According to the 2018 Iowa Youth Survey, 22.4% of 11<sup>th</sup> grade students currently use e-cigarettes. In Marion County, 36% of 11<sup>th</sup> grade students currently use e-cigarettes. Answering the need for a program designed for teens who want to quit using e-cigarettes, the Iowa Department of Public Health offers *My Life, My Quit*.

*My Life, My Quit* provides access to free and tailored resources for quitting 13–17-year-olds. Services include:

- Confidential coaching sessions via text message, phone, or online chat.
- Support and encouragement throughout the quitting process via text message.
- Teen-focused website with educational materials and resources.

To enroll in *My Life, My Quit*, teens can text or call 1-855-891-9989 or visit [My Life, My Quit website](#)

# COPD and Smoking

What is COPD? Chronic Obstructive Pulmonary Disease (COPD) is a group of diseases that cause less air to flow through the airway, resulting in breathing issues. Some symptoms of COPD include shortness of breath, wheezing, a nagging cough, or tightness/pain in the chest.

Now that we know what COPD is, let's talk about how smoking and vaping can affect COPD.

As this [article](#) by Truth Initiative explains, "COPD is typically caused by long-term exposure to irritants in the lungs". Often, these irritants are the same ones that are inhaled when smoking. The article continues to explain that "when done consistently, the lungs don't have an opportunity to heal. This creates scarring that causes the lungs to lose their ability to expand and contract, which prevents oxygen from going into the blood stream".

Because vaping hasn't been studied as much, there isn't a lot of data on how it affects COPD. However, we do know that vaping harms the heart and lungs. We also know vaping weakens the immune system. As the article points out, "COPD patients who vape have worse lung health than those who do not vape".

It is clear that smoking and vaping affects COPD. Not only does it worsen the effects of COPD, but smoking can be a cause. Does this mean that all people who smoke will get COPD? The answer is no. However, the statistics found are still alarming.

"According to the [CDC], of the nearly 16 million U.S. adults with COPD, nearly 38% report smoking [and] one out of two lifelong smokers will develop COPD. Smoking accounts for as many as 8 out of 10 COPD-related deaths".



Image retrieved from:

<https://www.theexprogram.com/resources/blog/top-facts-about-copd-and-smoking/>

## So, what can be done about this?

As Truth Initiative states, "Quitting is the best way to prevent COPD, and for those who have COPD, quitting tobacco is the only proven treatment. Oxygen and medications can lessen the severity of symptoms of COPD, but no medication will slow the progression of the disease".

Quitting smoking and vaping is essential in reducing your risk to developing a disease like COPD.



This is what thirdhand smoke looks like.

Image retrieved from:

<https://tobaccopreventionk12.wordpress.com/2016/01/28/dangers-of-thirdhand-smoke/>

## Effects of Thirdhand Smoke on Our Bodies

The Thirdhand Smoke Resource Center released an [article](#) that summarized research conducted on the effects of thirdhand smoke on our bodies. The research found that thirdhand smoke affects our livers, lungs, brains, and our immune and reproductive systems. The following bullet points discuss some of the main points the article discussed.

- Liver – Thirdhand smoke can lead to liver disease, cancer, cardiovascular disease, stroke, and type 2 diabetes.
- Lungs – Thirdhand smoke can lead to reduced lung function, increased risk of cancer, more severe asthma, and other respiratory diseases.
- Brain – Thirdhand smoke can lead to neurodevelopmental disorders like attention deficit disorder (ADHD) and smaller brain volumes.
- Immune system – Thirdhand smoke can lead to reduced numbers of defensive cells in our bodies.
- Reproductive System – In the female reproductive system, it can lead to infertility and ovarian cancer. Babies can also have a lower birth weight and reduced kidney function. In the male reproductive system, it can reduce the quality of semen.



# PROGRAM COORDINATOR UPDATE

## TOBACCO PREVENTION

### ISTEP Chapter Updates

The Knoxville Middle School ISTEP Chapter "Panther Pride" has been put on hold this year due to a lack of interest from students. We will try again next year!

Twin Cedar's ISTEP Chapter had it's first official meeting on December 1<sup>st</sup>. Six students signed up and are ready to make a difference and learn about the dangers of tobacco products!

I will keep everyone updated on the fun activities that we

will be completing the rest of the school year!

### Central College's Wellness Fair

The TPC attended Central College's Wellness Fair that took place November 3<sup>rd</sup> from 6:00-7:30PM.

The TPC discussed the effects of tobacco use on the body and how vaping is not "just harmless water vapor". The TPC provided education on Quitline Iowa and My Life My Quit, which are both free cessation programs for tobacco use.

The students seemed to enjoy the interactive displays: A Year's Worth of Tar jar, Cause of Death: Secondhand Smoke Display, and a diagram about the effects of vaping.

The students also loved playing Plinko and winning Quitline Iowa prizes!!



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## GOALS

- ✓ Prevent the initiation of tobacco use by youth
- ✓ Promote cessation by adults and youth
- ✓ Reduce the availability of tobacco
- ✓ Eliminate exposure to secondhand smoke
- ✓ Increase coalition membership