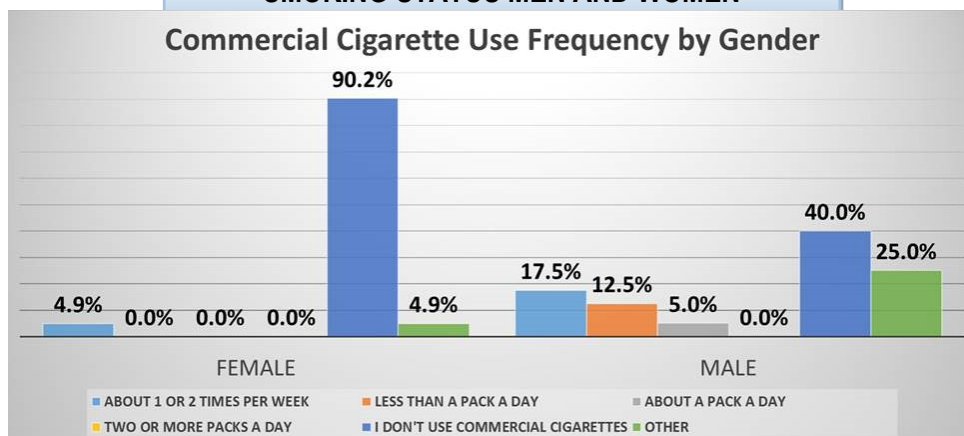




SANTA ANA COMMERCIAL TOBACCO COMMUNITY SCAN SURVEY RESULTS AND DISCUSSION

The Tamaya Wellness Program conducted a community wide scan to examine the impact of commercial tobacco on the Santa Ana community. Funding and support was provided by the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC). 81 community members took the survey either online or by filling out a paper version.

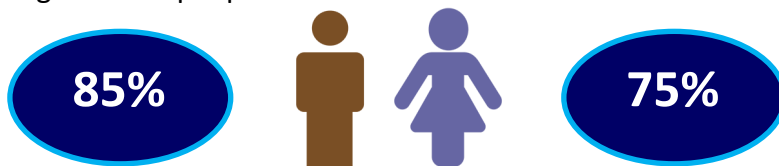
SMOKING STATUS MEN AND WOMEN



The graph above is comparing male and female responses of how often they smoke or use commercial tobacco products. A much greater percentage of women than men reported not using commercial cigarettes.

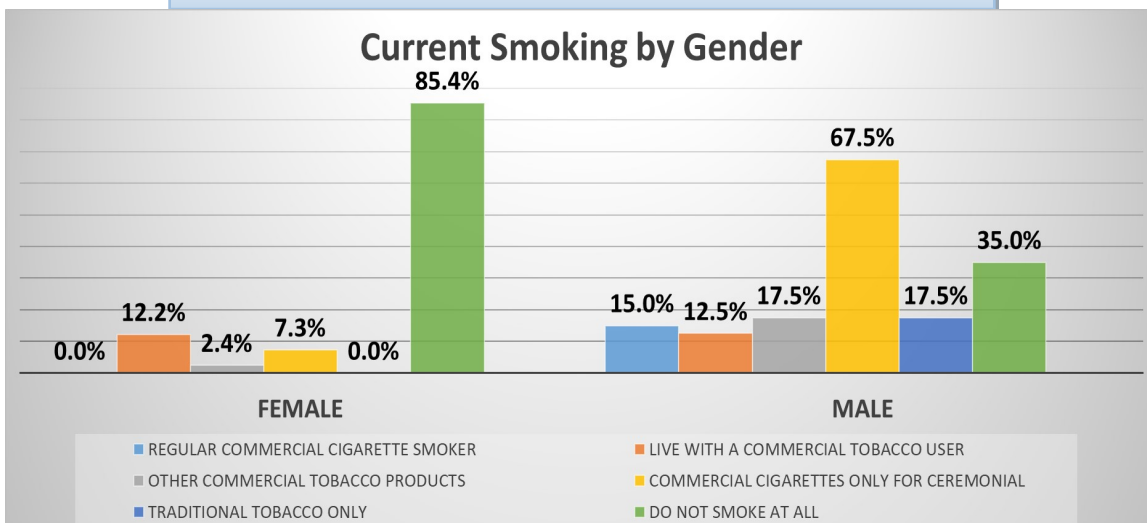
SECONDHAND SMOKE EXPOSURE

The majority of both men and women report the greatest exposure to secondhand smoke is in traditional settings. Secondhand smoke is the combination of smoke from a cigarette and the smoke breathed out by smokers. It contains more than 7,000 chemicals, hundreds are toxic and about 70 can cause cancer. Secondhand smoke exposure is particularly dangerous for people with diabetes and can increase the risk of heart attack or stroke.

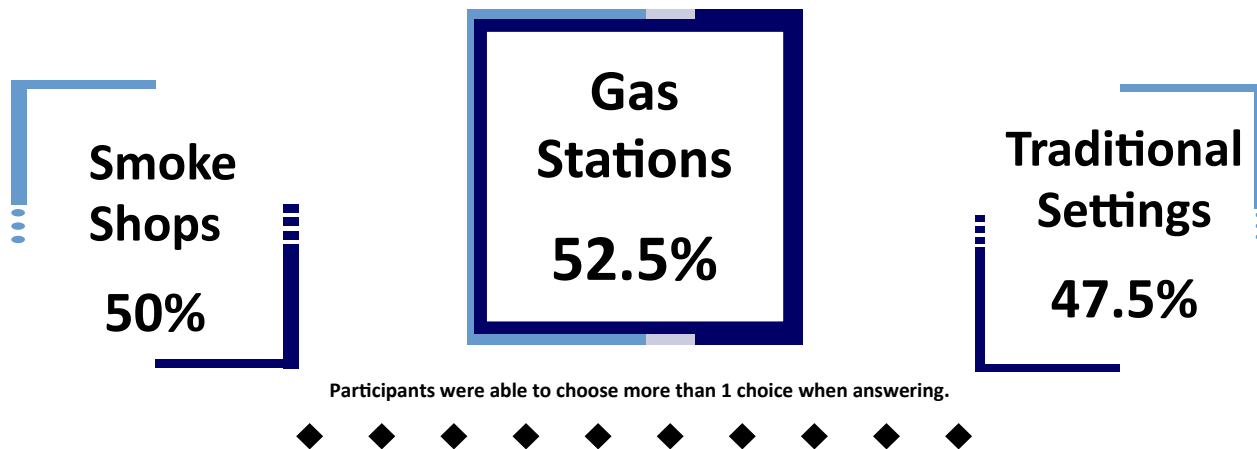


HOW OFTEN MEN AND WOMEN USE COMMERCIAL TOBACCO

Current Smoking by Gender



The higher usage by men may be due to ceremonial tobacco use. 67% report smoking only for ceremonial purposes



On Thursday, November 29, 2018, a presentation was done at the Tamaya Wellness Center to share the results of the Commercial Tobacco Community Survey. These were some actions and themes from the community discussion shared below

- Show this to the community and get more to see it - expose it.
- Distribute fact sheet and survey results at the Tribal Council Meeting.
- Would like to see the survey done at council meeting. If we got more participation from men, results would be worse than this survey shows.

ACCESS

- Why don't men buy their own? Why doesn't the tribe provide traditional tobacco?
- At Mass services - they provide a carton of cigarettes. Men who don't normally smoke will. You don't need to provide cigarettes in this setting.
- It's free, 4-5 cartons for an event, by the end of the event all the cigarettes are gone, \$56 a carton. (Cartons currently cost between \$29-\$64 as of 12/07/18.)
- A start would be to start rolling their own cigarettes or we're not going to smoke inside anymore. They smoke at everything.

CHALLENGES

- We have traditional tobacco but no one wants to roll them.
- Some think loose commercial tobacco is traditional.
- Sometimes they mix the traditional with loose commercial tobacco, for ceremonial purposes.

“Maybe it takes community to say we don't want this anymore. Spaniards started it. Some will hang on the fact it is damaging children. Do we want all these cancers? We need to take a stand.”

COMMUNITY IMPACTS

- Brother-in-law smoked, then my sister started, all three of their children are chain smokers.
- When I'm exposed I feel the effect, eyes burning, throat, I feel bad.
- Tribal Officials are at risk: from the first of the year 'til now, all first year Officials are smoking/addicted.
- Ceremonial settings - children go in and my grandsons come home smelling like smoke.
- It's so smoky you can't even see anyone in there.
- Estimated that \$10,000-\$15,000 spent by tribe on cigarettes for traditional events.

COMMUNITY EDUCATION

- Would want to see a list of all the chemicals and what the harm is to educate parents, make sure kids aren't getting exposed.
- Would like this presented at Tribal Council.
- Traditional tobacco is way less harmful.
- Give them the commercials where half of someone's cheek is missing.
- Uncle used to tell us - younger men don't know that one puff is enough, that's how it should be, one puff for the Spirits; it's up to the individual - you can just take one puff and put it out.

“We could save money and save our children's health.”

Traditional Tobacco



Commercial Tobacco

Each tribe is distinct in its culture, traditions, languages, values, and teachings. Tribes and tribal members have their own attitudes towards tobacco, and some tribes have no traditional connection with tobacco.



Traditional tobacco may contain different types of plants, herbs and berries. This mixture may or may not include tobacco and/or nicotine, but may still be called traditional tobacco.

Protect the use of Traditional Tobacco

- Communicate with creator or spirit world
- Honor/welcome guest with tobacco
- To bind agreements between tribes
- Blessing of food or crops
- Prayer for a good hunt
- Payment to a healer
- Prayer for people
- Offering to fire
- Medicine

Commercial tobacco is manufactured to be sold for profit. Recreational and habitual use can cause addiction, death, and disease.

Filter:

Typically made from bundles of thin, hair-like fibers designed to trap smoke, but only stops a small portion of smoke from being inhaled.

Ventilation holes:

Manufacturers have chosen to place the ventilation holes where smokers unknowingly block them with their finger and lips making them ineffective.

Cigarette paper:

Smokers inhale everything that is burned. The tobacco filler, the paper ...everything.

Additives:

Manufacturers can add hundreds of ingredients to change the taste of the smoke, making smoking more appealing and easier to inhale, but no less harmful. Many of these additives are known to cause cancers, like formaldehyde and arsenic.

Tobacco filler:

Made up of chopped tobacco leaves, stems, reprocessed pieces, and scraps.

SMOKERS HAVE A 30% TO 40% HIGHER RISK OF DIABETES THAN NONSMOKERS.

CDC
AMERICAN INDIAN HEALTH SERVICES

Risks from Smoking

Smoking can damage every part of the body

Cancers

- Head or Neck
- Lung
- Leukemia
- Stomach
- Kidney
- Pancreas
- Colon
- Bladder
- Cervix

Chronic Diseases

- Stroke
- Blindness
- Gum infection
- Aortic rupture
- Heart disease
- Pneumonia
- Hardening of the arteries
- Chronic lung disease & asthma
- Reduced fertility
- Hip fracture

Cancer-causing Chemicals

- Formaldehyde**: Used to embalm dead bodies
- Benzene**: Found in gasoline
- Polonium 210**: Radioactive and very toxic
- Vinyl chloride**: Used to make pipes

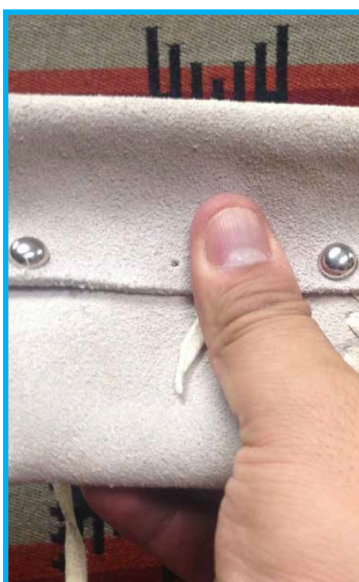
Toxic Metals

- Chromium**: Used to make steel
- Arsenic**: Used in pesticides
- Lead**: Once used in paint
- Cadmium**: Used in making batteries

Poison Gases

- Carbon Monoxide**: Found in car exhaust
- Hydrogen cyanide**: Used in chemical weapons
- Ammonia**: Used in household cleaners
- Butane**: Used in lighter fluid
- Toluene**: Found in paint thinners

Tobacco smoke contains a deadly mix of **more than 7,000 chemicals**. Hundreds are toxic. About 70 can cause cancer. Here are some of the chemicals.



DISTINCTIONS BETWEEN TRADITIONAL TOBACCO AND COMMERCIAL TOBACCO

TRADITIONAL	COMMERCIAL
Sacred	For profit
Spiritual	Recreational
An offering	Highly Addictive
To honor	Processed
Healing	Abused
Medicinal	Filter not bio-degradable
Prepared with prayer	Flavor added to cover taste
Sacrifice	7000 chemicals
Grows wild	70 Carcinogens
Rarely inhaled	250 Toxins

NOTE: This eGuide has been designed to offer strategies for the prevention and control of commercial tobacco in American Indian communities.



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