Chronic Disease & Commercial Tobacco Tribal Newsletter:

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Featured Best Practice

SYSTEMS-WIDE POLICIES*

Developing systems change including departmental and/or community-wide policies and procedures are key ways to create community change. Before policies and procedures are created it may be a good idea to conduct community-wide education, however. This can be in the form of health curricula in schools, public service announcements in various media, presentations to local leaders, health fairs, and pow-wows. Also, including e-cigarettes in policy may be a consideration in your community.

According to the IHS Fieldbook for Implementing Tobacco Control* policy changes that have been proven to be effective include smoke-free building and campus laws, restrictions on youth access, and taxation. For assistance in your efforts to plan and implement effective smoke-free policies and sample smoke-free policies please visit keepitsacred.org. Under the Resources tab click on the Policy Toolkit for the Tribal Smoke-Free Policy Toolkit (http://www.keepitsacred.org/toolkit/).
*IHS Fieldbook 2009
http://www.keepitsacred.org/network/images/network/PDFs/IHS_FIELDBOOK/unit_2.pdf

Featured Program

Keeweenaw Bay Indian Community-Monitoring Commercial Tobacco Use

Keeweenaw Bay Indian Community (KBIC) staff monitor commercial tobacco users ages 18 years and older. This information is tracked and reviewed. KBIC also has staff on-hand that have been trained in commercial tobacco dependence. This way if a person does use commercial tobacco and is ready to quit they can be referred immediately to the qualified staff.

In Unit Eight of the IHS Fieldbook* for Implementing Tobacco Control suggests putting a poster on the wall in exam rooms to remind service providers to address commercial tobacco use. The poster should be eye-catching and integrate the message of being commercial tobacco free as part of an overall healthy lifestyle, one based on traditional values. It may be more comfortable for patients to respond to a question like, "What do you think about the message the poster is conveying?" than to ask personal questions. The Fieldbook goes on to describe a discussion that could follow. Please see page 170, link below.
http://www.keepitsacred.org/network/index.php?option=com_content&view=article&id=296&Itemid=109

E-Cigarettes

Electronic cigarettes are also known as e-cigarettes are battery-operated products that deliver nicotine, flavor, and other chemicals. Chemicals including the highly addictive nicotine turn into an aerosol that is inhaled by the user.

E-cigarettes have not been researched fully this means data is lacking on:

- the potential risks of e-cigarettes when used as intended
- how much nicotine or other potentially harmful chemicals are being inhaled during use
- whether there are any benefits associated with using these products

RESOURCES

For more information on brief interventions and the Five A Model please go to: mdquit.org/cessation-programs/brief-interventions-5

A PROMISE Partnership info:
www.itcmi.org/departments/health-education-and-chronic-disease/reach-mno/

Free Commercial Tobacco Resources:
www.keepitsacred.org