NIHB Commercial Tobacco Cessation Learning Community: Working with Youth Strategies

Casey Kee Long
Public Health Project Associate
National Indian Health Board
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National Indian Health Board

**Purpose:** To advocate on behalf of all federally recognized American Indian and Alaska Native Tribes to ensure the fulfillment of the trust responsibility to deliver health and public health services as assured through treaties, and reaffirmed in legislation, executive orders and Supreme Court cases.

**Mission Statement:** One Voice affirming and empowering American Indian and Alaska Native Peoples to protect and improve health and reduce health disparities.
Presentation Overview/Agenda

• Explain my perspective of public health
• Offer youth programming strategies
  • Through a nonprofit lens
  • Discussing more of the 5 A’s
My Perspective on Tribal Public Health
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<th>Social</th>
<th>Physical</th>
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<tr>
<td>• Taste</td>
<td>• Availability</td>
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<td>• Advertisements</td>
<td>• Money</td>
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<td>• Communication on tobacco</td>
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<td>• Lack of role models</td>
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<tr>
<th>Cultural</th>
<th>Psychological</th>
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<td>• Family Traditions</td>
<td>• Emotions (self-coping</td>
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<td>• Lost of traditional and</td>
<td>mechanism)</td>
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<td>cultural knowledge</td>
<td>• Temptations</td>
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Tobacco use amongst AI/AN Youth
Working with youth
Working with memes

- **Cartoon:** A choice between 'Ceremonial Tobacco' and 'Commercial Tobacco'.
- **Image:** A skeleton with a text overlay saying, "Me waiting for commercial tobacco to be illegal on tribal lands."
Youth taking the lead
The 5 A’s of Tobacco Cessation

• Ask
• Advise
• Assess
• Assist
• Arrange

Ask
- Talking about a patient’s use of commercial tobacco
- Schedule a time to follow up with a person

Advise
- Encourage a person to quit using commercial tobacco

Assess
- Is this person willing to set an end date? Yes or no?
- Willingness to quit or unwillingness to quit.

Assist

Arrange

Intervention Flow Chart
Questions?

Listen to Indigenous Youth.
Invest in Indigenous Youth.
Teach Indigenous Youth.
Involve Indigenous Youth.
Mentor Indigenous Youth.
Support Indigenous Youth.
Resources

• National Indian Health Board
• Center for Disease Control and Prevention
• Keep It Sacred
• American Nonsmokers Rights Foundation
• Black Hills Center for American Indian Health
  • Southwest Navajo Tobacco Education Prevention Program
Thank you!

Casey Long
(202) 507-4088
Clong@nihb.org