THE COMPADRES CONNECTION

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Community Worker Lisbeth, Cerritos College student Kimberly, and Campadres student worker Brianna working at food distribution event.

COMPADRES PARTNER WITH CERRITOS COLLEGE

by Lisbeth Garcia, Community Engagement Coordinator, Los Angeles County Office of Education

On July 29, 2020 - the Compadres team and the Cerritos College Falcon Fresh Air Peer Advocates (FFAPAs) partnered with Cerritos College and the Los Angeles Regional Food Bank Distribution.

Students took this opportunity to recruit members to join the Falcon Fresh Air Peer Advocate Coalition at Cerritos College. To respect social and physical distancing guidelines, the Compadres program offered a paperless survey. Gift cards were given to those who completed the simple survey on their mobile phones.

The event serviced over 800 people around the Cerritos College communities. The students distributed educational packets and collected surveys to gain an insight on the community's stand point on adopting a 100% smoke and tobacco-free campus policy including e-cigarettes. The majority of surveyed believe a policy won't have a negative effect on the community and will support a campus policy.

Congratulations!

We want to thank all of our subscribers who take the time to read our newsletter. Thank you to those who look forward to participating in our activities and that submit their word search for a change to win a prize. Congratulations to the winners!

Please feel free to reach out to us with suggestions on topics you would like for us to cover.

Email us at info@compadreslac.org

TWO L.A. COMMUNITY CLINICS ADOPT A 100% SMOKE-FREE WORKPLACE POLICY

by Adriana Sanchez, Advocacy Manager
Worksite Wellness LA

Worksite Wellness LA (WWLA), a partner agency of the Compadres for Tobacco Free-Los Angeles County project is proud to announce the successful passing of two clinics adopting and implementing a 100% smoke-free workplace policy. These two health clinics are the Community Medical Wellness Centers USA and Clinica del Socorro, both located in the greater Los Angeles area. The success was largely due to identifying an on-site champion at each clinic which was essential to moving the process forward.

Having an on-site champion at both clinics is key to engage clinic management, Human Resources Directors, and Chief Executive Offices to create and draft a policy to ultimately have it approved by the board. Worksite Wellness LA staff is providing ongoing resources to clinics on the dangers of tobacco use in the workplace and the health effects on staff, patients, and the community. Tobacco education solidified their agreement in passing the smoke-free policy and Ask, Advice and Refer protocol. Worksite Wellness LA continues to maintain its connection with both clinics throughout the implementation of the policy and continues to provide staff trainings in collaboration with other state tobacco partners such as The California Smokers Helpline and CA Quits.

In the month of August, clinics received trainings on client engagement and referring client to cessation services such as The California Smoker's Helpline. The Community Medical Wellness Centers USA behavioral health department shared that since COVID-19 their workload has double in cases. They are seeing more clients coming in with high stress levels and turning to tobacco products for coping with stress. The clinic mentioned that their clinical therapist and behavior health counselors are excited to incorporate tobacco cessation referrals to their work.

If you are interested in learning about implementing a 100% smoke-free policy at your clinic, please contact Adriana Sanchez, Advocacy Manager at asanchez@worksitewellnessla.org

CALIFORNIA SMOKERS' HELPLINE 1-800-NO-BUTTS

CLICK ON THE LINKS FOR MORE CESSATION RESOURCES:

California tobacco cessation coverage

Free nicotine patches 2-week starter kit

Medi-cal and Covered Ca income guidelines

EVALUATION CORNER

CELEBRATING HISPANIC CULTURE

by Gregory Robinson, Program Evaluator

Leaders of the 1970 Chicano Moratorium understood that the disproportionate number of Latinos dying in Vietnam was a symptom of broader social ills at home. (Los Angeles Times)

Ernesto Chávez [a professor of history at the University of Texas at El Paso and the author of "¡Mi Raza Primero! (My People First!): Nationalism, Identity, and Insurgency in the Chicano Movement in Los Angeles, 1966-1978"] commemorated the August 29, 1970 march through East Los Angeles organized by the Chicano Moratorium in the opinion section of the Los Angeles Times this August 28th. You can read his essay **here.**

Although the demonstration attended by 20,000 people in East LA 50 years ago focused on ending the war in Vietnam, Dr. Chávez points out that, "conditions back home also needed addressing. Latinos were more likely than non-Hispanic whites to experience poverty, poor housing conditions, substandard education, and police brutality. The committee understood that all these things were connected and needed to be addressed holistically. The same is true now."

Our focus is reducing disparities in the extent to which Hispanic/Latinx people suffer from the health effects of tobacco use, but this too is connected to the other issues protesters were calling out 50 years ago, along with some contemporary additions such as disparity in exposure to, and illness from COVID-19.

Something Dr. Chávez said resonated with me as the Compadres program evaluator: "The Chicano Moratorium organizers understood something essential. The answer wasn't simply assimilation [the process by which groups are absorbed into the dominant culture]. These activists celebrated our culture and worried that it was being eroded. They promoted a positive self-image under the banner of Brown Is Beautiful. We strongly need to embrace that sentiment today." This has caused us to think deeply about the extent to which our interventions are culturally responsive. Does our work to promote smoke-free college campuses attended by high proportions of Latinx students, smoke-free multi-unit housing and other tobacco control policies in cities with large Latinx populations, and in settings patronized by many Latinx persons rise above simply translating English materials to Spanish?

Clearly, language is a common denominator in the diverse social, economic, and geographic backgrounds of the Latinx population in Los Angeles County, but we want to dive deeper. We understand the focus and emphasis on family well-being and the sociocultural scripts of machismo and marianismo, describing the roles of males and females in society.

What are other Hispanic/Latinx cultural factors that promote a positive self-image and support the end of tobacco companies' exploitation of the Latinx population? What's your way of telling your friends and family that Brown is Beautiful, Tobacco is Not?

Send your thoughts to info@compadreslac.org and we will publish a summary in the next newsletter.

UPCOMING LOCAL DISTRICT DAYS

by Brian Le, Advocacy Manager
American Lung Association

Non-smokers who live in Multi-Unit Housing (MUH) are disproportionately affected by the health effects of inhaling secondhand smoke (SHS). In California, approximately 45% of Latinos live in MUH. On average, more people live in a Latino household (4 people) compared to a non-Hispanic household (2.5 people). Therefore, Latinos are at a higher risk of adverse health effects of SHS and thirdhand smoke (THS) compared to non-Hispanic whites.*

The Compadres team is currently planning to reach out to our regional representatives in order to educate them on the benefits of smokefree multi-unit housing and the dangers of secondhand smoke exposure. This is a chance for our community residents and partners to have a closer connection with the people that represent us at the state level.

*King, B. A., Babb, S. D., Tynan, M. A., & Gerzoff, R. B. (2012). National and state estimates of secondhand smoke infiltration among US multiunit housing residents. Nicotine & tobacco research, 15(7), 1316-1321.

COMMUNITY CONNECTION

STUDENT SPOTLIGHT

A Bittersweet Farewell

Compadres sends a bittersweet farewell to our student worker Brianna Beltran. Brianna served as a student worker for LACOE over two years while she attended Rio Hondo College in Whittier. Brianna has moved on and transferred to Cal State Long Beach where she is earning a Bachelors degree in Communications.

Brianna has been a strong advocate for 100% smoke-free campus policies since she was diagnosed with asthma several years ago. The Compadres team wishes Brianna much success in her future endeavors.

HIRING OPORTUNITY

The Los Angeles County Office of Education Compadres program is currently looking to hire a part-time **Staff Assistant Trainee.** Candidates must be full time college students enrolled in at least 12 units with a 2.0 GPA or higher.

If you are passionate about making a difference in the Hispanic/Latinx community and are interested in this position please contact Ricardo Nevarez, Program Coordinator at nevarez_ricardo@lacoe.edu or 562-774-6201. Application link here. **Apply by September 18, 2020.**

Enter your completed word search to win a prize!
Send completions to **info@compadreslac.org**

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WORD BANK

1. YOUTH
2. NICOTINE
3. VAPES
4. PODS
5. TEENAGER
6. ACETONE
7. FLAVORS
8. EFFECTS
9. ADOLESCENT
10. LUNG
11. CAPACITY
12. ADULTS
13. CARCINOGENS
14. UNHEALTHY
15. INFLUENCE

IN LOCAL NEWS:

CALIFORNIA ASSEMBLY APPROVED BAN ON FLAVORED TOBACCO SALES

by Jesus Rivera, Advocacy Manager
American Lung Association

Friday August 28, 2020 - Gavin Newsom signed senate bill 793 which will prohibit the sale of most flavored tobacco products when it goes into effect on January 1, 2021. This ban will include flavored vaping products as well as menthol flavored products. The law aims to curve the surge in teen use of tobacco products.

A recent report found that more than five million youth used e-cigarettes in 2019, and that more than 80% began doing so because of flavored products*. While this law does to limit access to most flavored tobacco products it does exempt hookah, loose leaf tobacco and flavored premium cigars.

*Public Law Research Institute, UC Hastings College of the Law, Bonorris S, Salerno M, Shanske D, Waldron M, Ball L, Filippi L, Hendrickson L, Lo A, "Challenges in Enforcing Local Flavored Tobacco Restrictions" (Oct. 2019).

Read news article online here.

STUDENT RESOURCES:

Smoke and Vape Quitting Text Messaging Support

This is Quitting

- The first-ever text-to-quit-vaping service developed
- Incorporates messages from other young people who have attempted to, or successfully quit, e-cigarettes.

Text 'DITCHJUUL' to 88709
www.thisisquitting.com

smokefreeTXT

- Free text messaging programs
- Give 24/7 encouragement and advice
- Tips for becoming smokefree and being healthier.

Text 'QUIT' to 47848
www.smokefree.gov