



GWYA DBP

CHEROKEE NATION® HEALTHY NATION

(918) 450-5000 or 1 (800) 850-0298

Web site: <http://steps.cherokee.org>

HEALTHY NATION... HEALTHY BEGINNINGS

SWAT: Students Working Against Tobacco

130 Students and Adult partners from Briggs, Tenkiller, Tahlequah High, Tahlequah Middle, Tahlequah Alternative, Talking Leaves Job Corp, Sequoyah High School, Fairland, Maryetta, Gans, Central in Sallisaw, Lowrey, Lost City, Woodall, Bell, Watts, Hulbert, Kids Connection and Stilwell High School. Below is information about SWAT. If you would like more information about SWAT call your local Public Health Educator from any of the Cherokee Nation Clinic's or Lu McCraw at Cherokee Nation 918-453-5260

SWAT (Students Working Against Tobacco) is a youth-led program that is turning the tables on Big Tobacco by refusing to become "replacement" customers. SWAT is the first youth movement in Oklahoma to take on this challenge and come together through media campaigns and local activities. SWAT was formally launched in May of 2000 and to date has over 100 active teams!

Currently, local SWAT teams are busy working on their statewide initiatives, including 24/7 Tobacco-Free School Policies, Breathe Easy - Clean Indoor Air, Youth Access to Tobacco, Stomping Butts in Hollywood, and Spit Out Big Tobacco: A Spit Prevention Campaign. For more information, check out SWAT's website at www.okswat.com



Cherokee Nation Health Nation partnered with Bill Willis Mental Health and Muskogee County Health Department (Community of Excellence Grantees) toward providing training to SWAT Adult Partners. 20 Adult Partners were trained on SWAT and how they would be able to assist the SWAT students with their activities.

FITNESS ASSESSMENTS OFFERED

Cherokee Nation Healthy Nation is offering Fitness Assessments at the following clinics. Everyone that participates will receive an incentive for participating.

Claremore: Claremore Indian Hospital - Jan. 8, 2007, 10:00 a.m. to 2:00 p.m.

Muskogee: Muskogee Health Department - Jan. 8, 2007, 2:00 p.m. - 7:00 p.m.

Sallisaw: Redbird Smith Health Clinic - January 10, 2007, 9:00 a.m. - 2:00 pm

Jay: Jay Community Clinic - Jan. 11, 2007, 9:00 a.m. - 4:00 p.m.

Stilwell: Wilma P. Mankiller Clinic - Jan. 15, 2007, 9:00 a.m. - 4:00 p.m.

Salina: AMO Health Clinic - Jan. 17, 2007, 9:00 a.m. - 4:00 p.m.

Nowata: Nowata Health Clinic Jan. 18, 2007, 9:00 a.m. - 4:00 p.m.

Tahlequah: Cherokee Nation (Large Health Conference Room) Jan. 28th - 29th, 9:00 a.m. - 4:00 p.m.

CONGRATULATIONS TO CHEROKEE NATION

Cherokee Nation was recognized by the Oklahoma Turning Point Council with a Certificate of Merit as a Certified Healthy Business on December 7th during the annual Turning Point & Fit Kids Conference. Cherokee Nation is a partner with Oklahoma Turning Point and the Fit Kids Coalition which help to promote a "Strong and Healthy Oklahoma" by asking citizens to Eat Better, Move More and be Tobacco Free.

Upcoming Events

Wings Upcoming Runs

February 16 Heart Starter Tahlequah
February 23 Freeze Out Salina
March 1 Redbird Smith 5K RSHC

Tobacco Awareness Program (TEG) offered to Sequoyah High School on Jan. 14, 2008, 4:00 pm - 5:00 pm

Adair County:

Walking 101 - @ WPMHC Walking Trail-starts Jan. 22, meets on Tues. and Thurs., 12:30 pm

Tobacco Awareness Program (TEG/TAP) classes will be offered @ Talking Leaves Job Corp on Jan. 15 (Partner with Bill Willis Mental Health)

Smoking Cessation classes @

WPMHC Jan 10, 2007 5:30 pm - 6:30 pm, Contact Darrell Dry or Toney McGee at 918-696-5000

Mayes County:
Self Defense class in @ Pryor Creek Recreational Center - Jan. 28, 5:00 - 7:00 pm

Rogers County:

Healthy Nation Summer Camp @ Rogers University will be June 9-13, 2008. The camp is for ages 9-12 and is a residential camp.

Delaware County:
2 Smoking Cessation classes offered @ Sam Hider Jay Community Clinic - Jan. 29, 2008, 12:00 - 1:00 p.m. and 5:15 pm - 6:15 p.m.

Cherokee County:

Winter Skate Event for the community @ Tahlequah Skate House- Jan. 24, 2007 - 6:00 pm - 8:00 pm.

Muskogee County:
Smoking Cessation Class offered to community @ New Cherokee Nation Clinic - Jan. 4, 2007, 12:00 - 1:00 pm

Smoking Cessation Class offered to the Community @

Hastings Indian Medical Center, Thursday's 5:00 pm - 6:00 pm
Kids Connection Jan. 10, 2007 - 3:00 pm - 4:00 pm
Grace Living Center on Tues. Jan. 15th, 2008, 11:00 am - 12:00 pm

Sequoyah County:
Smoking Cessation classes offered on-going at the Redbird Smith Health Clinic, Call Sid Church, Public Health Educator at Redbird Smith Health Clinic.

Summary of New Oklahoma Laws on Secondhand Smoke

Most indoor places are smoke-free. The new Oklahoma laws apply to:

- Indoor places used by or open to the public
- Indoor workplaces
- Public transportation

Smoking is prohibited in these places, except for certain exempt places specified in the laws and described. Specific places smoking may be allowed. These specific types of places are listed in the laws as exempt, so smoking may be permitted, providing that nonsmoking areas are protected:

- Stand-alone bars, stand-alone taverns and cigar bars
- Retail tobacco stores
- Up to 25% of the guest rooms at a hotel or other lodging establishment
- Licensed charitable bingo games, during the hours of operation for bingo
- Workplaces in private residences, except that smoking is prohibited in licensed child care centers in private residences during the hours of operation
- Veterans' organizations, except they shall be smoke-free during an event that is open to the public
- Medical research or treatment centers, if smoking is integral to the research or treatment

<http://tulsahealth.org/media/files/SummaryNew03OklahomaLawsSecondhandSmokeJune2003.pdf>