



**NEWS RELEASE**  
**November 17, 2016**  
**FOR IMMEDIATE RELEASE**

## **Alaska Native Health Campus Celebrates 10 Years as Tobacco-Free and Great American Smokeout**

**ANCHORAGE, ALASKA** – Today marks the 10-year anniversary of the Alaska Native Health Campus being tobacco-free. It was among the first health campuses in Alaska to implement a tobacco-free policy. Unlike smoke-free, the tobacco-free campus prohibits the use of cigarettes, chewing tobacco, iqmik, e-cigarettes and vaping. It is our hope that the entire UMED District becomes tobacco free.

“Alaska Native people are striving to achieve wellness,” Southcentral Foundation (SCF) President/CEO Dr. Katherine Gottlieb said. “Please join the efforts in celebrating our declaration of a smoke-free campus.”

“What was unexpected and inspirational about the decision to have a smoke-free campus was the number of Alaska Native Tribal Health Consortium (ANTHC) employees who stepped up and wanted to lead by example and quit after 20, 30 years of smoking. These employees then became advocates and coaches in our workplace for other employees. Their actions reflect our vision of Alaska Native people being the healthiest people in the world,” said Andy Teuber, ANTHC Chairman and President.

Both SCF’s Quit Tobacco Program and the ANTHC Tobacco Prevention Program benefit customer-owners and employees with resources including: one-on-one counseling, follow-up services, group counseling and free nicotine replacement therapy. In recognition of the 10-year anniversary, ANTHC and SCF will be co-hosting an event today, from 11 a.m. to 1 p.m. in the Anchorage Native Primary Care Center lobby, on the Alaska Native Health Campus, 4320 Diplomacy Drive.

SCF’s Quit Tobacco Program will also host an event Thursday from 11 a.m. to 1 p.m. in the *Benteh Nuutah* Valley Native Primary Care Center lobby. Smoking cessation resources will be available as well as Native dancing and door prizes.

ANTHC Tobacco Prevention Program’s pop up education station will be set up in the Alaska Native Medical Center, by the craft shop from 11 a.m.-1 p.m. Tobacco treatment specialists will be available to provide tips and coaching for quitting tobacco. Decide to quit today, and ANTHC will trade free cold turkey sandwiches and water bottles for packs/cans of tobacco. Visitors to the medical clinics at the Healthy Communities Building lobby, 3900 Ambassador Drive, from 11am-noon can participate in a selfie station with fun props to promote tobacco prevention.

### **About the Alaska Native Medical Center:**

The Alaska Native Medical Center (ANMC) provides comprehensive inpatient and outpatient medical care to Alaska Native and American Indian people. The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage ANMC.

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