

Introduction to the resources

In 2017-2018 the National Best Practice Unit Tackling Indigenous Smoking (NBPU TIS) undertook to develop a set of resources for community workers and health professionals that would provide relevant information in relation to the Tackling Indigenous Smoking Program. These videos and fact sheets are the result of this activity.

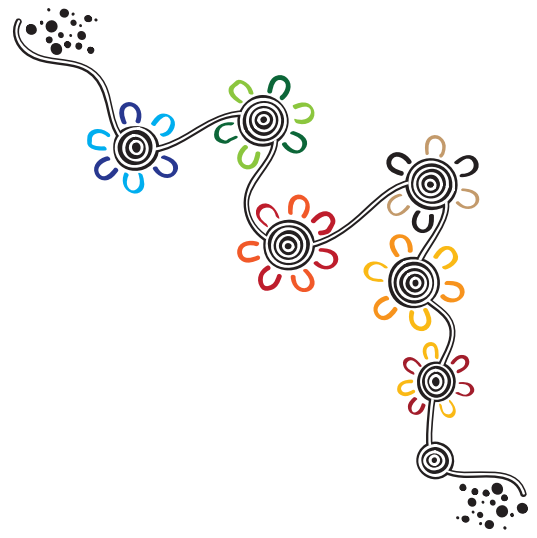
THE VIDEOS COVER:

1. Brief Intervention
2. Activities for children and youth
3. Nicotine Replacement Therapy
4. Smoking and Pregnancy
5. Smoke-free Environments
6. Harmful effects of smoking



Each video showcases the work of a number of different Tackling Indigenous Smoking (TIS) teams from across Australia. Each one is also accompanied by a fact sheet which provides a brief evidence-based overview of the topic and explains how the activities fit into the Population Health Promotion approach adopted by the program.

In addition to this work, NBPU TIS undertook a desktop review of the currently available evidence-based obesity and nutrition resources of relevance to Aboriginal and Torres Strait Islander people. A summary of the activities and information identified, along with a set of downloadable resources is also available on this USB. A fact sheet describing the relationship between nutrition and smoking is provided to accompany these resources.



Key Facts about Smoking and Pregnancy

Pregnancy

Staying smoke-free while pregnant is good for mum and gives baby the best start in life. This means **quitting smoking** and **avoiding smoky environments** is really important.

Quitting in pregnancy

Smoking during pregnancy exposes baby to toxic chemicals. The nicotine from the cigarette and the toxic chemicals in the smoke pass through the placenta and into the baby. So every time a pregnant mum smokes, her baby is smoking too. Quitting smoking when pregnant will reduce the risk of problems such as:

- Premature birth;
- Low birth weight baby;
- Damage to baby's heart and lungs.

It's best to quit early in pregnancy, but it's never too late. Quitting at any time will be good for baby. Pregnant mums should be encouraged to talk to the health professional who is looking after their pregnancy. Their Aboriginal Health Worker, GP or midwife can give them more advice about the local support available to help them quit during pregnancy. TIS teams can partner with Primary Health care teams, or other services for pregnant mums that might be run locally – for example the Australian Nurse-Family Partnership Program (ANFPP) – as an important way of getting the message out consistently.

Some mums to be find they need Nicotine Replacement Therapy (NRT). Using NRT when pregnant is better for baby's health than smoking. Even though baby will still be getting some of the nicotine from the NRT, they won't be getting the toxic chemicals from tobacco smoke. Support from a health professional such as a GP is important to make sure the mum-to-be gets the right NRT products at the right dosage. **Quitting the smokes can help mum and baby have a healthier pregnancy.**

Smoke-free environments

Second-hand smoke can also harm the baby, so mums-to-be should try to stay away from places where a lot of people are smoking. One important thing mums can be encouraged to do, is to make their home and car smoke-free too. Keeping the home smoke free will also make it easier for them to quit. Mums-to-be could also **encourage partners and other family members to try quitting with them for the baby.** After baby is born, staying smoke-free will still be important as there are still health risks to baby if mum or other family members smoke. Staying smoke-free will help to reduce the risk of problems like:

- Sudden infant death syndrome (SIDS);
- Lung problems like asthma and bronchiolitis;
- Ear, nose and throat infections;
- Croup;
- Growth and other development problems.

Staying smoke-free will also be helping baby to be a healthier adult. Studies have shown that children raised in smoky environments are more likely to have health problems such as lung disease as adults, even if they have never smoked themselves. Working with services for pregnant mums is an important part of a Population Health Promotion approach to TIS. **Encouraging mums to quit the smokes and keep a smoke-free home and car can help the whole family live healthier lives.**