



Tobacco use

among Aboriginal and Torres Strait Islander peoples



Tackling smoking can **improve** the **health and wellbeing** of Aboriginal and Torres Strait Islander peoples. Because smoking is bad for health, helping people quit smoking – or making sure they never start – can lead to big health improvements.

A national survey from 2018-19 found:

40% of adults
smoked daily



Men and women smoked at **similar** levels

Smoking was **more common** in **remote** areas than cities and regional areas



59%

40%



Quitting smoking can help **lower** and sometimes **reverse** health risks from smoking

Good news



Smoking has decreased the most among **young people**



Reductions in smoking are **achievable**

Since 2004, daily smoking has **decreased** by 10% among adults



Most people who smoke **want to quit**



Almost **half** of daily smokers have tried quitting in the past year

More than **two-thirds** of daily smokers have tried quitting

Smoking has declined among **pregnant** women



Culture is important to everything in Aboriginal and Torres Strait Islander communities, and helping people quit smoking is no different



Communities, health services and governments are **working together** to provide services to tackle smoking

To make sure the **progress continues**

programs should be evaluated and incorporate

knowledge

from Aboriginal and Torres Strait Islander peoples

