



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



46%  **41%** 

Men and women
smoked at **similar** levels

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



59%



40%

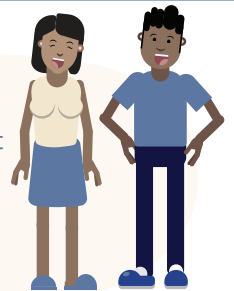


Quitting smoking can help **lower**
and sometimes **reverse**
health risks from smoking

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



Smoking has declined among
pregnant women

Most people who smoke
want to quit

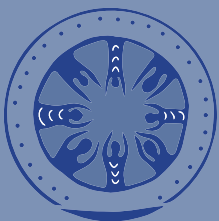


Almost half
of daily smokers have
tried quitting
in the past year

More than
two-thirds
of daily smokers have
tried quitting



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

