



# To help with cravings practice the 4D's

- 1 **Delay**...for at least 5 minutes, the urge will pass
- 2 **Deep breathe**...breathe slowly and deeply
- 3 **Do something else**...keep your hands busy
- 4 **Drink water**...take 'time out' sip slowly

## QUIT SUPPORTS

The Aboriginal Quitline **137 848**

Winnunga's No More Boondah program **02 6284 6222**

Download the 'My Quit Buddy' app

Download the Smoking in pregnancy support app 'Quit for you Quit for two'



## Lets Yarn

Call Winnunga's Tackling Indigenous Smoking (TIS) team to discuss attending your school, event, institution or workplace

- Providing education and information on smoking harms
- Free promotional giveaways
- Smokerlyzer carbon monoxide readings
- Quit support referrals
- Collaborations and partnerships for smoking activities

### Winnunga Nimmityjah

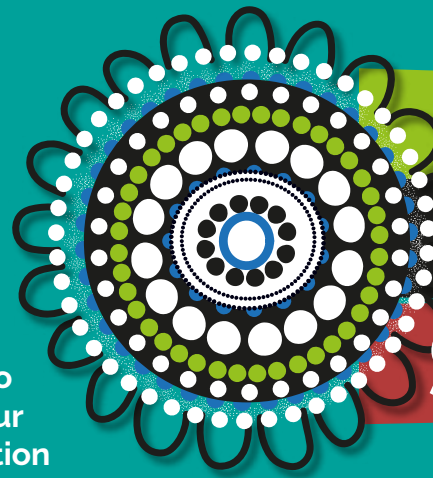
Aboriginal Health & Community Services

63 Boolimba Crescent  
Narrabundah, ACT 2604

[www.winnunga.org.au](http://www.winnunga.org.au)

**02 6284 6222**

@tis\_winnunga @tis\_winnunga



# TACKLING INDIGENOUS SMOKING

Promoting a **SMOKE FREE LIFE!**



**02 6284 6222**



# What is the Tackling Indigenous SMOKING program?

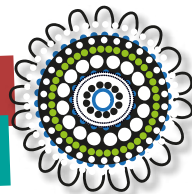


Tackling Indigenous Smoking (TIS) is a population health promotion program funded by the Australian Government's Department of Health. The TIS Canberra ACT team are part of a national network of tobacco control workers who develop and implement a range of activities to discourage youth uptake of smoking, inform pregnant smokers on the harm of smoking during pregnancy, as well as educating the broader community on smoking and its damaging effects.

TIS provides information and education to communities through stalls at events, information sessions at schools, workplaces and institutions and works in with local and national programs such as the Aboriginal Quitline and Winnunga's No More Boondah program ensuring that those wanting quit advice and assistance are well supported on their journey.



## Why is SMOKING harmful?



We often meet someone who says 'but my Grandfather smoked till he was 70 and he's fine' but smoking is like playing a game of Russian roulette with your life. With 2 out of 3 smokers dying from a smoking related illness, smoking is killing people. When a cigarette burns it produces over 7,000 chemicals within its smoke, 250 of those chemicals are known to be harmful (including hydrogen cyanide, carbon monoxide and ammonia) and 69 cause cancer.

### Smoking affects every organ in the body.

Aboriginal and Torres Strait Islander Australians are significantly more likely to smoke than their non-Indigenous counterparts, regardless of the state or territory in which they live. In the ACT, 37% of Aboriginal and Torres Strait Islander people aged 15 years and older smoked on a daily basis in 2014-2015. In 2018-19, 40% of Aboriginal and Torres Strait Islander peoples aged over 18 years smoked nationally, this prevalence is almost three times higher than among the non-Indigenous population.

#### Sources:

National Aboriginal and Torres Strait Islander Social Survey, Australia, 2014-15  
National Aboriginal and Torres Strait Islander Health Survey, Australia, 2018-19 respectively  
Colonna et al. (2020). Review of tobacco use among Aboriginal and Torres Strait Islander peoples. Australian Indigenous Health Bulletin, 20(2). Retrieved from <https://aodknowledgecentre.ecu.edu.au/learn/specific-drugs/tobacco/>

## What is passive SMOKING?



Passive smoking, also called second hand smoking refers to the involuntary inhalation of cigarette smoke and its poisons through other people's cigarette smoking. Exposing children to cigarette smoke is dangerous and toxic and can cause respiratory illness, asthma and long term damage

## What is NO MORE BOONDAH?



No More Boondah is a quit smoking support program developed and owned by Winnunga, which has been supporting the ACT Aboriginal and Torres Strait Islander community since 2000, it offers phone, face to face support and a weekly 1 hour group.

