

“Give bub the best start in life, be Ngamari Free”

The WA Country Health Service's (WACHS) Wheatbelt Tackling Indigenous Smoking (TIS) Team have created a range of resources to help reduce smoking amongst the region's boodjari yorga's (pregnant women) by informing them and their families about the serious harms smoking has during and after pregnancy.

Smoking is the biggest contributor to poor health and disease for Aboriginal people, yet 43 per cent of Aboriginal women in the Wheatbelt continue to smoke throughout their pregnancy. Smoking can negatively affect mum's pregnancy, baby's development and can cause serious health concerns into childhood.

The TIS team's recognition of the importance for boodjari yorga's to maintain a smoke free pregnancy, led to the development of a creative awareness campaign including displays, a billboard, social media, and education sessions for mums and bubs groups. This is part of the TIS program's wider approach which aims to create a Ngamari Free (smoke free) Wheatbelt.

The resources promote the following key messages:

1. What harms can smoking do to my baby?

Each cigarette contains 7000 chemicals. When mum smokes or breathes in second hand cigarette smoke she breathes in these chemicals and they pass through the umbilical cord to bub. Cigarette smoke can cause bub to have a weaker brain, heart and lungs. It also increases the chance of bub being born early and underweight. Bub may even need to stay in a special care nursery.

2. Quitting methods and medications suitable for mum

The No More Ngamari program works with boodjari yorga's, their families and doctors to provide free quit smoking counselling and nicotine replacement therapy. It helps if the Boodjari yorga's partner quits as well and they can also participate in the program for free.

3. Smoking around your other children

Second hand smoke is what a smoker breathes out. It also comes from the burning end of a cigarette. It is very harmful for little ones as they breathe much faster than adults and it can cause ear infections, asthma and sudden unexpected infant death syndrome. Smokers should smoke outside the house and car and at least 10 metres away from others.

WACHS TIS Health Promotion Officer Alyssa Thompson said the Wheatbelt Aboriginal Health Service aimed to lower the number of yorga's smoking during pregnancy

“By sharing important health messages created especially for boodjari yorga's we are striving to raise awareness of the harmful effects smoke can have for mum, her pregnancy and bub,” Ms Thompson said.

“Giving up smoking is best for mum and bub – be Ngamari Free”

For more information and to download the campaign resources, please contact your local Wheatbelt Aboriginal Health Service and speak to a TIS Health Promotion Officer, follow the 'My Healthy Wheatbelt' Facebook page or visit <http://www.wacountry.health.wa.gov.au/ngamarifree>

Contact WAHS:

Wheatbelt Aboriginal Health Service Northam - (08) 9690 2888
Eastern Wheatbelt Primary Health Service - (08) 9081 3222

Western Wheatbelt Primary Health Service
Southern Wheatbelt Primary Health Service

- (08) 9651 0270

- (08) 9881 0385

END



Government of Western Australia
WA Country Health Service

Ngamari Free Ngamari Free for Bub and Me

How does my smoking affect my baby?

- Increase chance of miscarriage or stillbirth
- Your baby may be born too early
- Increase chance of sudden unexplained death of an infant
- Low birth weight
- Weaker lungs, brain and heart

Giving up is best for mum and bub

- Improve health and wellbeing
- More money in your pocket
- Your baby will be strong and healthy
- Less harmful chemicals in your blood

43% of Boodjari Yorgas in the Wheatbelt smoke

**The best time to quit is now!
Call WAHS and speak to the
No More Ngamari team
(08) 9690 2888**

Our Values: Community | Compassion | Quality | Integrity | Equity | Curiosity

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Ngamari Free for Mum and Me

For support to quit call Wheatbelt Aboriginal Health Service on 9690 2888

Ngamari Free