

We can help you quit smoking to live long, stay strong and breathe easy

Aboriginal and Torres Strait Islander peoples are 2.3 times more likely to experience chronic illness compared with the general Australian population. Tobacco smoking is responsible for 23 per cent of the impact of disease, injury and death to Aboriginal Australians. The WA Country Health Service Tackling Indigenous Smoking (TIS) program aims to improve the life expectancy of our Aboriginal population in the Wheatbelt by reducing tobacco use. Chronic illnesses can be manageable but continuing to smoke will add complications to your illness and could lead to early death.

Our program has had success in the community with a Wheatbelt local with a chronic health condition using TIS support to kick the smokes for good which has reduced the time they need to spend in hospital.

Below are some of the bad things that can happen if you continue to smoke with a chronic illness.

Smoking with heart disease increases your risk of:

- High blood pressure – which can lead to damage of your heart and arteries.
- Your blood vessels narrowing – which can lead to stroke and heart attack.
- Heart failure – which can lead to heart transplant.

Smoking with asthma or chronic obstructive pulmonary disease (COPD) increases your risk of:

- Damage to your airways – which can lead to more asthma attacks and COPD flare ups.
- Poor lung function – which can lead to shortness of breath.
- Lung cancer and emphysema.

Smoking with diabetes increases your risk of:

- Eye disease – which can lead to blindness.
- Chronic kidney disease – which can lead to needing a kidney transplant.
- Vascular diseases – which can lead to loss of limbs.



Quitting smoking has instant benefits to your health and will give you more time with your moort (family) to live long, stay strong and breathe easy. The TIS team are committed to educating the community about the harms of smoking with their newest campaign being launched in birak (Noongar season during December and January). Keep an eye out for our advert on television, poster suite and social media campaign encouraging people with chronic illness to get the support they need to quit.

For more information and to get support to quit smoking call Wheatbelt Aboriginal Health Service:

- Wheatbelt Aboriginal Health Service Avon and Central: (08) 9690 2888
- Wheatbelt Aboriginal Health Service Western: (08) 9651 0270
- Wheatbelt Aboriginal Health Service Eastern: (08) 9081 3222
- Wheatbelt Aboriginal Health Service Southern: (08) 9881 0385