

# AUAHI KORE: SMOKEFREE

Nga mihi mahana ki a koutou / Warm greetings to you all

Welcome to the Auahi Kore: Smokefree page where I will provide you with information about smokefree services, events and support pathways that are available to reinforce your quit experience and journey.

Ko wai au? / Who am I?

My name is Sue Thompson and I am the Smoking Cessation Coordinator at the Wairoa PHO. I am also a registered Quit Card Provider which means that I can discuss nicotine replacement therapy options that are available to help you become auahi kore smokefree, as well as strategies that you can use to help your quit attempt. By the time November 2010 comes around I will have been auahi kore for three years how good does it feel to be Maori, wahine and auahi kore? ABSOLUTELY AWESOME that's how!!

The following options are available to help you become auahi kore smokefree:

- ☒ Quitline (0800 778 778 or [www.quit.org.nz](http://www.quit.org.nz)) which is a national telephone helpline that provides advice, support and subsidised nicotine patches and gum

Rangahau / Research

I am interested in having a korero to people that were former smokers and who continue to maintain their smoke free status - ka mau te wehi / awesome, let's celebrate our successes!!

**My contact details are:**

**Sue Thompson**

Smoking Cessation Coordinator  
Wairoa Primary HealthCare Organisation  
14 Locke Street  
WAIROA  
Ph: 06 838 8317  
Ph: 027 253 1025  
Fax: 06 838 8326  
Email: [sue@wairoapho.co.nz](mailto:sue@wairoapho.co.nz)

# Keep your tamariki / kids smokefree



Children's Day 2010

## Things you can do:

- Ⓢ Don't smoke around your tamariki/kids (there is support available within your community to assist you to become smokefree, contact the Wairoa PHO Ph: 8388317 for information)
- Ⓢ Never give or buy your tamariki/kids cigarettes
- Ⓢ Make your home & car smokefree zones
- Ⓢ Talk to your tamariki/kids about how bad smoking is
- Ⓢ By packing your tamariki/kids lunch you will reduce the chance that they may buy cigarettes with lunch money
- Ⓢ Put in place a support network with your whanau/family and friends to increase the success of keeping your tamariki/children smokefree



# NEWS FLASH: NEWS FLASH: NEWS FLASH

At the end of April Parliament took the initiative for a tobacco tax increase that raised the price of a packet of 20 cigarettes to around \$11.00. This will increase to more than \$14.00 by 2012.

## ITS NOT ONLY A COST IN FINANCIAL TERMS:

- ☒ 5000 people die per year from smoking related illnesses
- ☒ According to the Health Department \$1.9 billion is the annual health-related costs of smoking
- ☒ 19.9 percent of New Zealand adults smoke
- ☒ Tobacco is the only consumer product that kills people when used as the manufacturer intended.

## WHAT TOBACCO DOES TO YOU:

- ☒ Can cause blindness, impotence and infertility
- ☒ Is the cause of 80% of lung cancer and is linked to other forms of cancer
- ☒ Is the major cause of heart attacks, heart disease, stroke and respiratory diseases

## WHATS IN CIGARETTE SMOKE:

4000 chemicals are contained in cigarette smoke of which over 60 are carcinogenic (cancer causing)

- ☒ Ammonia (Toilet cleaner)
- ☒ Hydrogen cyanide (Rat poison)
- ☒ Acetone (Paint stripper)
- ☒ Carbon monoxide (Car exhaust fumes)
- ☒ DDT (Insecticide)
- ☒ Formaldehyde (Embalming fluid)

# DETERMINE YOUR OWN DESTINY BECOME SMOKEFREE

# THE BENEFITS OF QUITTING SMOKING:

- ☒ Your sense of smell starts to get better
- ☒ Your hair and breath smell cleaner
- ☒ Your sense of taste starts to get better
- ☒ Your house, car, and clothes smell cleaner

2 hours	Most of the nicotine is out of your system
6 hours	Your heartbeat slows down to normal and your blood pressure goes down
24 hours	The carbon monoxide is out of your system and your lungs work better
2 days	Your senses of taste and smell improve
A few weeks	The phlegm in your lungs loosens and you start to cough it up and get rid of it
2 months	Blood flow to your hands and feet improves
1 year	You have almost halved your risk of sudden death from heart attack
5 years	You are almost as risk-free of sudden death from heart attack as a non-smoker

Source: [www.quit.co.nz](http://www.quit.co.nz)



***Mo tatou, a, mo ka uri a muri ake nei  
For us, and our children after us***

# SUPPORT SERVICES

## WAIROA

Andrew Wilkins  
Smokefree Liaison Nurse  
Hawkes Bay DHB  
Ph: (06) 838 7099 ext 4838

Miriama Hammond  
Community Support Worker  
Kahungunu Executive  
65 Queen Street  
Ph: 06 838 6835

Bronson Wharehinga  
Community Support Worker  
Kahungunu Executive  
65 Queen Street  
Ph: 06 838 6835

Denise Gasson  
Active Living Programme Coordinator  
Sport Hawkes Bay  
Ph: (06) 838 3017

Sue Thompson  
Smoking Cessation Coordinator  
Wairoa Primary HealthCare Organisation  
14 Locke Street  
Ph: (06) 838 8317

**N.B.** Your Doctor and most Practice Nurses are also available to support you to become auahi kore/smokefree also with pharmacotherapy

## NATIONAL

**Call the Quitline**  
Ph: 0800 778 778

Txt2Quit is a 26 week fully automated free support service that is available through Quitline. Participants can 'opt in' or 'opt out' at any time. Supportive texts and prompts will be provided to assist with the quitting journey. You can register for the txt2Quit service by going to: [www.txt2quit.org.nz](http://www.txt2quit.org.nz)

## MAHIA

Val Te Rito  
Registered Nurse  
Te Hauora O Te Wheke a Nuku  
Ph: (06) 837 5649

Dordie Campbell  
Mental Health Kaimanaaki  
Te Hauora O Te Wheke a Nuku  
Ph: (06) 837 5649

## RAUPUNGA

Isobel Thompson  
Kaimahi Ora  
Ngati Pahauwera Hauora  
30 Putere Road  
Ph: (06) 837 6766

## WAIKAREMOANA

Nancye Waiwai  
Community Support Worker  
Nga Kaitiaki Hauora O  
Waikaremoana  
4 Rotten Row  
Tuai  
Ph: (06) 837 3780

## NUHAKA

*Training yet to be completed*

# OTHER SERVICES AVAILABLE:

To obtain health smoking specific education resources contact:

Wendi Wolfen-Duvall

Health Education Resource Coordinator

Napier Health Centre

Ph: 06 8341815 ext 4162

Fax: 06 8341894

Email: [wendi.wolfen-duvall@hawksbaydhb.govt.nz](mailto:wendi.wolfen-duvall@hawksbaydhb.govt.nz)



Source: Diana Adams

# WHAT WAIROA IS DOING TO PROMOTE WORLD SMOKEFREE DAY 2010

## TUPEKA ROOPU

The Tupeka Roopu (Tobacco Group) was originally established to strengthen strategic alliances and interagency networks to optimise the impact of smokefree initiatives. To date a small number of local organisations attempt to meet on a regular basis to support each other's auahi kore/smokefree projects.

The Wairoa PHO is a member organisation of the Hawkes Bay & Chatham Island Smokefree Coalition. The Coalition is an entity that focuses on the development of collaborative approaches, programmes and initiatives to support and encourage smokefree environments.

Local *World Smokefree Day* activities are developed, resourced and promoted out to the wider community through the Tupeka Roopu

## SMOKING FACTS

- ☒ Tobacco smoke contains over 4000 chemicals some of which are highly toxic, and 40 that are carcinogenic (cancer causing)
- ☒ Tobacco is the only consumer product that kills people when used as intended
- ☒ Smoking is a major cause of blindness
- ☒ Smoking is the underlying cause of many diseases including some cancers, respiratory diseases and cardiovascular (heart) diseases

## IWI TAKES ON TOBACCO

Te Reo Marama (Maori Smokefree Coalition) has welcomed the adoption of the Ngati Kahungunu Tobacco Use Strategy by the third largest iwi at the recent Ngati Kahungunu Iwi Incorporation Board meeting.

"This is the first iwi to take on tobacco use amongst its people by adopting a comprehensive strategy to rid tobacco from their lives. The iwi should be commended for its leadership in taking on the biggest preventable killer of Kahungunu peoples and Māori," said Shane Bradbrook, Director of Te Reo Marama.

The Strategy blends tobacco control approaches, such as using cessation services, with traditional cultural lore (tikanga) so as to remove not only tobacco use, but also the carrying of tobacco onto sites such as marae and wāhi tapu (sacred sites).

### **YROA YNOT MOBILISES WAIROA RANGATAHI**

As part of our localised *World Smokefree Day* activities the Tupeka Roopu in collaboration with YROA YNOT will be erecting a 2 metre high paper mache representation of a cigarette which will be used to incinerate donated cigarettes at the end of the bridge on the grassed area of North Clyde. The cigarette donation boxes have been designed and decorated by the YROA YNOT crew and contain facts about the effects of smoking; Cigarettes can be donated up until the morning of Monday 31<sup>st</sup> May. Those that choose to participate can go into the draw to win a 16GB iPod nano (donated by the Wairoa PHO) or a \$50 dinner voucher to the Vista (donated by Kahungunu Executive). In order to qualify for one of the prizes winners will be asked a question from the smoking facts which are on the entry form. Support is available for those who want to quit.

**Kaupapa:** Kill the cigarettes before they kill you!

**Date:** Monday 31 May

**Venue:** North Clyde end of the bridge on the grassed area

**Time:** Between the hours of 10am & 1pm

### **KAHUNGUNU EXECUTIVE**

Kahungunu Executive will be promoting *World Smokefree Day* with a static display in the reception area of KE, 65 Queen Street. The display will have information on the effects of smoking as well as resources. Support is available to assist those interested in becoming smokefree. A *World Smokefree Day* prize pack will be available for those that participate.

### **LOCAL AUAHI KORE/SMOKEFREE SUPPORT SERVICES**

For a list of providers available within the Wairoa community that can support you to become auahi kore/smokefree contact Sue Thompson Ph: 838 8317 ext 4 or go to our website for support information [www.wairoapho.co.nz](http://www.wairoapho.co.nz)

# INVESTING IN WHANAU NOT NEGATIVE HEALTH STATISTICS

He aha te mea nui  
He aha te mea nui o te Ao  
He Tangata, He Tangata, He Tangata

What is the most important thing  
What is the most important thing in the world  
It is people, It is people, It is people

