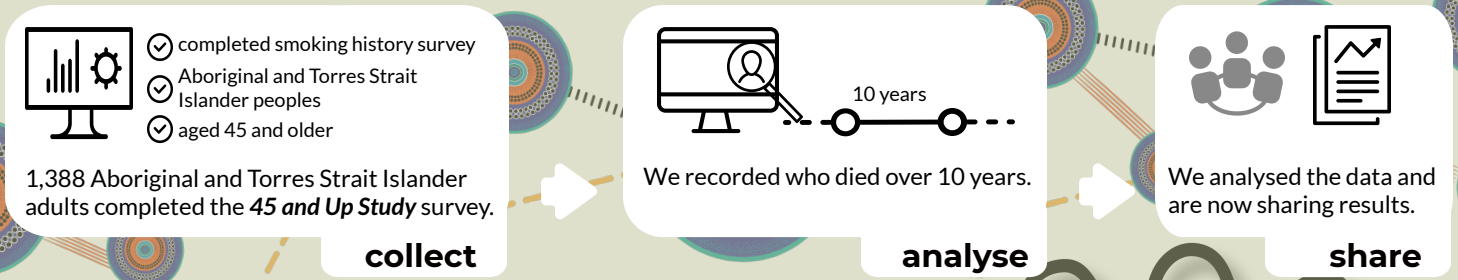




BACKGROUND

- Commercial tobacco smoking was **introduced through colonisation**.
- Approximately **4 in 10** Aboriginal and Torres Strait Islander adults smoke every day.
- Smoking is linked to conditions like lung cancer and heart disease, which can lead to **early death**.
- Nicotine in cigarettes is addictive, which can make it hard to quit smoking.
- We examined the **link between smoking and death** for Aboriginal and Torres Strait Islander peoples.

WHAT DID WE DO?



WHAT DID WE FIND?

- We found health risks linked to **current** and **past** smoking.
- People who **never smoke** live an extra **10 years**, compared to those who smoke.
- People who smoke have **4 times** the risk of early death.
- More cigarettes = increased risk of early death. **No amount of smoking is safe.**
- Quitting smoking at any age = lower risk of early death.
- Smoking causes **half of all deaths** of people aged 45 years and older. Smoking causes **one third of all deaths** at any age.
- Smoking has taken away over **10,000** Aboriginal and Torres Strait Islander peoples lives in the last 10 years.

SO WHAT?

- The negative impact of smoking on families and communities has always been underestimated.
- We have Aboriginal and Torres Strait Islander specific evidence about smoking and death - **for the first time.**
- We need to expand tobacco **control efforts** because they are **saving lives.**

WHAT CAN WE DO?

Never take up smoking
Smoking takes 10 years of life.

Quit smoking
It could save your life. The sooner you quit, the better.

Be a role model by quitting and not smoking
Encourage others to avoid the risks of smoking, including second hand smoke.

Get support
Speak to your local doctor, tobacco worker, local health service or Quitline.

Help someone to quit smoking
You might save their life.

Let's take back control and make our own decisions about smoking



How can I quit?

- Get advice from your local doctor, tobacco worker, chemist or health service
- Call 13 78 48 and ask to speak with an Aboriginal Quitline counsellor
- Visit my QuitBuddy or quit.org.au/articles/aboriginal-quitline facebook.com/AboriginalQuitLine