



**SUNRISE HEALTH SERVICE
ABORIGINAL CORPORATION**

ABN 26 778 213 582 • ICN 4170

ACKNOWLEDGMENT OF COUNTRY



“You have come by way of the Larrakia Land. You will hear the voice of Larrakia ancestors. When you leave, the Larrakia message will stay with you.”

THE HEALTH PROMOTION TEAM

REMOTE HEALTH PROMOTION TEAM



- Bulman
- Barunga
- Beswick
- Manyallaluk
- Mataranka
- Jilkminngan
- Minyerri
- Ngukurr

OUR VISION

- **Upskill & build capacity in remote staff**
- **Develop and implement TIS, AOD, RHD SEWB programs,**
- **Address substance abuse and smoking in community**
- **Raise awareness on the dangers of smoking and alcohol abuse**
- **Connect people through culture, country and kinship**



2020/2021

- Covid-19 safety and awareness
- World No Tobacco Day 2021
- Men's camping on country with Ernie dingo
- TIS Brighter Communities Color runs
- Chronic disease road shows
- Training and development
- COVID-19 Vaccinations
- Deadly Heart Trek



TACKLING INDIGENOUS SMOKING

Sunrise Health Promotion Team



THE DELIVERY OF OUR TACKLING INDIGENOUS SMOKING PROGRAM

- Yarning sessions
- Groups
- Brief interventions
- Smoke free events



WE DELIVER THE SESSIONS TO:

- Schools
- Workplaces
- Sporting clubs
- Other community groups



WORLD NO TOBACCO DAY 2021 MATARANKA



WE FOCUSSED ON.....

HAZARDS DURING PREGNANCY



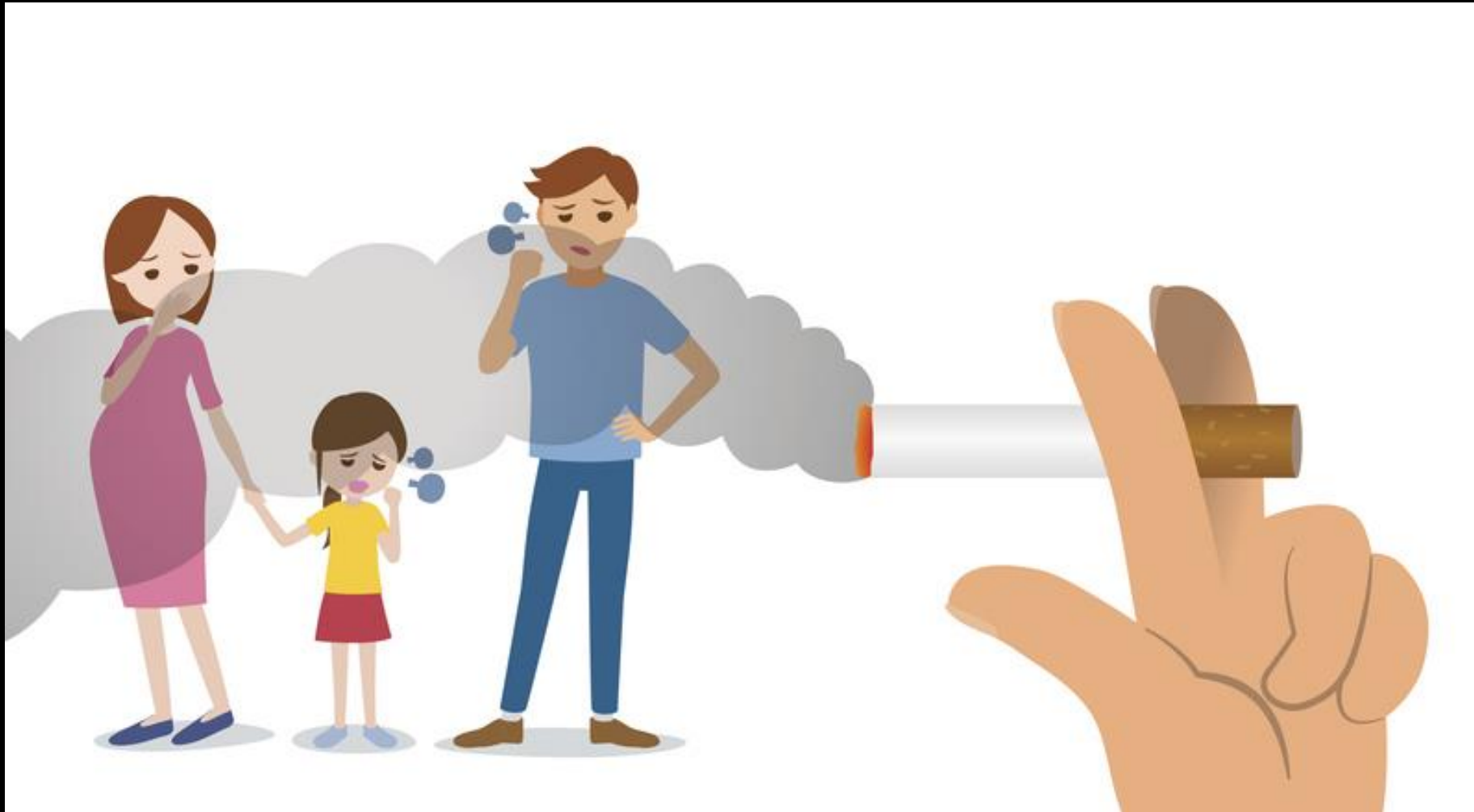
THE CONSEQUENCES OF SMOKING



EFFECTS & HAZARDS OF SMOKING



THE DANGERS OF SECONDHAND SMOKE



RAISED AWARENESS ABOUT THE DANGERS OF CHEWING TOBACCO



WE HAD HEAPS OF COMMUNITY ENGAGEMENT



SOME OF OUR RESOURCES ON DISPLAY



SOCIAL MEDIA



facebook

EVERY
SMOKE YOU
DON'T
SMOKE IS
DOING YOU
GOOD

Advertisement

STOP SMOKING START REPAIRING

In 1 week
your sense of taste
and smell improves

In 1 month
better blood flow is
improving your skin

In 3 months
your lung function
has increased 30%

In 5 days
most nicotine is
out of your body

In 8 hours
excess carbon
monoxide is out
of your blood

In 12 months
your risk of heart
disease has halved

In 1 year
a pack-a-day
smoker will save
over \$4,000

In 9 months
your risk of
pregnancy
complications
is the same
as a non-smoker

EVERY CIGARETTE YOU **DON'T** SMOKE
IS DOING YOU GOOD

THE POISONS CONTAINED IN A CIGARETTE

It is the burning of these chemicals and the inhalation of them into the body that makes smoking so harmful.

There are more than 7000 chemicals found in cigarette smoke.

69 of them are cancer causing substances known as carcinogens

NICOTINE
Found in insect spray

CADIUM
Found in batteries

METHANE
Sewer gas

CARBON MONOXIDE
This comes out of your vehicles exhaust.

AMMONIA
Used in cleaning products

BENEZE
Found in crude oil, it may cause luekaemia and other cancers

STEARIC ACID
Candle wax

BUTANE
Used in cigarett lighters

TURPENTINE
A paint thinner. High exposures causes kidney and nerve damage

CIGARETTE POISONS

Quitline.
137848

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DON'T LET TOBACCO

TAKE YOUR BREATH AWAY



CHOOSE HEALTH NOT TOBACCO

31 MAY WORLD NO TOBACCO DAY [#NoTobacco](#)

**SMOKING KILLS
14,000 PEOPLE
EVERYDAY**





WHAT HAPPENS WHEN YOU STOP SMOKING?

YOUR BODY AFTER YOU STOP SMOKING

AFTER 20 MINUTES:

- Blood pressure goes down.
- Heart rate goes down.
- Hands and feet get warmer.



AFTER 24 HOURS:

- Heart attack risk is lower.



AFTER 72 HOURS:

- Bronchial tubes start to relax.
- Easier to breathe.



AFTER 1 YEAR:

- Heart disease risk is cut in half.



AFTER 10 YEARS:

- Lung cancer risk is cut in half.

AFTER 8 HOURS:

- Blood carbon monoxide levels return to normal.
- Blood oxygen levels go up.

AFTER 48 HOURS:

- Body becomes free of nicotine.
- Nerve endings adjust to missing nicotine.
- Sense of taste and smell start to improve.

AFTER 2 -13 WEEKS:

- Blood circulates better.
- Exercise is easier.

AFTER 5 YEARS:

- Cervical cancer risk same as nonsmoker.
- Stroke risk same as nonsmoker.
- Cancer risk of the mouth, throat, esophagus, and bladder is cut in half.

HOW TO DEAL WITH CRAVINGS

9 ways to deal with cigarette cravings



go places
where
smoking
isn't
allowed



eat
healthy
snacks



read or listen to
music



drink
water



exercise



chew sugar-free
gum or mints



call or text
a friend



go
outside



take 10 slow
deep breaths

COMMUNITY CHAMPIONS

SUCCESS STORY