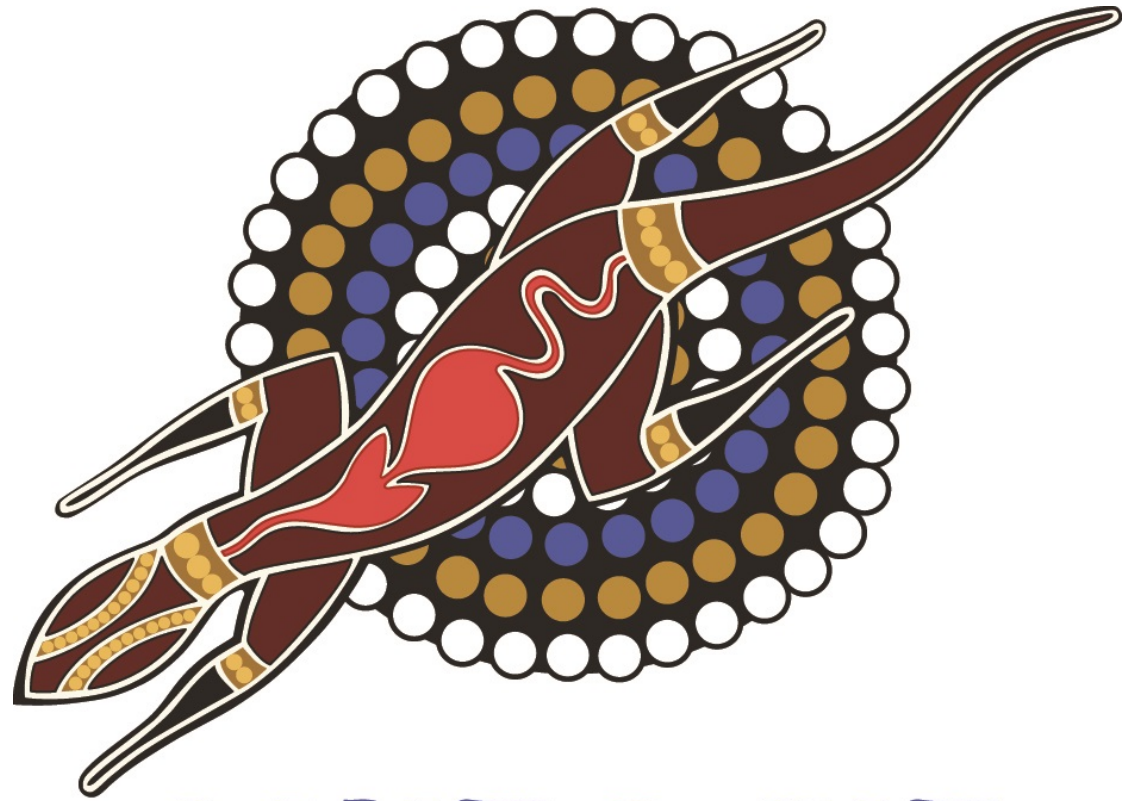


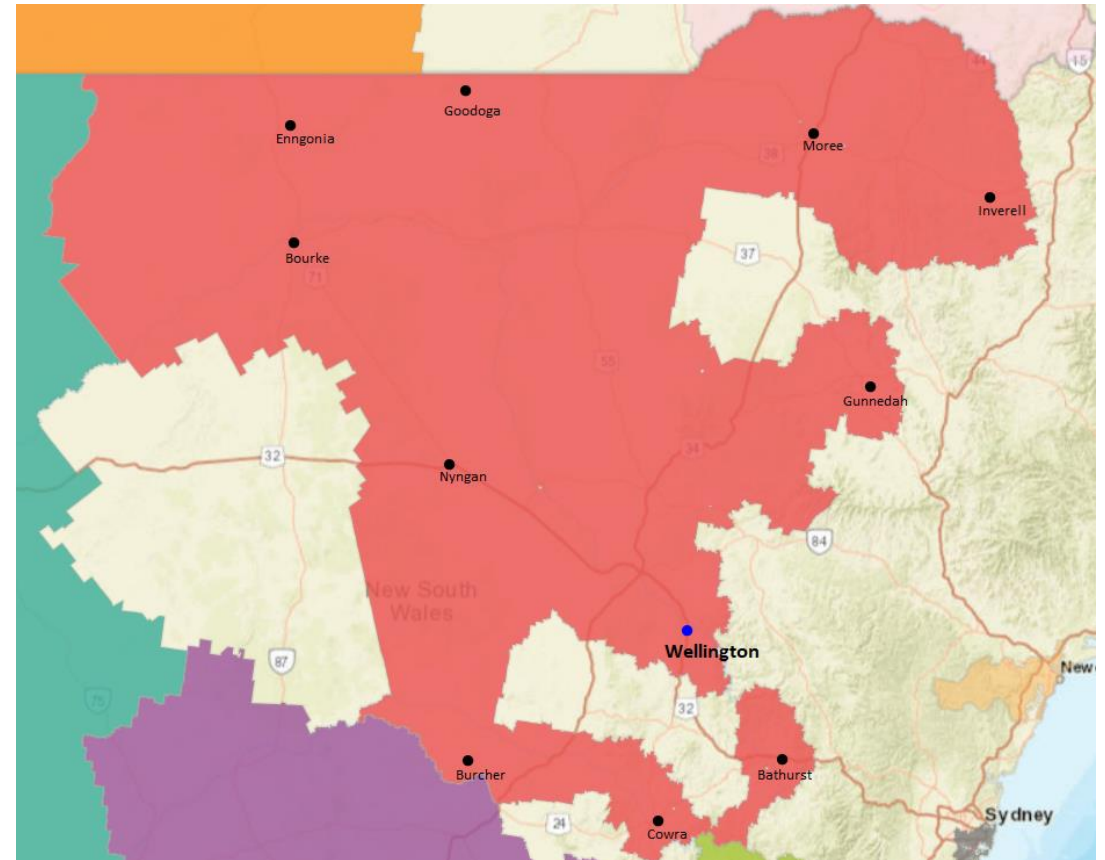


**TACKLING
INDIGENOUS
SMOKING**



QUIT B FIT

Introduction



Success Story

- Program indicators addressed by this activity:
 - Indicator 1 – Implementation of evidence-based population health promotion activities aimed at preventing uptake of smoking and supporting the promotion of cessation
 - Indicator 2 – Partnerships and collaborations facilitate support for tobacco control
 - Indicator 5 – Increased focus on priority groups (youth)



The activity

- WINS Youth Group
 - Partnering with Wellington Information Neighbourhood Services
- 8 week program
 - Health promotion aimed at preventing the uptake of smoking and encouraging healthy lifestyle choices
- 14 participants
 - Aged 8-11



The target population

- Youth
 - Primary school students
 - High school students (Term 2)
- Tailored the program by including interactive games to keep the kids engaged
 - E.g. Bingo, straw experiment, guessing games
 - Implemented physical activity



Monitoring & Evaluating Methods



Pre surveys

What do they already know?

What are their attitudes?



Post surveys

What have they learnt?

Have their attitudes changed?



Feedback

From our partners

What worked well?

Any suggestions?

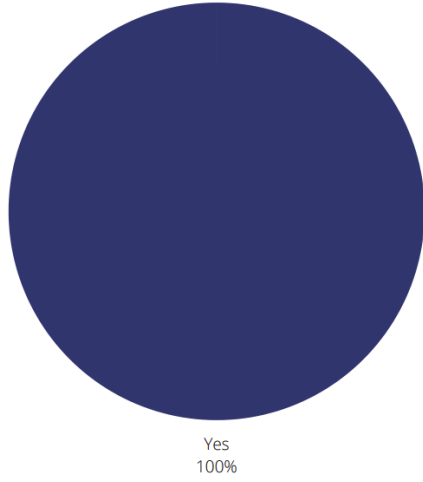


Event Reports

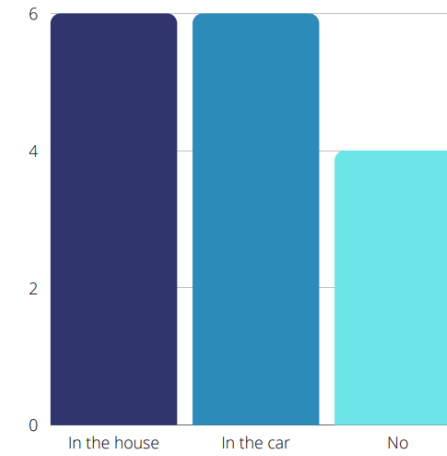
Summary of sessions

Qualitative data

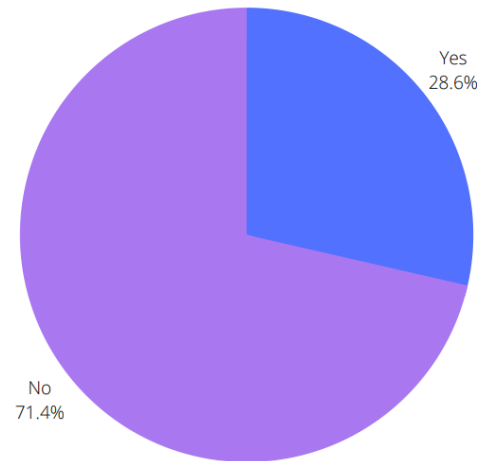
Do you know someone who smokes or vapes?



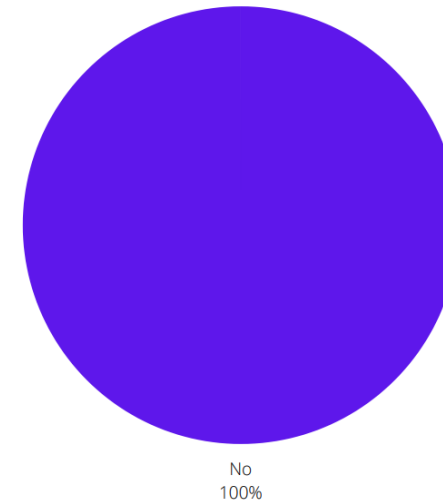
Does anybody smoke in your house or car?



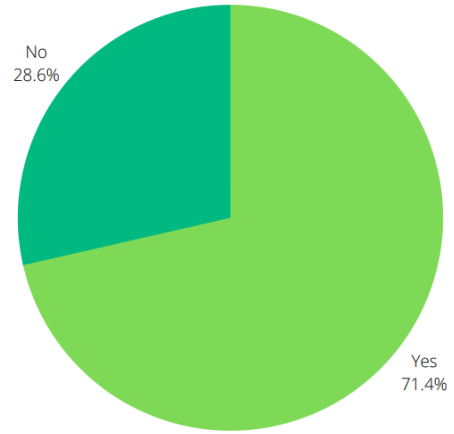
Have you ever tried a cigarette or vape?



Does smoking/vaping make you look cool?



Do you think smoking is bad for your health?



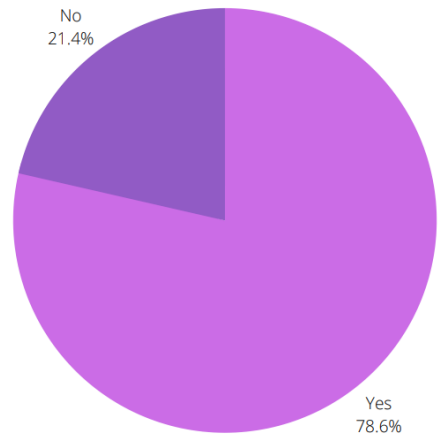
Pre-survey

Do you think smoking is bad for your health?



Post-survey

Do you think vaping is bad for your health?



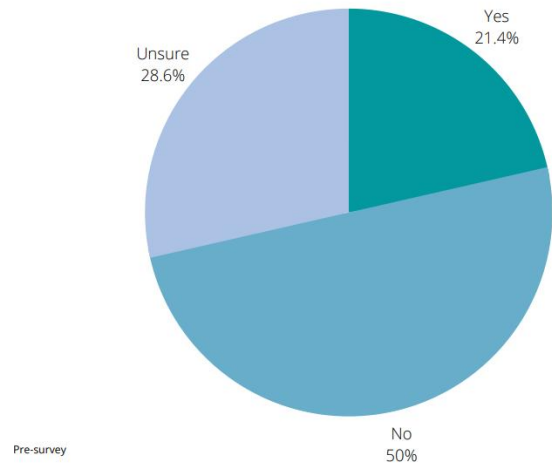
Pre-survey

Do you think vaping is bad for your health?

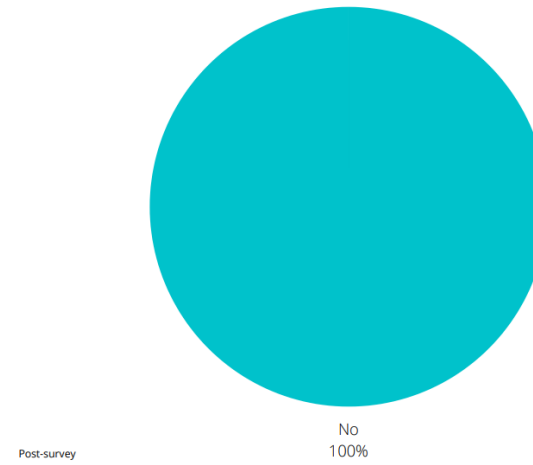


Post-survey

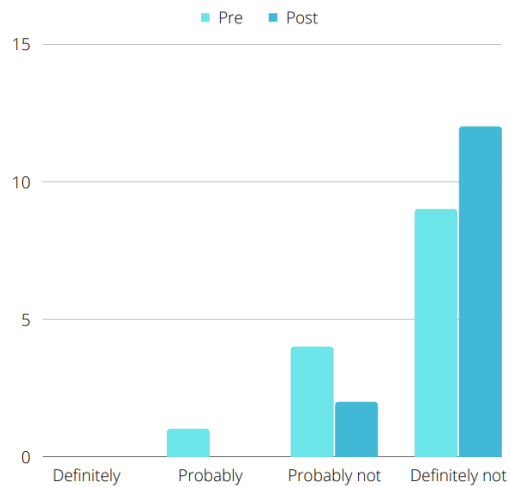
Do you think vapes are safer than cigarettes?



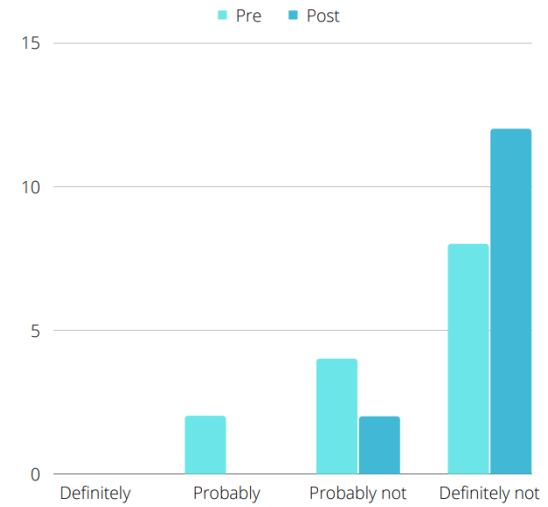
Do you think vapes are safer than cigarettes?



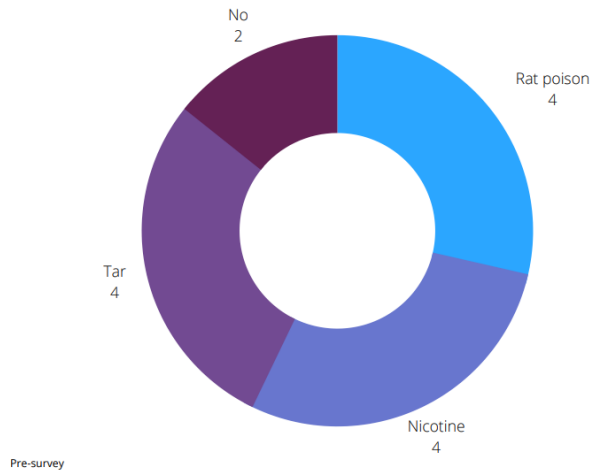
If a friend offered you a smoke or vape would you take it?



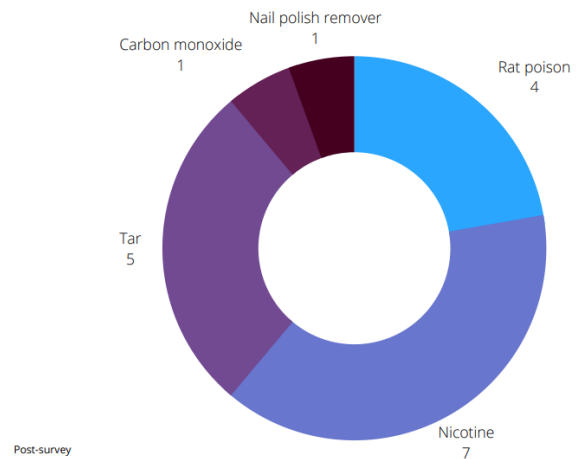
Do you think you'll have a smoke or vape in the next year?



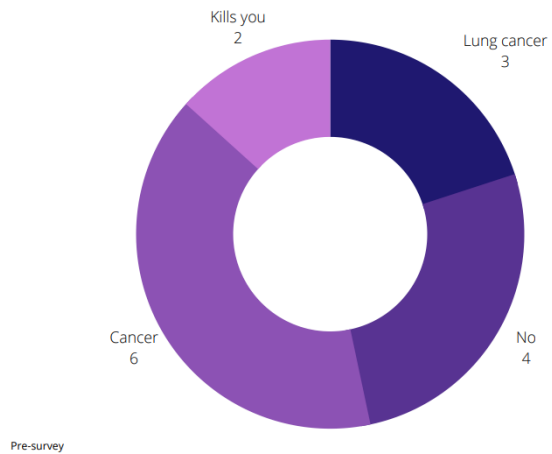
Do you know any chemicals in a smoke?



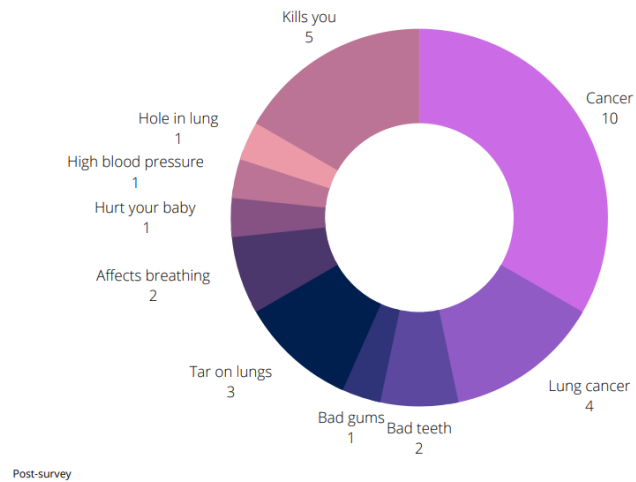
Do you know any chemicals in a smoke?



Do you know any effects of smoking?



Do you know any effects of smoking?



9. Do you think you will have a cigarette or vape in the next year?

- Definitely Probably Probably not Definitely not

10. If your friend offered you a smoke, would you take it?

- Definitely Probably Probably, not Definitely not

7. Do you think you will have a cigarette or vape in the next year?

- Definitely Probably Probably not Definitely not

8. If your friend offered you a smoke, would you take it?

- Definitely Probably Probably not Definitely not

5. Do you think vaping is bad for your health?

- Yes No Don't know

4. Do you think vaping is bad for your health?

- Yes No Don't know

7. Do you think vapes are safer than cigarettes?

- Yes No Don't know

6. Do you think vapes are safer than cigarettes?

- Yes No Don't know

4. Do you think cigarette smoke is bad for your health?

- Yes
- No
- Don't know

5. Do you think vaping is bad for your health?

- Yes
- No
- Don't know

3. Do you think cigarette smoke is bad for your health?

- Yes
- No
- Don't know

4. Do you think vaping is bad for your health?

- Yes
- No
- Don't know

11. Do you know any chemicals in a smoke?

no

12. Do you know any effects of smoking?

no

10. Do you know any chemicals in a smoke?

nicotine tar

11. Do you know any effects of smoking?

bad teeth cancer and

. Do you know any effects of smoking?

and can kill ^{it gives you cancer} you.

11. Do you know any effects of smoking?

tar makes lungs black and gives you lung cancer

12. List 3 reasons to stay smoke-free

1. you stay healthy
2. good teeth
3. good gums

12. List 3 reasons to stay smoke-free

1. to stay fit
2. protect your kids
3. ~~don't~~ don't get cancer

Impact

- Change in attitudes and beliefs towards smoking and vaping
- Increased knowledge in the dangers of smoking and vaping
- Telling their families some of the impacts
- WINS workers asking for information on NRT



Summary and Conclusion

- Reduced the uptake of smoking in youth in our community and increasing knowledge by providing education sessions highlighting the dangers of smoking and vaping and the importance of making healthy lifestyle choices.
- Starting the next 8 week program with high school students after the holidays.
- Working on Mums & Bubs group and Elders group.

