

Nor Mor Smok Program

Tackling Indigenous Smoking





• Introduction



Overview

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- [Merchandise](#)
- [30 Day Nor Mor Smoke Challenge](#)
- [Malu Our T.I.S Mascot](#)
- [Success Stories NorMorSmok Program 2022](#)



normsmok.org.au

THIS IS A



SMOKE-FREE HOME

For help with quitting smoking or for more information, contact our Nor Mor Smok Team on 07 4090 3380

NOR MOR SMOK

TACKLING INDIGENOUS SMOKING

normsmok.org.au

THIS IS A



SMOKE-FREE EVENT

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Resources

NOR MOR SMOK FACT SHEET

SMOKING DURING PREGNANCY

There are many dangers for mothers who smoke during pregnancy. There are also second-hand smoke dangers for mothers who are living with or are around smokers.

LET'S TALK FACTS: Did you know that approximately 38% of Indigenous mothers smoke during pregnancy? Our women are three to five times more likely to smoke during pregnancy than non-Indigenous mothers. Indigenous women in remote communities are more likely to smoke during pregnancy.	THE DANGERS: Mothers who smoke are putting their baby's health and their at risk. Smoking during pregnancy can cause: Premature births Low birth weight Sudden Infant Death Syndrome (SIDS) Heart/lung disease	WHAT CAN YOU DO? If you are trying to fall pregnant or are aware you have that you are pregnant, you should consider quitting. Help is available: Speak to our Nor Mor Smok Team Join our Tired Kool Program Speak to your midwife
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For more information or support to give up smoking, contact:
T: 07 4090 3380
E: info@torreshealth.org.au
A: 61-63 Douglas Street, Thursday Island QLD
www.normsmok.org.au

NOR MOR SMOK

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THIS IS A



SMOKE-FREE AREA

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THIS IS A




SMOKE-FREE WORKPLACE

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NOR MOR SMOK

TACKLING INDIGENOUS SMOKING



"LIVE A HAPPIER, LONGER LIFE. NOR MOR SMOK."

- JOANNA DORANTE
NOR MOR SMOK | TIS WORKER

NOR MOR SMOK

health & wellbeing

IF YOU'RE READY TO GIVE UP SMOKING, OR NEED ADVICE AND INFORMATION ABOUT QUITTING, REACH OUT TO OUR PROGRAM LEADERS AND AMBASSADORS. WE'RE HERE TO HELP

07 4090 3380 info@torreshealth.org.au

TorresHealth
BETTER HEALTH TOGETHER

Approved by Torres Health, 2021
Designed by Maribel Kitchell, 2021

"LIVE A LONGER, HAPPIER LIFE. NOR MOR SMOK"

- JOANNA DORANTE
Nor Mor Smok | TIS Worker

OUR PROGRAM

- Complete a Health Check
- Week 1: Goal Setting & Understanding your why
- Week 2: Understanding the impacts of smoking and breaking chemical addiction
- Week 3: What is passive smoking & knowing what support is available
- Week 4: Smoke free spaces, wrap up & graduation.

When you successfully complete the 30-Day Nor Mor Smok Challenge, you'll receive a Nor Mor Smok pack including a Fishing Shirt, Hat, Merchandise and Certificate presented at your very own graduation ceremony.

Our next 30-Day Challenge kicks off on the 6th July 2021. Register now!

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NOR MOR SMOK

TACKLING INDIGENOUS SMOKING

NOR MOR SMOK FACT SHEET

SECOND-HAND SMOKE



WHAT IS IT? Second-hand smoke is also known as passive smoking. It is when someone breathes in: Smoke blown out by a smoker and Smoke from the end of the burning cigarette If you are near a smoker and can smell the chemicals, you are at risk of second-hand smoke.	WHY IS IT BAD? Second-hand smoke can cause: Coughing Wheezing Eye irritations Chest infections Ear infections Sudden Infant Death Syndrome (SIDS) Lung cancer Premature death in non-smokers	PREVENTION Smokers can help reduce second-hand smoke by: Try to quit smoking Stop smoking near your children and family Stop smoking inside your home and car Don't smoke near open doors and windows Wash your hands and face after smoking
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NOR MOR SMOK

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NOR MOR SMOK FACT SHEET

HOW MUCH MONEY DO YOU SPEND ON SMOKES?

Use the calculator to calculate your total weekly, monthly and annual spend on smoking.

Cost of 1 packet of cigarettes:

How many packets do you smoke per week?

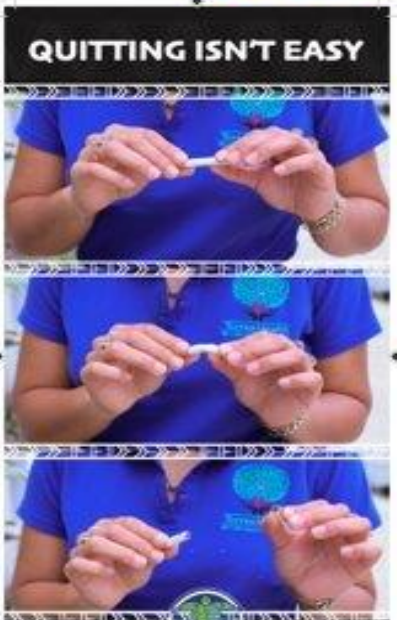
How do you feel after taking how much you spend on smoking?
 Shoked Indifferent Not surprised

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NOR MOR SMOK

TACKLING INDIGENOUS SMOKING

QUITTING ISN'T EASY



BUT YOU HAVE HELP

NOR MOR SMOK

TACKLING INDIGENOUS SMOKING

FACEBOOK

Smoke Free Areas 🚭

At [Torres Health](#) Nor Mor Smok - Zenadth Kes, we're focussed on encouraging smoke free areas in our communities to reduce and limit second-hand smoke in public areas.

Did you know that Second-Hand Smoke is also known as passive smoking. It is when someone breathes in:

- ❌ Smoke blown out by a smoker and
- ❌ Smoke from the end of the burning cigarette

If you are near a smoker and can smell the chemicals, you are at risk of second-hand smoke.

Smokers can help reduce second-hand smoke by:

- ✅ Try to quit smoking
- ✅ Stop smoking near your children and family
- ✅ Stop smoking inside your home and car
- ✅ Don't smoke near open doors and windows
- ✅ Wash your hands and face after smoking

If you need help with quitting smoking, please speak to our Nor Mor Smok Team today or sign up for our 30-Day Nor Mor Smok Challenge in July:

<https://normorsmok.org.au/30-day-challenge/>

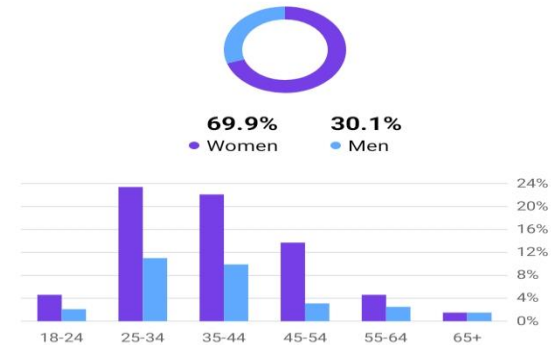
- 📞 Phone Torres Health on 4090 3380
- ✉ Email Torres Health on



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Audience

Age and gender



Top countries

Country	Count	Percentage
Australia	527	97%
Papua New Guinea	5	1%
Philippines	3	1%
Azerbaijan	1	0%
Brunei	1	0%
Indonesia	1	0%
New Zealand	1	0%

Audience

Country	Count	Percentage
Brunei	1	0%
Indonesia	1	0%
New Zealand	1	0%
United States	1	0%

Top cities

City	Count	Percentage
Cairns, QLD, Australia	169	31%
Thursday Island, QLD, Australia	84	15%
Townsville, QLD, Australia	40	7%
Brisbane, QLD, Australia	30	6%
Mackay, QLD, Australia	15	3%
Sydney, NSW, Australia	11	2%
Weipa, QLD, Australia	11	2%
Bamaga, QLD, Australia	7	1%
Melbourne, VIC, Australia	7	1%
Rockhampton, QLD, Australia	7	1%

Performance

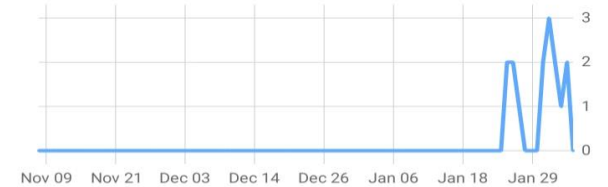
Last 90 days

Nov 9 - Feb 6

Post reach Engagement Net followers

334 Post reach

+107% from previous 90 days



Top content

based on post reach

See all



198 Dec 05

172 Dec 21

Merchandise



30 Day Nor Mor Smok Challenge



30-DAY CHALLENGE NOR MOR SMOK

Are you ready to tackle your smoking habit? Take our 30-day challenge and get the support you need

JOIN NOW



ARE YOU READY TO JOIN OUR 30 DAY CHALLENGE?

NOR MOR SMOK
COUNCIL OF LOCAL GOVERNMENTS



"DO IT FOR YOUR FAMILY, NOR MOR SMOK"

-MICHAEL BOWIE
Nor Mor Smok's TIS Worker



OUR PROGRAM

- 1 Complete a Health Check
- 2 Week 1: Goal Setting & Understanding your why
- 3 Week 2: Understanding the impacts of smoking and breaking chemical addiction
- 4 Week 3: What is passive smoking & knowing what support is available
- 5 Week 4: Break free, wrap up & graduation

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☎ 07 4999 3276

✉ info@nor-smok.org.au

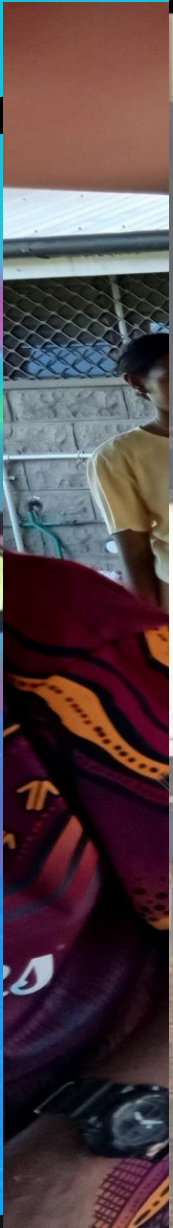
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Powered by Health Promotion, 2021
Project by Michael Bowie

Malu Our T.I.S Mascot





Questions?



Thank you,

Nor Mor Smok Program | Torres Health

Number: 4090-3380

Email: info@torreshealth.org.au

Website: www.normorsmok.org.au | www.torreshealth.org.au

Address: 61-63 Douglas Street Thursday Island

