

Be Tobacco-Wise



FIRST
NATIONS

Learn about the benefits
of quitting smoking

Reasons to be Smoke-Free

- Being healthy for yourself, children and grandchildren
- Setting a positive example for your family and community
- Ensuring a greater quality of life - breathing more easily
- Save money that you can spend on yourself and people you love



Indigenous Tobacco Program
tobacrowise.com



Ontario
Health

Did you know?

Quitting smoking at any age can lower the risk of lung cancer. It's always a good time to stop smoking!



The difference between traditional (or sacred) and commercial tobacco

Traditional tobacco



For many First Nations communities, tobacco is a gift given by the Creator, which is respected and honoured. It is used to:

- Give thanks to the Creator
- Honour all creatures
- Seek protection and guidance
- Convey gratitude, love and kindness

Commercial tobacco

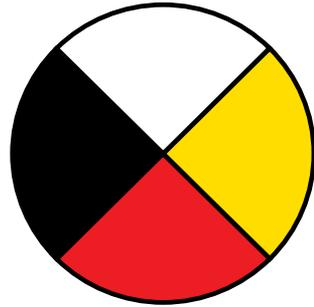


Commercially prepared cigarettes, chewing tobacco, and snuff are forms of tobacco that are very harmful to our health. They increase your risk of:

- Cancer
- Heart Disease
- Stroke
- Type 2 Diabetes

The medicine wheel represents all things connected within the circle of life and contains teachings which relate to physical, spiritual, emotional and mental wellbeing.

Medicine wheels come in more than one form and their significance and use is cultural specific.



For more tips on quitting smoking, open up this poster and pin it up in your home as a daily reminder!



How can you help your community become Tobacco-Wise?

Tobacco-Wise communities understand the health risks of smoking commercial tobacco to themselves and to family, friends, and community members around them.

- Please consider being smoke-free.
- Refrain from smoking indoors and around children, family, and friends.
- Consider making smoke-free spaces that are available to you and your community, such as pow wow grounds, playgrounds, schools, and daycare centres.

Reducing the rates of smoking would greatly lower the risk of cancer and other chronic diseases.

Find out more

For more information about reducing or quitting smoking and supports available to you and your community, please contact:

Indigenous Tobacco Program, Ontario Health

tobacchowise@ontariohealth.ca

tobacchowise.com



Indigenous Tobacco Program
tobacchowise.com



**Ontario
Health**

I want to quit. How do I start?



Quitting smoking can be difficult.

**It may take more than one try, but don't give up!
Here are some tips to help you on your journey:**

Set a quit date

Pick a day, and write it down or circle in a calendar

Get support

From Elders, family members, friends, or your Community Health Representative or healthcare provider

Cut down before you cut out

If you're not comfortable quitting cold turkey, just cut down by a few cigarettes a day. Keep cutting down until you're at zero

Create "smoke-free" zones

Telling yourself "I will not smoke in my car" or "I will not smoke in my home" can really help

Learn how to avoid commercial tobacco by using the 4 Ds:



Delay

Cravings often go away within 3 to 5 minutes so try to wait it out



Drink water

Instead of reaching for tobacco, reach for a glass of cold water



Distract

Find something to keep your mind and hands busy



Deep breathing

It can help you relax and push away the urge to smoke

A healthier, happier life is worth the effort!

Here are some resources to help you along your path:

Nicotine Replacement Therapy (NRT)

Nicotine Replacement Therapy (NRT) reduces the symptoms associated with quitting, and doubles the chances of success compared to not using an aid.

There are several ways of introducing NRT:

- Lozenges
- Inhalers
- Mouth Sprays
- Gums
- Patches

NRT is sold in pharmacies and some stores and is less than what it costs to smoke. You do not need a prescription. If the cost is an issue, there are lots of options to help you get free NRTs. Please contact your local healthcare provider to find out more.

Non-Nicotine Prescription Medications

Two prescription drugs are also available to help reduce nicotine cravings: varenicline (Champix®) and bupropion (Zyban®). These medications may be available to you at no cost if you are on the Ontario Drug Benefit plan or the Non-Insured Health Benefits Program for First Nations and Inuit.

These drugs require a prescription from a doctor or nurse practitioner. Talk with your healthcare provider to see if these medications may be helpful for you.

Non-Insured Health Benefits

First Nations people are also eligible to receive up to three courses of treatment of these products in a 12-month period. The three courses include:

- **Two 12-week courses** of nicotine replacement therapy (e.g. patches).
- **One 12-week course** of treatment, like gums, lozenges, and inhalers, that are intended to be taken as needed.

Centre for Addiction and Mental Health (CAMH) Smoking Treatment for Ontario Patients (STOP) Program

- Program delivers smoking cessation treatment and counseling support to eligible Ontarians who wish to quit smoking.
- STOP on the Road program holds group smoking cessation workshops. Eligible individuals will receive NRT at no cost.

- The STOP Program is also available through participating Family Health Teams, Nurse Practitioner-Led Clinics, Aboriginal Health Access Centres, Community Health Centres and Addiction Agencies.

- Call the Centre for Addiction and Mental Health (CAMH) for more details: 1-800-463-2338.

Counselling

Some people find it helpful to meet with a quit-smoking counsellor or coach in person or by phone. Another option is joining a quit smoking group, in person or online.

Get fast, free health advice or find health services over the phone or online 24/7. Visit Health811.ontario.ca or call 811 (TTY 1-866-797-0007).

Talk Tobacco has been developed with input from First Nation, Inuit, Métis and urban Indigenous partners, community members and service providers to meet the unique needs of these communities.

The Talk Tobacco phone service is currently available in Ontario at talktobacco.ca or call 1-833-998-8255 (TALK). Interpreter services are available in French, and 16 Indigenous Languages.

Indigenous Tobacco Program

Contact your local Tobacco-Wise Lead to find out how we can support you and your community. tobaccowise@ontariohealth.ca

Need this information in an accessible format? 1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca

Document disponible en français en contactant info@ontariohealth.ca

CQP-85350



FIRST NATIONS

tobaccowise.com



Indigenous Tobacco Program
tobaccowise.com



Ontario Health