

# Be Tobacco-Wise



MÉTIS

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](http://tobacrowise.com)



**Ontario  
Health**

Did you know?

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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

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For many Métis 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

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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



Historically, the sash was used by the voyageurs as a tool. It was tied around the waist as support during long journeys. It was also used to hold important items that were critical for survival. In contemporary times, it represents a cultural symbol and a source of pride for Métis identity.

This powerful cultural symbol represents the longstanding strength and resourcefulness of the Métis people. Drawing upon teachings from the sash can help people on their journey to becoming smoke-free.

# 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, such as community gatherings, playgrounds, schools, and daycare centres.

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

## Find out more

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

**Indigenous Tobacco Program, Ontario Health**

[tobaccowise@ontariohealth.ca](mailto:tobaccowise@ontariohealth.ca)

[tobaccowise.com](http://tobaccowise.com)



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# 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 or friends

### 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 commercial 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 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.

#### 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.
- 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](http://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](http://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. [tobacbowise@ontariohealth.ca](mailto:tobacbowise@ontariohealth.ca)

Need this information in an accessible format? 1-877-280-8538, TTY 1-800-855-0511, [info@ontariohealth.ca](mailto:info@ontariohealth.ca)

Document disponible en français en contactant [info@ontariohealth.ca](mailto:info@ontariohealth.ca)

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