

# Tobacco Cessation

## **Best Management Practices & Policies**

Harmful Effects of Tobacco Use

Smoke Free Outdoor Spaces

Tobacco Wise - Culturally Safe Counselling Services for People Quitting Smoking

Culturally Safe Counselling Services for People Quitting Smoking

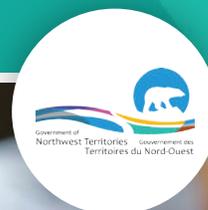
# NWT HEALTHY COMMUNITIES Toolkit

**Smoking tobacco is related to more than two dozen diseases and conditions.**

It has negative effects on nearly every organ of the body and reduces overall health. Smoking tobacco remains the leading cause of preventable death and has negative health impacts on people of all ages:

- unborn babies;
- infants;
- children;
- adolescents;
- adults;
- and seniors.

# Harmful Effects of TOBACCO USE



## Smoking, Heart Disease & Stroke

Smoking and exposure to second-hand smoke have many negative health effects that increase your risk of developing heart disease and stroke. Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure and makes your heart work harder.

Smokeless tobacco (chewing tobacco or snuff) is also harmful and can increase the risk of having a fatal heart attack, fatal stroke and certain cancers. Do not use smokeless tobacco products. They are not a safe alternative to cigarettes.

Being smoke-free has enormous benefits for your health and the

health of the people around you. Once you become smoke-free and avoid exposure to second-hand smoke, you will immediately reduce your risk of heart attack and stroke. The sooner you become smoke-free, the sooner your body can start to recover and it doesn't take long to see the effects.

• **Within one year of quitting, your added risk of coronary heart disease is cut in half than that of a smoker.**

• **Within 5 years, your risk of having a stroke will be nearly that of a non-smoker.**

• **Within 10 years, the risk of dying from lung cancer is cut in half.**

• **Within 15 years, your risk of coronary heart disease will be similar to that of a non-smoker.**



## Did you know?

Lung cancer is the leading cause of death due to cancer in Canada.

Smoking tobacco is the single most important preventable cause of lung cancer, accounting for 85% of all new cases of lung cancer in Canada.

Smoking causes genetic changes in the cells of the lung that lead to the development of lung cancer.



## Addiction:

- Cigarette smoking and other forms of tobacco use are addictive
- Nicotine is the drug in tobacco that causes addiction
- Nicotine addiction is similar to heroin or cocaine addiction.

## How Nicotine Works:

- **Nicotine causes chemical or biological changes in the brain.** This effect is called psychoactive and although it is less dramatic than heroin or cocaine, the strength of the addiction is just as powerful. It is a 'reinforcing' drug, which means that users desire the drug regardless of the damaging effects.
- **Nicotine addiction is a physical dependency.** Withdrawal symptoms are severe and most smokers cannot quit on their first attempt because of these symptoms.
- **The human body builds a tolerance to nicotine and the effect of the drug is reduced over time.** As a result, regular smokers can inhale greater amounts of smoke and therefore greater amounts of toxins, without showing immediate effects (i.e.: coughing, nausea).
- **Nicotine is extremely poisonous if consumed in large amounts and most people feel sick and dizzy the first time they smoke.** These negative affects are quickly overcome. Over time the body builds a tolerance to nicotine, resulting in an increase in the amount of cigarettes smoked.

## NWT Quitline:

“Quitting is Easier if you Have Help!”

The NWT Quitline is a toll-free confidential help line for people who want to quit smoking. Services offered are:

- trained cessation counsellors;
- personalized call back programs;
- quit smoking reading materials;
- translation services for all NWT languages;
- telephone service 24/7.

For more information on the NWT Quit Line please contact:

Phone: 1-866-286-5099

Website: [www.hss.gov.nt.ca/health/tobacco-and-your-health/nwt-quitline/](http://www.hss.gov.nt.ca/health/tobacco-and-your-health/nwt-quitline/)



## What action can Council and Community take on tobacco use?

Council and Community can implement the policy and pass the bylaw to ban smoking in all public spaces in the community. Please see sample policy attached “Ban smoking in all public spaces”.

Section/Number: Tobacco Cessation – 01	Approval Date: (DD/MM/YY)
Subject: Smoke Free Outdoor Public Spaces Policy	Amendment Dates:
<p><u>Policy</u></p> <p>Smoke-free outdoor public spaces encourage a healthy, smoke-free and active lifestyle, provide positive role models for youth and protect our environment.</p> <p>Exposure to second hand smoke has been directly linked to negative health effects including respiratory illness, heart disease, cancer and stroke. Young children are especially vulnerable to the effects of second-hand smoke as their lungs and bodies are still developing.</p> <p>Therefore, the <u>Community Government Name</u> is restricting smoking in all outdoor public spaces including parks, playgrounds, sport and playing fields, outdoor swimming pools, off leash dog parks, trails, public beaches, hospital and airport grounds as well as any other municipally owned and/or operated public buildings.</p>	
<p><u>Definitions</u></p> <p>Class A Carcinogen or the Human Carcinogen: There is enough evidence to conclude that it can cause cancer in humans.</p>	

Guidelines:

1. Support smoke free living where your residents live, work, and play.
2. Help to demonstrate the negative effects of tobacco use; making it less likely that youth will start smoking and support current smokers who want to quit.
3. Lessen the environmental impact of forest fires, toxic litter and risks to wildlife.
4. Enforcement of by-law is one of the most effective means to reducing tobacco use and second hand smoke in your community.
5. Second hand smoke is a “class A” Carcinogen: there is no safe level of exposure even in outdoor settings.
6. Protect children from exposure to second-hand smoke and enhance role modeling of tobacco free living.
7. In the absence of a territorial ban on smoking in outdoor public spaces, local governments are encouraged to protect their residents and take a leadership role by adopting this Smoke Free Outdoor Public Places Policy.
8. By-law Officers and Municipal workers will be responsible for enforcing the Smoke Free Spaces By-law.
9. Ban smoking in all outdoor public spaces including: parks, playgrounds, sport and playing fields, outdoor swimming pools, off leash dog parks, trails, public beaches, hospital and airport grounds as well as any other municipally owned and/or operated public buildings.
10. Tobacco use for traditional ceremonial purposes should be exempt from smoking restrictions.

Attachments

Harmful Effects of Tobacco Use – SMP

References

<https://www.durham.ca/departments/health/idt/sfOutdoorPublicPlacesReport.pdf>  
<http://saskatoon.ctvnews.ca/saskatoon-extends-smoking-bylaw-to-include-parks-other-city-run-outdoor-facilities-1.2628291>

# NWT HEALTHY COMMUNITIES Toolkit

## Deadly Tobacco Use

Many of the original stories spoke of the illness, suffering and death that would result if people misused tobacco.

## Did you know tobacco misuse is the leading cause of preventable illness and premature death in Canada?

FACT: Commercial tobacco use kills four times more people than motor vehicle accidents, suicide, homicide, and AIDS combined.

## Did you know your smoking can hurt the people you love the most?

FACT: Second hand smoke is the third major cause of preventable death.



# Culturally Safe

COUNSELLING SERVICES FOR PEOPLE QUITTING SMOKING



## Community Goal:

To engage the community in the creation of health promotion strategies to decrease and prevent the misuse of tobacco.

### How can communities reach this goal:

Programs, policies and bylaws all have a role to play in ensuring youth do not start to smoke, helping smokers to quit and protecting people from exposure to second-hand smoke.

Communities can offer culturally appropriate stop smoking support programs. Activities offered through this program may include weekly support groups, Elder support, cultural teachings, one-on-one support, physical activities, as well as teachings and managing the stop smoking program through arts and crafts.

Aboriginal health, addiction and recovery needs to be addressed in a holistic way. Incorporating aboriginal perspectives and teachings. Acknowledge the history of tobacco use and the differences between sacred and commercial tobacco use.

**“.....And then he talked about how tobacco has a spirit and that if you want to change the relationship with the spirit of tobacco ask it for help. He said to me, that one must go into the bush in the silence and make an offering to the tobacco spirit and ask for help to quit using tobacco in a non- traditional way. Offerings are good and they do help” – Elder Elsie Sanderson**

**Did you know that the First Nations youth smoking rate is three times higher than the average Canadian youth?**

FACT: First Nations girls, 15-17 years old, have a smoking rate of 61%. The rate for Canadian girls in the same age range is 15%.

FACT: First Nations boys, 15-17 years old have a smoking rate of 47%. The rate for Canadian boys in the same age range is 13%.

**Never underestimate the power you have to make changes for your health and the future of your community!**



## Sacred Tobacco Use:

**Traditional or Sacred Tobacco is a gift that was given to Aboriginal people by the Creator. It has a spiritual place within many of our communities. There are several stories and teachings of how the Creator taught Aboriginal people to grow, prepare and use the plant for spiritual purposes.**

### Some Traditional Uses:

- The smoke from tobacco burned on sacred fires rises to the sky, carrying prayers to the spirit world.
- When traditional medicines are picked, tobacco is put down as an offering of thanks to Mother Earth.
- Tobacco is given as an offering when guidance is requested from the Elders.

## The Seven Teachings...

**to help guide you towards a healthy, tobacco wise future:**

- 1. Honesty: Being truthful with yourself.** Be truthful with yourself about the risk you are taking with your health by smoking. Recognize that you have the power to protect your family and friends from second-hand smoke.
- 2. Humility: Consider the needs of other people.** If you are currently smoking, consider your loved ones who want you to lead a long, healthy life. They also need your help to protect them from second-hand smoke.
- 3. Truth: Using your strength to do the right thing.** If you know the difference between Traditional Tobacco and commercial tobacco, share your knowledge with someone. It could change their life.
- 4. Wisdom: Knowing what is true and right combined with good action.** If you are currently smoking and would like to quit, identify the strengths or supports in your life that you can rely on to help keep you strong. You do not have to be alone on your journey.
- 5. Love: Treating yourself and others with respect and kindness.** Love yourself, your health and the health of your family and community – choose to quit smoking.
- 6. Respect: Honouring yourself and others.** The Elders tell us that Traditional Tobacco has honour and purpose. It is intended to be used for prayer and to give thanks – respect the original purpose of tobacco.
- 7. Bravery: Doing what needs to be done, even when it is really hard.** Recognize the destructive effect smoking has on your body and the health of others who are exposed to it. Be brave and take a stand against the harmful effects of commercial tobacco.

**Quitting is Easier if you Have Help! The NWT Quitline is a toll-free confidential help line for people who want to quit smoking. Services offered are:**

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Section/Number: Tobacco Cessation – 02	Approval Date: (DD/MM/YY)
Subject: Culturally Safe Counselling Service for People Quitting Smoking	Amendment Dates:
<p><u>Policy</u></p> <p>Local community governments can improve the health of residents by taking a number of actions that reduce the harmful impact of tobacco use in their communities. Programs, policies and bylaws all have a role to play in ensuring youth do not start to smoke, assisting smokers to quit and protecting people from exposure to second-hand smoke.</p> <p>Sixty percent of Aboriginal people in Canada are smokers. The <u>Community Government Name</u> goal is to engage residents to decrease and prevent the misuse of tobacco.</p> <p>Therefore, the <u>Community Government Name</u> will offer culturally appropriate stop smoking support programs. Activities offered through this program may include weekly support groups, Elder support, cultural teachings, one-on-one support, physical activities, as well as teachings and managing the stop smoking program through arts and crafts.</p>	
Definitions	

Guidelines:

1. Observe the diversity of participants and recognize their different interests: First Nations, Dene, Metis, and Inuit.
2. Understand and identify the various client supports needed respecting individual situations. (i.e.: income, employment level, education, etc.)
3. Incorporating aboriginal perspectives and teachings. Acknowledge the history of tobacco use and where appropriate the differences between sacred and commercial tobacco use.
4. Aboriginal health, addiction and recovery needs to be addressed in a holistic way. An example of a holistic approach can be seen in the teachings of the Medicine Wheel that stress good health as a balance between the mental, spiritual, emotional and physical aspects of the person, family, community and Nation.
5. Family and community-centred over individual-centred healing: Individual commitment to changing commercial tobacco use is essential; however, true healing may involve a whole community.
6. Factual knowledge about addiction and the process of change is essential. Participants and community members need to be informed about, and have access to, culturally-safe information on the risks of commercial tobacco use and various treatment options (including traditional medicines). Commercial tobacco use should be framed as an addiction and people who smoke need information and treatment that is culturally relevant, appropriate and effective.
7. Work toward implementing policy/by-law of more smoke-free spaces in the community.
8. Focusing on and sharing strengths: A community- and individual-strengths approach is more empowering and highlights self-determination. (i.e.: The sharing of stories and storytelling can also be done in a circle to establish trust, to encourage sharing of personal experiences and wisdom and to promote equality between program members.)
9. Keep classes informal and ensuring all participants have the opportunity to speak.
10. Elder teachings about the traditional uses of tobacco, giving thanks and respecting and caring for the body are important to those who practice traditional Aboriginal culture.

Attachments

Harmful Effects of Tobacco Use – SMP

Smoke Free Outdoor Public Spaces Policy

Culturally Safe Counselling Services for People Quitting Smoking SMP

References

<http://www.tobacowise.com/common/pages/UserFile.aspx?fileId=76661>

[http://www.naho.ca/jah/english/jah05\\_02/V5\\_I2\\_Cultural\\_01.pdf](http://www.naho.ca/jah/english/jah05_02/V5_I2_Cultural_01.pdf)

<https://www.nicotinedependenceclinic.com/English/teach/SiteAssets/Pages/Special-Populations/>

[Indigenous%20Resources%20for%20Commercial%20Tobacco%20Cessation.pdf](https://www.nicotinedependenceclinic.com/English/teach/SiteAssets/Pages/Special-Populations/Indigenous%20Resources%20for%20Commercial%20Tobacco%20Cessation.pdf)