
MNCHP NETWORK 'SPECIAL' BULLETIN JANUARY 16 / 09: SMOKING

As January 20-26 is *National Non-Smoking Week*, this week's bulletin provides an overview of some recent news, reports and research studies, and resources about smoking. It includes a selection of information based on a preliminary scan and previous MNCHP information requests and postings. We invite you to share other relevant information and resources about this topic.

In this week's issue:

I. NEWS & VIEWS

1. City ponders smoking ban for playgrounds
2. Third-hand smoke poses risk
3. Smoking rate for pregnant women in Alberta exceeds national average
4. Moms smoking during pregnancy increases preemies' breathing problems
5. Cigarette smoke linked to facial birth defect
6. Newborns exposed to maternal smoking more irritable, difficult to soothe
7. Ban on smoking tobacco in public in effect in India
8. Nicotine replacement during pregnancy

II. RECENT REPORTS AND RESEARCH STUDIES

9. Statistics Canada: Latest information about smoking (also available in French)
10. www.health-evidence.ca: Smoking research
11. Smoking during pregnancy is associated with alterations in maternal and fetal thyroid function
12. Smoking while pregnant harms baby's blood vessels
13. Dad's in-home smoking may harm family's health

III. CURRENT INITIATIVES

14. National Non-Smoking Week (also available in French)

IV. RESOURCES

15. The Lung Association - Ontario
16. Expecting to quit: A best practices review of smoking cessation interventions for pregnant and postpartum girls and women (also available in French)
17. Pregnets – Smoking and pregnancy
18. Inventory of Canadian smoking cessation programs and services (also available in French)
19. Getting smoke-free: An information kit for community organizations working with women
20. Catching our breath: A journal about change for women who smoke
21. Go smoke free (also available in French)
22. Quit now (also available in French)
23. Smokers' helpline – Canadian Cancer Society (also available in French)
24. National Lung Association (also available in French)
25. Physicians for a smoke-free Canada

V. FEATURED BEST START RESOURCE

26. Your child is worth it! Making your home smoke free (brochure) (also available in French)
27. Children are worth it! (static-cling decal)
28. Making your home smoke-free (display)

VI. FIRST NATION, MÉTIS, INUIT RESOURCES

29. Our community supports a healthy pregnancy (also available in French and Inuktitut)
30. Pauktuutit Inuit Women's Association of Canada resources (also available in Inuktitut)
31. Pregnant and smoke free (poster) (also available in French and Inuktitut)
32. Pregnant and smoke free (campaign materials) (also available in French)
33. Helping pregnant women and new mothers quit smoking
34. "The smoke free journey: Counselling guide – Solution focused approach to prenatal smoking reduction"
35. Holding our own video (strategies during pregnancy and motherhood to stop smoking)
36. National Aboriginal Health Organization: Smoking quiz
37. Tobacco cessation facts and figures
38. "An Aboriginal tobacco strategy for British Columbia: Honouring our health booklet"
39. NASAWIN
40. Don't misuse tobacco
41. NECHI resources
42. "Aboriginal peoples mental health and substance misuse: Selected bibliography"
43. www.Tobaccowise.com

----- I. NEWS & VIEWS -----

ONTARIO

1. CITY PONDERES SMOKING BAN FOR PLAYGROUNDS

This article (Lu, 2009) reports that the city of Toronto wants to ban smoking within 9 metres of areas where young children gather (e.g., playgrounds, wading pools, splash pads) to protect them from second-hand smoke. The ban would include zoos and farms managed by the parks, forestry, and recreation department. The parks and environment committee will debate the proposal on the issue January 16, 2009. Councillor Paula Fletcher, who chairs the parks and environment committee, explains: "It's a no-brainer...It's not about curtailing people's rights. It's about protecting children's health".

<http://www.parentcentral.ca/parent/article/568608>

2. THIRD-HAND SMOKE POSES RISK

This article (Laidlaw, 2009, January 6) provides information about the new term "third-hand smoke". Dr. Joan Firebely, a doctor at the Massachusetts General Hospital in Boston, coined the term "third-hand smoke" for the toxic particles that settle as dust in rooms and on clothing that have been exposed to cigarette smoke. This "residual tobacco smoke contamination remains after the cigarette is extinguished" (Sprangler, 2009, January 6). According to this article, researchers have found that third-hand smoke contains heavy metals, carcinogens, and even radioactive materials that linger long after second-hand smoke has dissipated, which can be ingested by children crawling around a room.

<http://www.thestar.com/living/article/562069>

CANADA

3. SMOKING RATE FOR PREGNANT WOMEN IN ALBERTA EXCEEDS NATIONAL AVERAGE

This article (CBC News, 2008, December 24) is about research that was done from January to December 2005 that included 28,484 samples gathered across Alberta. The findings indicate that pregnant women in Alberta had a higher rate of smoking than the national average.

<http://www.cbc.ca/health/story/2008/12/24/smoking-pregnancy.html?ref=rss>

4. MOMS SMOKING DURING PREGNANCY INCREASES PREEMIES' BREATHING PROBLEMS

This article (CBC News, 2008, August 29) reports about a study that found that premature infants whose mothers smoked during pregnancy had a higher heart rate and more trouble breathing than preemies whose mothers did not smoke. The study, undertaken by researchers at the University of Calgary, was published in the September 2008 issue of the American Journal of Respiratory and Critical Care Medicine. According to paediatrics professor and study co-author Dr. Shabih Hasan, "the preemies whose mothers smoked would pause their breathing and be slow to recover from it to breathe normally. They also exhibited higher heart rates than the premature babies whose mothers did not smoke" (CBC News, 2008, August 29). Dr. Hasan highlights that smoking during pregnancy creates two significant risk factors for Sudden Infant Death Syndrome (SIDS): "Not only does it raise the likelihood of a mother having a pre-term baby, who are already among the most vulnerable to SIDS, but it increases those infants' susceptibility to SIDS even further".

<http://www.cbc.ca/health/story/2008/08/29/sids-preemies-babies-smoking.html?ref=rss>

5. CIGARETTE SMOKE LINKED TO FACIAL BIRTH DEFECT

This article (CBC News, 2008, November 5) reports the findings of a study conducted by Gary Shaw, research director at the March of Dimes in California, and his colleagues in an online issue of the Journal of Pediatrics. The authors report that babies whose mothers smoke during pregnancy may be more than twice as likely to have a cleft palate or lip that requires medical care than babies who were not exposed to smoking.

<http://www.cbc.ca/health/story/2008/11/05/smoking-birth-defects.html?ref=rss>

Journal article: [http://www.jpeds.com/article/S0022-3476\(08\)00680-X/fulltext](http://www.jpeds.com/article/S0022-3476(08)00680-X/fulltext)

INTERNATIONAL

6. NEWBORNS EXPOSED TO MATERNAL SMOKING MORE IRRITABLE, DIFFICULT TO SOOTHE

This article (ScienceDaily, 2008, December 2) reports the findings of a study conducted by the Miriam Hospital's Centers for Behavioral and Preventative Medicine that reveals babies exposed to tobacco in utero are less likely to self-soothe and are more aroused and excitable than newborns whose mothers did not smoke during pregnancy. Lead author Dr. Laura Stroud explains: "A baby who is harder to soothe and more irritable could be more difficult to take care of and could potentially affect the developing mother-child relationship, especially for mothers who are already stressed and have fewer resources... We need better treatment programs to help women not smoke during pregnancy, to keep them from starting smoking after the baby is born, and to help them take care of an excitable or colicky baby" (ScienceDaily, 2008, December 2).

<http://www.sciencedaily.com/releases/2008/12/081201144729.htm>

7. NICOTINE REPLACEMENT DURING PREGNANCY

This article (Reuters Health, 2008, October 24) reports the findings of a study published in the British Journal of Obstetrics and Gynecology that concluded that "the use of nicotine replacement therapy in pregnancy is a possible harm reduction strategy".

<http://www.reuters.com/article/healthNews/idUSTRE49N78120081024?feedType=RSS&feedName=healthNews>

8. BAN ON SMOKING TOBACCO IN PUBLIC IN EFFECT IN INDIA

According to this article (Pandey, 2008, October 2), Health Minister Anbumani Ramadoss announced that India is going to be smoke-free in all public places as of October 2, 2008.

http://news.bbc.co.uk/2/hi/south_asia/7645868.stm

----- II. RECENT REPORTS AND RESEARCH RESULTS -----

CANADA

9. STATISTICS CANADA: LATEST INFORMATION ABOUT SMOKING (also available in French)

This website (Statistics Canada, 2008) provides the latest information available on smoking from Statistics Canada, including publications, articles, and data tables.

English: <http://www.statcan.gc.ca/search-recherche/bb/info/3000018-eng.htm>

French: <http://www.statcan.gc.ca/search-recherche/bb/info/3000018-fra.htm>

10. WWW.HEALTH-EVIDENCE.CA: SMOKING RESEARCH

This website provides quality research evidence in a free, searchable online registry. A search with the terms “smoking” and “pregnancy” was conducted for the purposes of this bulletin. A total of 17 studies (systematic reviews) were found. All studies have been appraised for quality so users can see whether the studies were rated as strong, moderate, or weak. A similar search was conducted with the search term “smoking” and 153 studies were found. Users can refine the search by: focus of review, population characteristics, intervention location, intervention strategies, and review type.

Smoking and pregnancy: http://www.health-evidence.ca/articles/results?query=smoking+AND+pregnancy&commit=Search&SelectRating=all&maximum_age=0&per_page=10

Smoking: http://www.health-evidence.ca/articles/results?query=smoking&commit=Search&SelectRating=all&maximum_age=0&per_page=10

INTERNATIONAL

11. SMOKING DURING PREGNANCY IS ASSOCIATED WITH ALTERATIONS IN MATERNAL AND FETAL THYROID FUNCTION

This study (Shields, Hill, Bilous, Knight, Hattershley, Bilous, & Vaidya, 2008) investigated whether smoking is associated with changes in thyroid function of pregnant women and their fetus. The influence of cigarette smoking on thyroid function of two groups of women at different stages of pregnancy, one in the first trimester and the other in the third trimester, was examined. The authors also analysed the relationship between maternal smoking and thyroid hormone levels in cord serum of 618 full-term babies born to the women in the third trimester group. The researchers found that smoking in pregnancy was associated with changes in the mothers’ thyroid hormone levels in both groups and fetal thyroid function. Study author Vaidya (2008) notes that among women who quit while pregnant, thyroid levels were comparable to levels found in non-smokers, which suggests the thyroid changes can quickly clear up (Reteurs, 2009, January 13).

Abstract: <http://jcem.endojournals.org/cgi/content/abstract/jc.2008-0380v1>

News article:

<http://www.reuters.com/article/healthNews/idUSTRE50C6DK20090113?feedType=RSS&feedName=healthNews>

12. SMOKING WHILE PREGNANT HARMS BABY’S BLOOD VESSELS

This study (Geerts, Bots, Grobbee, & Uiterwaal, 2008) examined the association between familial and particularly fetal tobacco smoke exposure and vascular damage in young adulthood. Birth data was collected from 732 young adults and ultrasound measurements of common carotid artery intima-media thickness (CIMT) (i.e., thickness of the walls of the carotid arteries in the neck that supply blood to the brain) was performed at around 30 years of age. The findings indicate that children of mothers who smoked in pregnancy had significantly thicker CIMT than offspring of mothers who did not smoke in pregnancy. The findings also indicate that even if the mothers did not smoke during pregnancy, having a father who smoked during gestation was also associated with thicker neck or “carotid” arteries but the

association was strongest when both parents smoked during pregnancy. The authors concluded that permanent vascular damage attributable to tobacco smoke exposure might be initiated in gestation.

Abstract: <http://atvb.ahajournals.org/cgi/content/abstract/28/12/2296>

News article:

www.reuters.com/article/healthNews/idUSTRE4AI8VM20081119?feedType=RSS&feedName=healthNews

13. DAD'S IN-HOME SMOKING MAY HARM FAMILY'S HEALTH

This study (Seon, Hwang, Moon, Ryu, Kong, Um, Park, & Lee, 2008) investigated fetal exposure to paternal smoking at home during pregnancy. The researchers examined 63 families (i.e., mother-father-newborn trios). There were 27 families that neither parent smoked, 27 families that the father smoked outdoors, and 9 families that the father smoked indoors. Nicotine and cotinine concentrations in hair were measured to determine the long-term exposure to environmental tobacco smoke. The findings indicate that mothers living with smokers had significantly more nicotine and its by-product cotinine in their hair but there was not a significant difference between nicotine levels in the hair of babies with non-smoking fathers and those with smoking fathers. Upon further analyses, when looking separately at indoor and outdoor smoking, the researchers found that there were higher nicotine levels in the children of indoor smokers compared to outdoor smokers. The authors conclude that their findings: "indicate that paternal smoking inside the home leads to significant fetal and maternal exposure to environmental tobacco smoke. We also found that paternal smoking outside the home helpfully reduces levels of environmental tobacco smoke to which the smoker's wife and her fetus are exposed".

Abstract: <http://aje.oxfordjournals.org/cgi/content/abstract/168/10/1140>

News article:

<http://www.reuters.com/article/healthNews/idUSTRE4AJ8OC20081120?feedType=RSS&feedName=healthNews>

----- III. CURRENT INITIATIVES -----

14. NATIONAL NON-SMOKING WEEK (also available in French)

National Non-Smoking Week has been observed during the third week in January for more than thirty years. From its inception, National Non-Smoking Week (NNSW) activities have been coordinated by the Canadian Council on Smoking and Health (now known as the Canadian Council for Tobacco Control) and organized around a central theme. The themes have been chosen to focus media and public attention on particular concerns related to tobacco use (NNSW, 2009). The theme for this year's National Non-Smoking week, January 20-26, is "what have you got to lose?" The theme highlights that smoking is the number one cause of preventable home fire deaths in Canada. The Canadian Council for Tobacco Control offers printable posters and fact sheets.

English: <http://www.nnsw.ca/>

French: <http://www.snsf.ca/index.html>

----- IV. RESOURCES -----

ONTARIO

15. THE LUNG ASSOCIATION - ONTARIO

This website (The Lung Association – Ontario, 2009) provides information about smoking and tobacco. A smoking help phone line is also available: 1-888-344-5864.

www.on.lung.ca

CANADA

16. EXPECTING TO QUIT: A BEST PRACTICES REVIEW OF SMOKING CESSATION INTERVENTIONS FOR PREGNANT AND POSTPARTUM GIRLS AND WOMEN
(also available in French)

This 88 page booklet is a tool for practitioners and decision-makers to help them select, implement, and evaluate appropriate programs and services to support smoking cessation among pregnant and postpartum women.

English: www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/expecting-grossesse/index_e.html

French: <http://www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/expecting-grossesse/index-fra.php>

17. PREGNETS – SMOKING AND PREGNANCY

This website (Pregnets, 2009) provides information about smoking cessation for pregnant and postpartum women. It also includes a toolkit for service providers, a printer-friendly Nicotine Dependency Test, and an anonymous Online Discussion Board.

www.pregnets.org

18. INVENTORY OF CANADIAN SMOKING CESSATION PROGRAMS AND RESOURCES
(also available in French)

This inventory (Health Canada, 2002) is a listing of various cessation programs and services that are currently available nation-wide or province wide. It includes: (1) self-help programs, (2) group programs, (3) counselling programs, (4) toll-free quit lines, and (5) tobacco websites. The inventory begins with an explanation of the terms and notations used in the text and a discussion of the key factors affecting access to smoking cessation programs. A brief description of each program is provided and who developed the program, language availability, who can use the program, geographic availability, suitable delivery sites, costs (if any), results of any formal evaluations, and how to access the program.

English: <http://www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/ictcpr-rrpcrt/intro-eng.php>

French: <http://www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/ictcpr-rrpcrt/intro-fra.php>

19. GETTING SMOKE-FREE: AN INFORMATION KIT FOR COMMUNITY ORGANIZATIONS WORKING WITH WOMEN
(also available in French)

This resource (Health Canada, 2008) on smoking reduction and cessation was designed with women in mind. It provides facts, figures, and program suggestions on a range of topics related to women's smoking behaviour including: why women smoke and the health risks they face, what makes a successful reduction/cessation program, and where to get more information. The kit also includes resource materials for service providers and the women that are their clients.

English: <http://www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/gsf-vsf/index-eng.php>

French: <http://www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/gsf-vsf/about-cot-fra.php>

20. CATCHING OUR BREATH: A JOURNAL ABOUT CHANGE FOR WOMEN WHO SMOKE

This resource, prepared by the Women's Health Clinic, is written for women who smoke and want to quit and women who do not want to quit but are thinking about reducing the amount they smoke.

<http://www.womenshealthclinic.org/resources/breath/index.html>

21. GO SMOKE FREE
(also available in French)

This website (Health Canada, 2009) provides links to reports and publications, recent news, and links for national campaigns, tobacco regulations, and more.

English: <http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/index-eng.php>

French: <http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/index-fra.php>

22. QUIT NOW
(also available in French)

This website (Health Canada, 2008) provides quit smoking information and resources including the “On the Road to Quitting” program and the “Quit 4 Life” program.

English: www.hc-sc.gc.ca/hl-vs/tobac-tabac/quit-cesser/now-maintenant/index_e.html

French: <http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/quit-cesser/now-maintenant/index-fra.php>

23. SMOKERS' HELPLINE – CANADIAN CANCER SOCIETY
(also available in French)

This help telephone line is a free, confidential, smoking cessation information service.
1-877-513-5333

English: www.smokershelpline.ca

French: <http://teleassistancepourfumeurs.ca/>

24. NATIONAL LUNG ASSOCIATION
(also available in French)

This website (National Lung Association, 2009) provides information about smoking and tobacco including: quitting smoking, facts about smoking, second-hand smoke, legislation, and the “National Lung Health Framework”.

English: http://www.lung.ca/home-accueil_e.php

French: http://www.poumon.ca/home-accueil_f.php

25. PHYSICIANS FOR A SMOKE-FREE CANADA

Physicians for a Smoke-Free Canada (PSC) is for the reduction of tobacco-caused illness through reduced smoking and reduced exposure to second-hand smoke. PSC provides information, advocacy, and links to resources and research.

www.smoke-free.ca/

----- V. FEATURED BEST START RESOURCES -----

26. YOUR CHILD IS WORTH IT! MAKING YOUR HOME SMOKE FREE (BROCHURE)
(also available in French)

This resource, created by the Best Start Resource Centre in collaboration with Breathing Space (2002), is a colour brochure promoting smoke-free environments for children and families.

English: <http://www.beststart.org/resources/tobacco/index.html>

French: <http://www.meilleurdepart.org/resources/tabagisme/index.html>

27. CHILDREN ARE WORTH IT! (STATIC-CLING DECAL)

This resource, created by the Best Start Resource Centre in collaboration with Breathing Space (2002), is a static-cling decal that promotes smoke-free environments for children and families.

<http://www.beststart.org/resources/tobacco/index.html>

28. MAKING YOUR HOME SMOKE-FREE (DISPLAY)

This resource, created by the Best Start Resource Centre in collaboration with Breathing Space (2002), is a large, laminated poster for use in displays. It is available for loan from the Best Start Resource Centre.

<http://www.beststart.org/resources/tobacco/index.html>

VI. FIRST NATION, MÉTIS, INUIT RESOURCES

29. OUR COMMUNITY SUPPORTS A HEALTHY PREGNANCY (also available in French and Inuktitut)

This resource is available in three versions: "First Nations resource", "Inuit resource", and "Inuktitut version". It offers advice on planning a healthy pregnancy and encourages pregnant women to give up smoking, drugs, and alcohol, and to practice good dental health, eat well, and keep active. This resource emphasizes the value of community and family support.

First Nations resource: http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_comm_preg-gros/index-eng.php

French: http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_comm_preg-gros/index-fra.php

Inuit resource: http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_comm_preg-gros/inuit-eng.php

French: http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_comm_preg-gros/inuit-fra.php

Inuktitut version: http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_comm_preg-gros/inuktitut-eng.php

French: http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_comm_preg-gros/inuktitut-fra.php

30. PAUKTUUTIT INUIT WOMEN'S ASSOCIATION OF CANADA RESOURCES (also available in Inuktitut)

This Pauktuutit Inuit Women's Association's website provides information and resources about tobacco in English and Inuktitut.

English: <http://www.pauktuutit.ca/tobacco/english/index.html>

Inuktitut: <http://www.pauktuutit.ca/tobacco/inuktitut/index.html>

"Aniqsaattiarniq: Breathing Easy" Community Resource Kit:

<http://www.pauktuutit.ca/tobacco/english/community/commkit.html>

Inuktitut: <http://www.pauktuutit.ca/tobacco/inuktitut/community/commkit.html>

School Kit for children (includes kit, book for children, and poster):

<http://www.pauktuutit.ca/tobacco/english/schoolkit/intro.html>

Inuktitut: <http://www.pauktuutit.ca/tobacco/inuktitut/schoolkit/intro.html>

Posters: <http://www.pauktuutit.ca/tobacco/english/community/posters.html>

Inuktitut: <http://www.pauktuutit.ca/tobacco/inuktitut/community/posters.html>

Leaflets: <http://www.pauktuutit.ca/tobacco/english/community/leaflets.html>

Inuktitut: <http://www.pauktuutit.ca/tobacco/inuktitut/community/leaflets.html>

31. PREGNANT AND SMOKE FREE (POSTER) (also available in French and Inuktitut)

This poster is available in three versions: "First Nations resource", "Inuit resource", and "Inuktitut version".

First Nations poster: http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_free-sans_cigaret/index-eng.php

French: http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_free-sans_cigaret/index-fra.php

Inuit poster: http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_drug_free-sans_drog/inuit-eng.php

French: http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_drug_free-sans_drog/inuit-fra.php

Inuktitut poster: http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_free-sans_cigaret/inuktitut-eng.php

French: http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_free-sans_cigaret/inuktitut-fra.php

32. PREGNANT AND SMOKE-FREE CAMPAIGN MATERIALS (also available in French)

This website (Health Canada, 2005) provides information and campaign materials including television, radio, posters, and print advertisements. The brochures “Second-hand smoke: What you don’t know!” and “Toxic emissions found in cigarette smoke” are also available.

English: <http://www.hc-sc.gc.ca/fniah-spnia/substan/tobac-tabac/media/index-eng.php>

French: <http://www.hc-sc.gc.ca/fniah-spnia/substan/tobac-tabac/media/index-fra.php>

33. HELPING PREGNANT WOMEN AND NEW MOTHERS QUIT SMOKING

This webpage, by the National Indian & Inuit Community Health Representatives Organization (NIICHO), provides information about how to help pregnant women and new mothers quit smoking.

http://www.niichro.com/FHealing%20Hearts/heal_3.html

34. “THE SMOKE FREE JOURNEY: COUNSELLING GUIDE – SOLUTION FOCUSED APPROACH TO PRENATAL SMOKING REDUCTION”

Please contact the Northern Family Health Society for more information about this resource.

1010-B 4th Avenue

Prince George, British Columbia V2L 3J1

Tel: (250) 561-2689

Fax: (250) 562-5459

35. HOLDING OUR OWN VIDEO (STRATEGIES DURING PREGNANCY AND MOTHERHOOD TO STOP SMOKING)

The video features First Nations, Inuit and non-native women, teenagers, elders and health care providers who share their personal stories about trying to stop smoking, and some of the positive strategies that worked for them.

<http://www.kemmurchproductions.com/holding.htm>

36. NATIONAL ABORIGINAL HEALTH ORGANIZATION: SMOKING QUIZ

The National Aboriginal Health Organization website (2008) provides a free online smoking quiz and answer sheet.

Smoking quiz: <http://www.naho.ca/english/quiz/smokingQuiz.php>

Answer sheet: <http://www.naho.ca/english/quiz/smokingAnswers.php>

37. TOBACCO CESSATION FACTS AND FIGURES

This website (National Native Addictions Partnership Foundation, 2008) provides tobacco cessation facts and figures.

<http://www.nnapf.org/content/tobacco-cessation-facts-and-figures>

38. “AN ABORIGINAL TOBACCO STRATEGY FOR BRITISH COLUMBIA: HONOURING OUR HEALTH BOOKLET”

This booklet aims to “protect and promote the health and well-being of Aboriginal people and their traditions by stopping tobacco misuse” (Government of British Columbia, 2001).

www.health.gov.bc.ca/aboriginal/pdf/honouring.pdf

39. NASAWIN

This ten-week program teaches about smoking. It was developed by the Health Office at the Union of Ontario Indians. The cost is \$35 per kit. The manual and video are available free to First Nations, Inuit, and Métis communities or organizations from Medical Services Branch, Health Canada Health Programs Support Division, Medical Services Branch, 11th Floor, Jeanne Mance Building, Postal Locator 1911C, Tunney's Pasture, Ottawa, ON K1A 0L3, Tel: (613) 952-2117, Fax: (613) 954-8107

Union of Ontario Indians (Branch Office), 1537 Mississauga Street, Curve Lake, ON K0L 1R0, Tel: (705) 657-9383, Fax: (705) 657-2341

40. DON'T MISUSE TOBACCO

This document was written by the Assembly of First Nations (2002) about youth smoking. The report describes how tobacco was used traditionally. It also explains the harm that can result from misuse, and has tips on reasons to quit and how to break the habit.

<http://www.afn.ca/cmslib/general/Tabacco-Misuse.pdf>

41. NECHI RESOURCES

This website provides resources about tobacco including: "Tobacco: Addiction and Recovery - A Spiritual Journey", "Tobacco Manual", and "Not Smoking Means..." colouring book.

<http://www.nechinook.com/books.htm>

42. "ABORIGINAL PEOPLES MENTAL HEALTH AND SUBSTANCE MISUSE: SELECTED BIBLIOGRAPHY"

This resource, by the Centre for Addition and Mental Health (2008), includes a bibliography about tobacco on page 7.

http://www.camh.net/About_Addiction_Mental_Health/CAMH_Library/AboriginalPeoples2008.pdf

43. WWW.TOBACCOWISE.COM

This website is hosted by the Aboriginal Tobacco Strategy of Cancer Care Ontario. It provides information about traditional tobacco, what the Elders have to say, and sacred tobacco links.

<http://www.tobaccowise.com/traditional/links>