



HEALTH BITES

Healthy Workers
Healthy Futures
Initiative



Healthy Group Training Organisations, Healthy Host Businesses, Healthy Apprentices

May 31st World No Tobacco Day.

Every year on May 31 the World Health Organisation and partners mark the calendar for World No Tobacco Day



to highlight the health risks linked with tobacco use and ways to reduce tobacco consumption in our community. Today, people across the globe are encouraged

to abstain from all tobacco products in order to spread this important health message.

We are all well aware of the health risks associated with smoking and campaigns to reducing smoking in Australia have worked to decrease our smoking rates.

What can you do in your workplace to be smoke free!

- » Order free signage [click here](#) or call (08) 8226 7100
- » Introduce a smoke free workplace policy [click here](#)
- » Promote and provide access to support services for those wanting to quit or reduce smoking

Offer your staff 'Quit smoking: where do I start' workshop designed for smokers and non-smokers (rrp\$150 per session) to book a workshop, contact 137848 or email quitline@cancersa.org.au



IN SA 15.7% REPORT AS SMOKERS, WITH MALES MORE LIKELY TO SMOKE THAN FEMALES, AND IN THOSE AGED 30 - 44 SMOKING IS AT THE HIGHEST RATE.

The hype about E-cigarettes



Cancer Council SA have a very good e-cigarette fact sheet including the benefits and downsides. [Click here for a copy](#)

The bottom line is: There is currently insufficient evidence to conclude whether e-cigarettes can benefit smokers in quitting, or about the extent of their potential harms. NHMRC advises consumers to seek further information about e-cigarettes from reliable sources, such as the relevant State or Territory Health Department or their general practitioner. (National Health and Medical Research Council 2015)

If you would like help in your workplace to address smoking, contact our industry Healthy Worker Adviser. This is a free service offered to host employers of a group training apprentice/trainee.

The information in this newsletter should not be used as an alternative to professional care. If you have a particular problem, see a doctor or other health professional.



The day you quit smoking your body starts to recover, prepare your plan to quit!

Advertisement

STOP SMOKING START REPAIRING

In 1 week
your sense of taste and smell improves

In 3 months
your lung function begins to improve

In 12 hours
excess carbon monoxide is out of your blood

In 1 year
a pack-a-day smoker will save over \$7,000

In 12 weeks
your lungs regain the ability to clean themselves

In 12 months
your risk of heart disease has halved

In 5 days
most nicotine is out of your body

EVERY CIGARETTE YOU DON'T SMOKE IS DOING YOU GOOD

Quitline 13 7848
australia.gov.au/quitnow

Quit Now: My QuitBuddy

Australian Government

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Support to quit is here - try these:

Quitline: A telephone information and advice or counselling service for people who want to quit smoking.

Quitline
13 QUIT

Opening hours

(SA local time):

Monday - Friday
Saturday

8:30 am - 7:45 pm
2:00 pm - 4:45 pm

Call 13 7848

Speak to a qualified
Quit counsellor



Support from Quitline can double your chance of quitting.



My QuitBuddy is an app personalised to help you quit smoking, on your terms. Using My QuitBuddy you can choose when to quit. You can choose if you're ready to quit right now, or intend to quit smoking soon.

The Quit Coach is a free interactive site that can help you quit smoking and stay stopped. Visit www.quitcoach.org.au

Free Quit Pack

Get a free Quit Pack by calling the Quitline on **137848** to order a Quit Pack over the phone. In the Quit Pack you will find:

- » **The Quit book** - will help with planning and preparing to quit and provide tips and strategies for quitting successfully.
- » **Choosing the best way to quit** - a guide to choosing the services and products which would best help you increase your chance of quitting successfully.
- » **And more...**

Four steps to prepare:

1. Understand you nicotine addiction
2. Know why you smoke
3. Choose your best pathway to quit
4. Start putting your quitting plan into action.

Helping someone quit smoking

- » **Respect** that the quitter is in charge. This is their lifestyle change and their challenge, not yours
- » **Listen** - ask how they're feeling, not just whether they've stayed quit.
- » **Be patient and positive** - if they slip try not to get too disheartened, it can take many attempts to quit.
- » **Offer distractions** - straws to chew on, take a walk, snack on cut up veggies.
- » **Celebrate**, small and big successes. Send a card, leave a congratulations note. Quitting smoking is a BIG DEAL!
- » **Don't lecture**, judge, nag, preach or scold. This may make the smoker feel worse about themselves and they may not come to you for help when they really need it.
- » **Be emotionally understanding** - don't take the quitter's grumpiness personally during their nicotine withdrawal.
- » **Help them de-stress** - many people reach for a smoke as a way to deal with stress and it is stressful to quit so help them find other stress relievers.

This program is funded by SA Health in partnership with Group Training Australia SA
For further information on the Healthy Workers program contact **(08) 8346 2227**
or go online at gtasa.com.au/healthy-workers-healthy-futures