

MAKE SMOKING HISTORY[®]

The **Make Smoking History Program** believes that nobody should live in poverty, be socially excluded or die early because of tobacco. The program aims to reduce tobacco-related inequities experienced by people accessing community, health, and corrective services, whilst raising awareness of the social injustice caused by smoking. Many people that access these services have considerably higher smoking rates than the general population, and face additional barriers which make it harder for them to reduce and quit.

SMOKING RATES



People living in remote and very remote areas are

2x as likely

to smoke compared to people living in major cities.

Please note, the above data is from a range of different studies from different years and geographical locations. Different research methods have been used therefore, meaningful comparisons cannot be made between the different groups.

TOBACCO SMOKING CONTRIBUTES TO INEQUALITIES

Tobacco use exacerbates the impact of poverty by reducing funds available to cover food, clothing and stable housing.

1. SOCIAL DISADVANTAGE AND DEPRIVATION

- » Adverse circumstances
- » Stress
- » Isolation
- » Smoking considered normal
- » Limited recreation

4. CIRCUMSTANCES WORSEN

- » Less money for essentials
- » Greater financial stress
- » Poorer health and wellbeing



2. CREATES VULNERABILITY TO SMOKING

- » As a means of coping with different circumstances
- » As an "affordable" recreation
- » As a response to stress and exclusion

3. SMOKING INCREASES

- » More nicotine dependence
- » Less quitting
- » Higher relapse







WHAT DOES OUR PROGRAM INVOLVE?

Working alongside community, health, and corrective services we aim to:

- Provide everyone at the service with access to quit smoking information and support; and
- Increase smoke-free areas at the service.

Services involved in the program work towards developing organisational-wide strategies within their service that are **sustainable, easy to access** and have a **positive impact**.

Strategies are identified across six project outcomes and each strategy is tailored to be specific to the service's needs. **The desired outcomes are to:**

-  **Implement and promote a comprehensive smoking policy** 01
-  **Promote a smoke-free culture** 02
-  **Expand smoke-free environments** 03
-  **Build the capacity and confidence of staff to address smoking** 04
-  **Embed quit smoking support into processes and procedures** 05
-  **Monitor and evaluate quit smoking support** 06

Join us to ensure everyone, regardless of their circumstances has a chance to improve their health and wellbeing.

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MAKE SMOKING
HISTORY 

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