

## Supporting People to Stop Smoking

Spring 2022

Welcome to our spring e-news for community service workers, with updates on resources and strategies for addressing the use of tobacco and related products.



### **No-cost 3-hour training for service providers - Supporting People to Stop Smoking**

Quit Tasmania offers no-cost smoking cessation training to service providers who want to address tobacco use among staff and clients.

The training provides workers with knowledge and tools to support their clients who smoke, many of whom are in a cycle of poverty due to the high cost of tobacco.

*“Exactly what is needed – simple interventions and solution-based” - feedback from training participant*

**If you would like a refresher course for staff or to organise a training session for new staff, please contact Irena at [izieminski@cancertas.org.au](mailto:izieminski@cancertas.org.au) / 6169 1943.**

For more information, please see [here](#).



## E-cigarettes and vaping

Use of e-cigarettes has been increasing since 2016, especially among young people. There is no evidence to show that they are safe and effective smoking cessation aids and research shows that *people who have never smoked may be more likely to take up tobacco smoking if they use e-cigarettes* (NHMRC CEO statement, see link below).

**What are e-cigarettes?** E-cigarettes, also known as 'vapes', are electronic devices that heat a liquid (or 'juice') to create an aerosol that users inhale. They come in all shapes and sizes and can look like a highlighter, pen or USB. This means that they can easily be used without detection, unlike regular cigarettes.

E-cigarettes contain **many different chemicals**, none of which have been tested to show they are safe to inhale. And while packaging on an e-cigarette might say it doesn't contain nicotine, studies have found that most e-cigarettes in Australia are incorrectly labelled and do, in fact, **contain nicotine**. For young people this is of special concern, as their **brains are still developing** until they are 25 and nicotine use affects brain development especially the part responsible for attention, memory and learning.

Quit Tasmania has easy-to-read downloadable resources about vaping, for you and your clients, available on our website [here](#)

The National Health and Medical Research Council has recently released a CEO Statement on the safety and impacts of e-cigarettes based on review of the current evidence. It contains important **Key Messages** that you can share with your clients who may be considering using e-cigarettes.

#### NHMRC CEO STATEMENT

### Calling service providers in the north west

Our Community Engagement Coordinator will be working in the north west, delivering smoking cessation training in Smithton, the week of October 10th. If you are interested in having a face to face conversation about any smoking cessation topics, including future training for your organisation, please get in touch with Irena [izieminski@cancertas.org.au](mailto:izieminski@cancertas.org.au)

### Cost of living going up

Our updated Cost of Smoking wheel is available to order. It's a great conversation starter and, with the costs of living going up and up, can be a motivator for people who smoke to start making some changes to reduce or stop their smoking.

**Order Here**



## Current Quit Tasmania Campaign

Our current social marketing campaign began on 14 August and concludes on 10 October.

This latest campaign is a mix of messages - and is being aired statewide across various media channels, including television, social and digital.

To view the campaign television ads, go to our website [here](http://quitline.org.au)



For more information on smoking cessation [visit our website](#).

Have any questions? Want to book in a training session? Need resources? Phone 6169 1943 or email: [izieminski@cancertas.org.au](mailto:izieminski@cancertas.org.au)

*We acknowledge the Traditional Custodians of the lands on which we work and live, and pay our respects to Elders past, present and emerging.*

Quit Tasmania is a program of Cancer Council Tasmania - supported by the Department of Health



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