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Smoking - quit services for diverse groups

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Tags:

- [Smoking and tobacco](#)
- [Smoking and tobacco - Get help to quit](#)

Summary

- In some communities, smoking rates are higher than the national average.
- A telephone interpreter service is available for Quitline callers from non-English speaking backgrounds.
- Call Quitline on 13 78 48 (13 QUIT) for the cost of a local call.

Quit services to help you stop smoking are available from a diverse range of organisations and in a number of community languages. Australia has a very large population of people from non-English speaking and culturally diverse backgrounds. Some of these communities have smoking rates that are much higher than the national average.

Tobacco smoking is one of the most common causes of ill health and premature death in Australia. Almost 15,000 Australians die from smoking-related diseases each year. Multilingual and culturally appropriate help to stop smoking is available through doctors, health centres, pharmacists, community centres, ethnic organisations and Quit Victoria.

Smoking in different cultures

In Victoria, around 26 per cent of the population speaks a language other than English at home. The 2011–12 Australian Health Survey found that around 19 per cent of people born in Australia smoked tobacco. Smoking rates were higher for people born in the Pacific, North Africa and the Middle East, and lower for those born in the Americas, sub-Saharan Africa, Europe and Asia.

Smoking rates that combine both men and women can disguise the fact that, for many countries of origin, the smoking rates of men are very high and the female smoking rates are quite low.

Resources and services to stop smoking

Services that Quit Victoria offers to culturally diverse communities include:

- [Quitline](#) telephone interpreter service – Quitline is a friendly and non-judgemental telephone information and advice service that helps people stop smoking. People who speak a language other than English can use the interpreter service to talk to a Quit Specialist. Callers can contact Quitline on 13 78 48 and ask for this service or agencies can refer clients using the online and fax referral forms available through the Quit website.
- Working with ethnic media – Quit Victoria has bilingual facilitators and community champions that work with ethnic media including radio, newspapers, ethnic publications and community television to promote its message and provide information on stopping smoking in a variety of community languages.
- Intervention training for community workers – Quit Victoria offers brief intervention training for staff who want to encourage their clients or communities to quit smoking. The one day Quit Educator training shows workers how to help and support smokers to quit.

Visit [Quit](#) or call 13 78 48 for more information.

Where to get help

- [Quitline](#) Tel. 13 78 48 (13 QUIT)
- Your GP
- Pharmacy
- Community Health Services
- Ethnic organisations

References

- Winstanley M 2015, '[Chapter 3 – The health effects of active smoking](#)', in M Scollo and M Winstanley (eds), Tobacco in Australia: Facts and issues, Cancer Council Victoria.
- Australian Bureau of Statistics 2017, '[2016 Census of Population and Housing](#)', Table G 13f Language spoken at home, by proficiency in spoken English/Language, by sex, General Community Profile Series, Victoria.
- Australian Bureau of Statistics 2013, '[Australian Health Survey: Updated results](#)', 2011–12, Table 4.3 Smoker status by selected population characteristics (a), Proportion of persons, ABS Catalogue No. 4364.0.55. 003, Canberra.

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Smoking and tobacco

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Smoking and tobacco basics

- [e-cigarettes](#)
[What do the experts say about electronic cigarettes. Electronic cigarettes – or e-cigarettes – simulate the act of smoking, but you don't burn tobacco when you use them...](#)
- [Passive smoking](#)
[Passive smoking means breathing other people's second-hand tobacco smoke. Passive smoking increases the risk of serious illness in both children and adults...](#)
- [Smoking - how to discourage your children](#)
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- [Victoria's tobacco laws](#)
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- [What to expect when you quit smoking](#)
[When you decide to quit smoking, it can help to find out what to expect as you work through the process. Some people have only a few mild symptoms when they quit but others find it harder. While...](#)

Reasons to stop smoking

- [Blood pressure](#)
[Healthy eating and lifestyle changes can help to manage high blood pressure...](#)
- [Chronic obstructive pulmonary disease - diagnosis \(video\)](#)
[Chronic obstructive pulmonary disease \(COPD\) is a serious, progressive and disabling condition that limits airflow in the lungs. Hear from individuals who have been diagnosed...](#)
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Plan to quit

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- [Quitting smoking and managing weight](#)
[You would have to gain over 40 kilograms above your recommended weight to equal the risk of heart disease posed by smoking...](#)
- [Smoking - quitting tips](#)
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- [Smoking - Understand your smoking addiction \(video\)](#)

- [Top tips to quit smoking](#)

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Smoking and health conditions

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- [Smoking and eye disease](#)

[Smoking is thought to be a factor in age-related macular degeneration and blindness...](#)

- [Smoking and heart disease](#)

[A smoker's excess risk of heart attack reduces rapidly after only one year of not smoking...](#)

- [Smoking and oral health](#)

[People who smoke should visit their dentist regularly to keep their teeth and gums healthy, and have regular oral cancer checks...](#)

- [What to expect when you quit smoking](#)

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Smoking risks throughout life

- [Asthma, children and smoking](#)

[Exposure to second-hand smoke increases the risk of children developing asthma and provokes more frequent asthma in children with asthma...](#)

- [Chronic obstructive pulmonary disease - diagnosis \(video\)](#)

[Chronic obstructive pulmonary disease \(COPD\) is a serious, progressive and disabling condition that limits airflow in the lungs. Hear from individuals who have been diagnosed...](#)

- [Pregnancy and smoking](#)

[Smoking while pregnant exposes a woman and her unborn child to an increased risk of health problems...](#)

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- [Smoking - the financial cost](#)

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- [Smoking – Quit services for Aboriginal communities](#)

While the smoking rate in Australian Aboriginal communities is decreasing, it is still more than three times the national average. Smoking is the cause of one in five deaths in Aboriginal communities...

- [Smoking statistics](#)

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Related information on other websites

- [Quit South Australia - What medications are there?](#)
- [Quit Victoria - Multicultural Project](#)

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