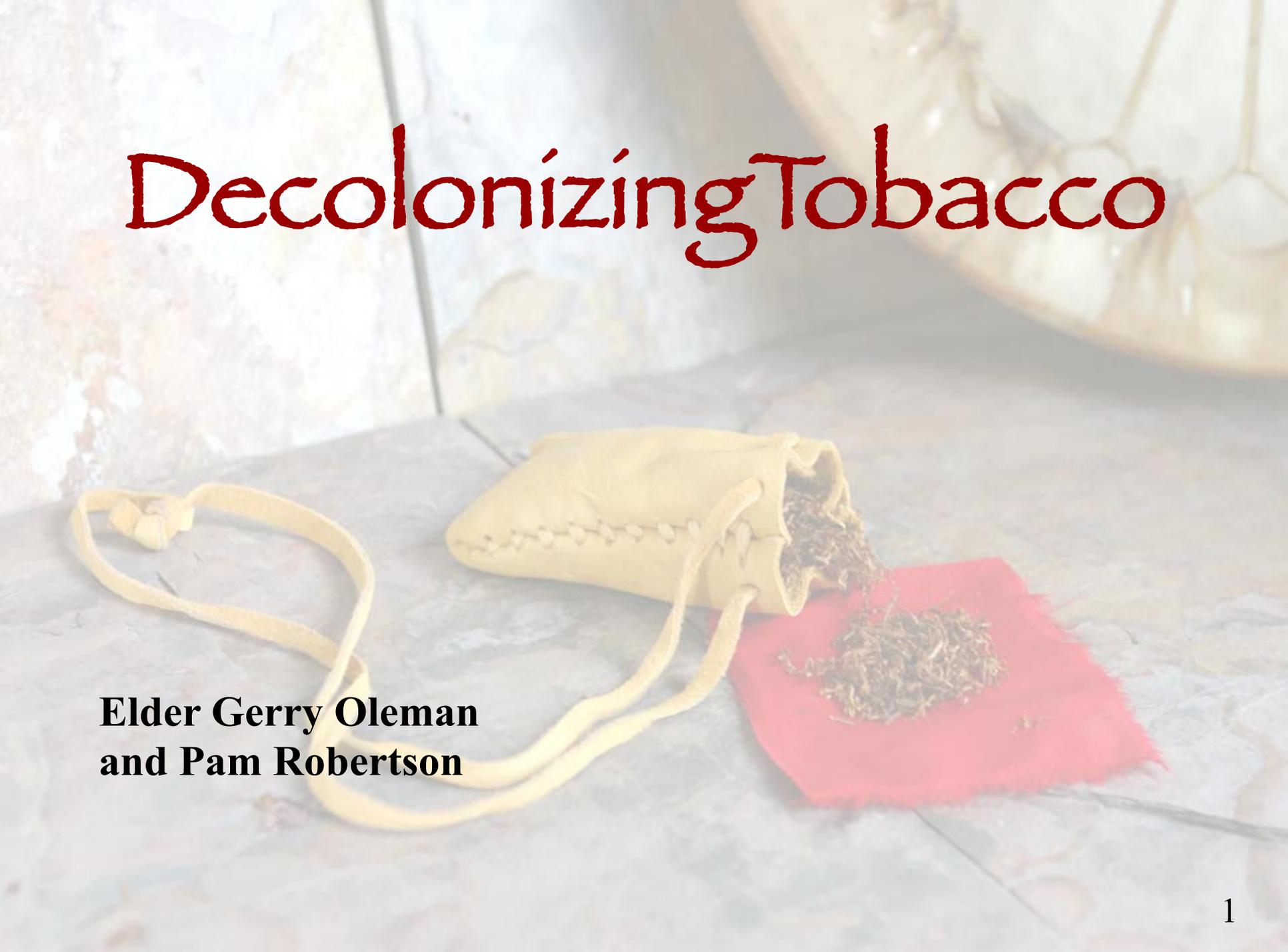


Decolonizing Tobacco

A photograph of a yellow leather tobacco pouch lying on a stone surface. The pouch is open, and tobacco is spilling out onto a red cloth. The background is a light-colored, textured wall.

**Elder Gerry Oleman
and Pam Robertson**



Introduction



Elder Gerry Oleman

Pamela Robertson

Opening Prayer and Welcome Song:
Elder Gerry Oleman



Overview



Tobacco myths: True or False (Pam)

Traditional tobacco: then and now (Elder Gerry)

Holistic uses and mixtures of Traditional tobacco (Elder Gerry)

Commercial tobacco: Costs and it's health effects (Pam)

Stress and tobacco misuse (Elder Gerry)

Types of product available to aide in cessation and/or cutting down (Pam)

Programs available: Past and present evidenced based (Pam and Elder Gerry)



True or false



Smoking helps calm the nerves?



True or false



Some cigarettes are healthier than others.



True or false



Since smokeless tobacco does not have smoke, it is not harmful to your health.

True or false



According to the Canadian Cancer Registry, lung cancer rates are lower among Inuit compared to other Canadians.



True or false



Psychiatric patients cannot quit cigarettes



True or false



The best way to quit smoking is going “cold turkey”



True or false



Everyone knows how bad smoking is.



True or false



Cigarettes contain more than 4000 chemicals.



Traditional tobacco: Then and Now



Elder Gerry Oleman



Holistic Uses and Mixtures Of Traditional tobacco



Elder Gerry Oleman



Tobacco Facts & Stats



57% of First Nation adults smoke daily or occasionally compared to 20% of the general Canadian population.

33% of First Nation youth are current smokers compared to 8% of the general Canadian population of youth.

Children of smokers are twice as likely to become smokers themselves.

First Nations smokers die an average 8 years earlier than non smokers.

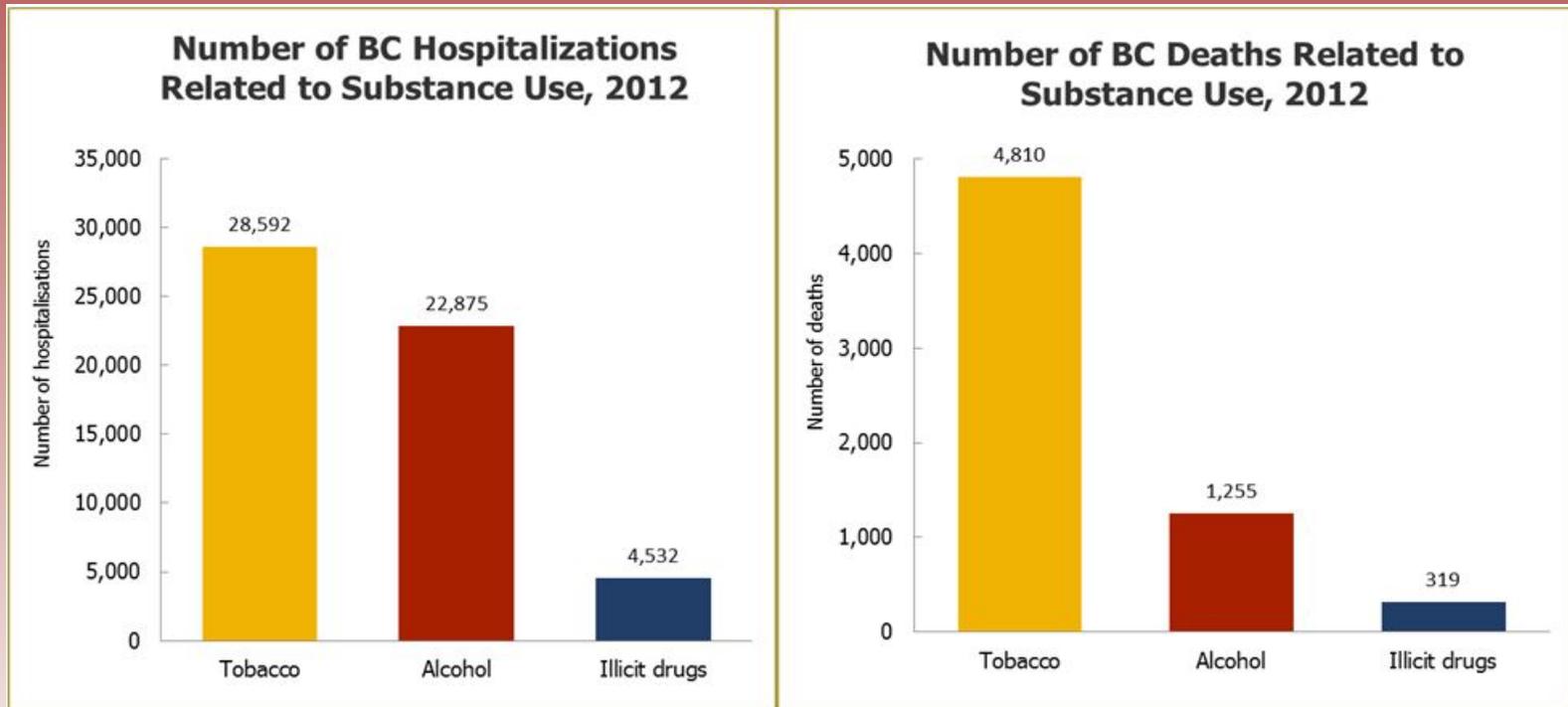
More tobacco facts

Smoking is associated with many preventable health problems such as:

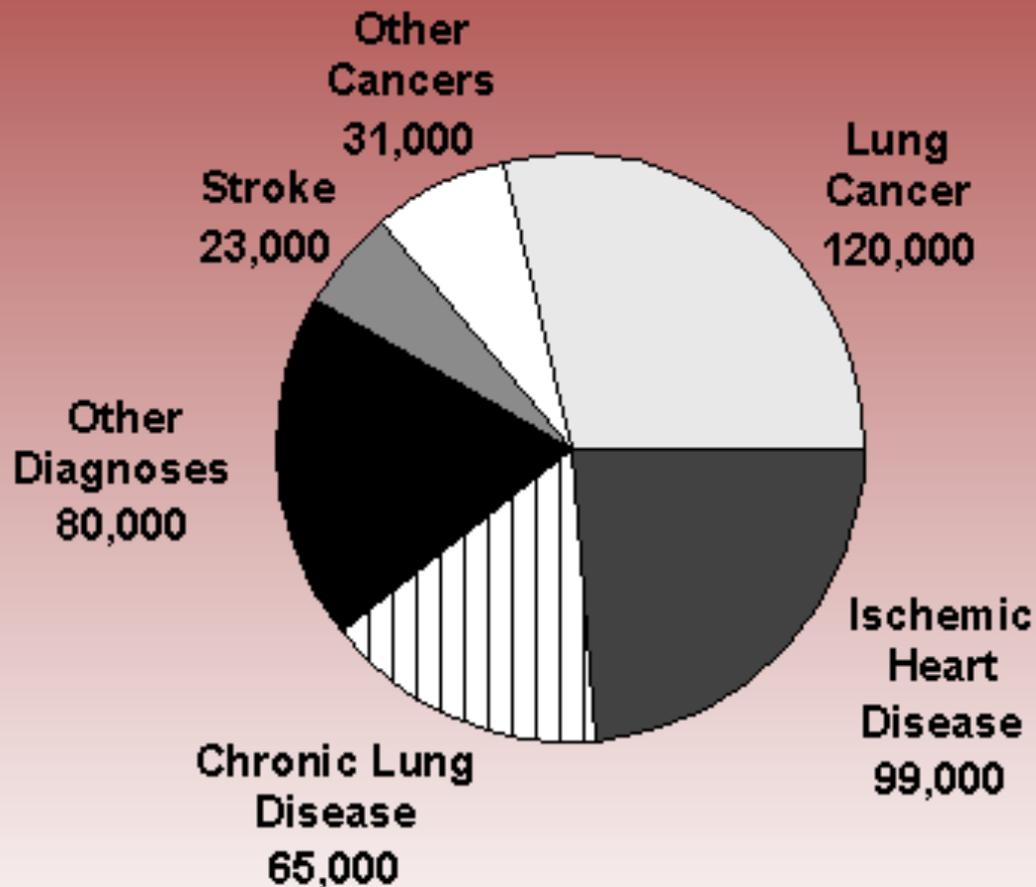
high blood pressure, high cholesterol, gum disease, chronic bowel disease, sleep problems, cataract disease, thyroid disease, pneumonia, emphysema

Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined

Costs of tobacco use in BC



Tobacco Health Effects



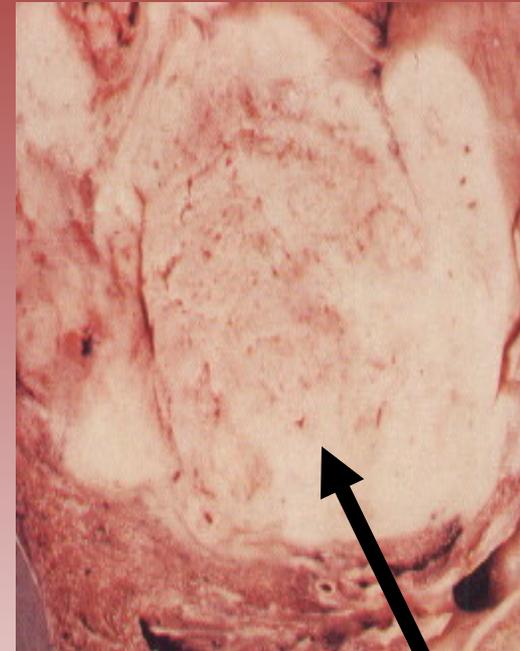
Tobacco & Cancer



Healthy
lungs



Small cell
cancer in
Smoker's
lung



Cancerous tumor
in the lung



Tobacco & Diabetes



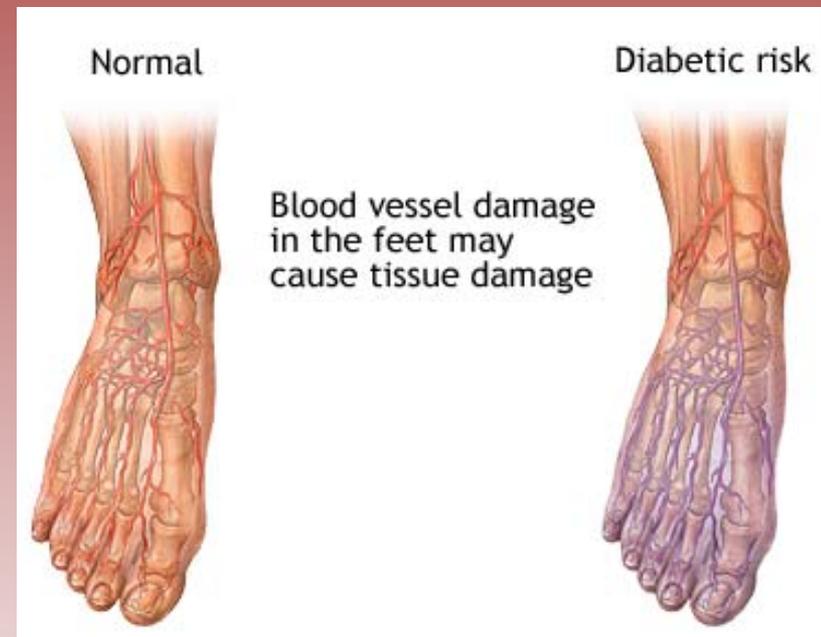
Smoking and Diabetes both reduce the amount of oxygen reaching your bodily tissues, resulting in poor circulation.



Smoking raises your blood sugar level making it harder to control your diabetes.



Of people with diabetes who need amputations, 95% are smokers.



Stress and Tobacco



What's available?





Programs: Past and Present

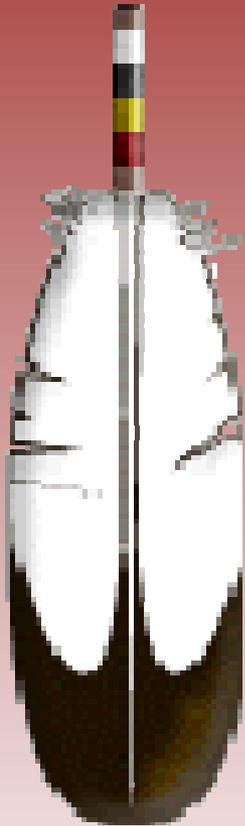


VCH: Tobacco Dependence Clinic (TDC) a
26 week counselor led with a nurse and MD

Cultural Canoe Journey: AWP

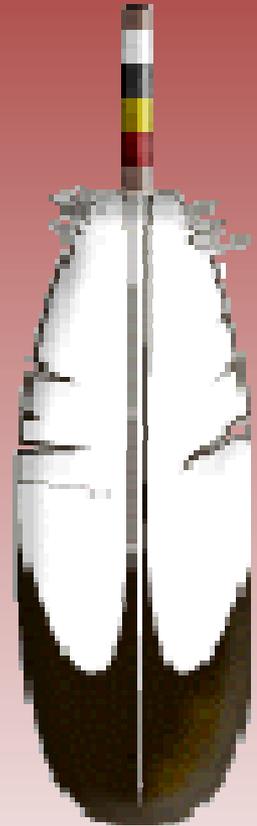
Quitnow.ca

Elder Gerry Oleman



Thank you!

Questions?



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