



June 2009

A Message from Quit Victoria

Hello all, It's hard to believe it's already time for another "Helping Hands", the e-newsletter from the Multicultural Project at Quit Victoria.

Helping Hands is a quarterly newsletter aiming to provide you with information about projects and services, as well as information on Quit's latest campaigns and research involving CALD (Cultural and Linguistically Diverse) communities.

In this edition, you will read about our ongoing projects, World No Tobacco Day 2009 and Quit's latest media campaign: "Cigarettes Are Eating You Alive". You will also read about the new Victorian smoking data, Waterpipes smoking and Smokeless Tobacco. You will also get to learn about Magda Lazzaro, one of our Greek Quit Bi-lingual Educators.

The Multicultural Project has another busy year ahead. We have lots of activities planned to target a range of communities from CALD backgrounds with your help we can all encourage smokers to access resources and support services in their community languages.

We would be very pleased if you could circulate this information within your networks.

To find more about the Multicultural Project or if you wish to discuss any article in this newsletter, please contact me on 9635 5502 or email me:

Veronica.Ramos@cancervic.org.au

With regards

Verónica Ramos
Multicultural Project Coordinator
Quit Victoria



Resources available
in 21 languages

The Multicultural Project

Ongoing Projects

Scholarships

Scholarships are available for bilingual health and welfare workers to train as Quit Educators.

You can find a [scholarship application form](#) at Quit Victoria's website.

Free education sessions

Sessions about smoking and quitting are offered for ESL (English as a second language) classes and community groups and organisations. Sessions may be in English or in another language run by Quit Bilingual Educators.

[Booking forms](#) can be found at Quit's website.

Community support grants

More than 30 applications were received this year and we were able to support 26 organisations. Quit bi-lingual staff will be involved in a range of projects and activities working in collaboration with migrant and refugees groups.

Education resources

Available in 21 languages. To order copies of our resources, please fill in Quit's [resource order form](#).

For online multilingual resources please visit: www.quit.org.au/multicultural and www.quitbecauseyoucan.org.au.

Quitline

Quitline 13 7848 with the use of the Interpreter service. If you work with CALD communities and want to refer a client to Quitline, please use the [Multicultural Fax referral](#) at the end of this newsletter.



Quitline 13 7848.
Interpreter Service is
available

World No Tobacco Day, 31st May 2009

World No Tobacco Day is celebrated around the world every year on May 31.

This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO (World Health Organization) is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations

The World Health Organization selected "Tobacco Health Warnings" as the theme for World No Tobacco Day 2009. Tobacco health warnings appear on packs of cigarettes and are among the strongest defences against the global epidemic of tobacco.

Become involved to raise smoking as a health issue

- You can order free resources in different languages and set up a display and/or distribute these amongst your networks.
- Refer friends/relatives who smoke to the Quitline 13 7848, our telephone counselling service, and encourage them to ask for an interpreter if it is necessary.
- Organise a free information session for your group or staff.
- Promote our website www.quit.org.au for online information in your language.

Quit Latest Media Campaign

The campaign originally developed and produced by the New York City Department of Health and Mental Hygiene, aims to motivate smokers to quit by using a range of graphic images to highlight the real health consequences caused by smoking.

The campaign will air on Victorian metro and regional television from May 24 - June 27.

The television advertisement and other [campaign materials](#) are available for viewing on our website.



"Tobacco Health Warnings"

World No Tobacco Day 2009



Smoking attacks nearly every part of your body – Quit now!

New report shows less than 1 in 6 Victorians are lighting up

The smoking rates in Victoria have dropped by more than 20% since 1998, according to new research which shows only 16.5% of Victorians are regular smokers.

The research released on Thursday 28 May, from the Cancer Council Victoria, also reveals women are smoking less than ever before, with fewer than 15% being regular smokers.

According to the research:

- Regular smoking has declined at a similar rate for both males and females, though males were more likely than females to be regular smokers in 2008 (18.4%, males; 14.7%, females).
- Older Victorians (aged 50 years or more) were less likely to be regular smokers (11.1%) than younger Victorians aged 18-29 years (22.3%) and those aged 30-49 years (18.8%).

Professor Melanie Wakefield, from the Cancer Council Victoria, said the current trends in Victorian smoking rates reflect a period of considerable tobacco control activity, including increases in cigarette price, a total ban on traditional tobacco advertising and regular mass media campaigns.

Waterpipe Smoking

Waterpipe smoking is a traditional method of smoking tobacco in the Middle East, Africa, the Far East and the Indian subcontinent. Waterpipes are used by individuals alone, but they are more commonly used by social or family groups, at home or in restaurants, cafes and bars.

Names for waterpipe vary and include "narghile", "arghile", "shisha", "goza", "hubble bubble" and "hookah".

Using a waterpipe to smoke tobacco is not a safe alternative to cigarette smoking. Secondhand smoke from waterpipe tobacco use produces a similar level of air pollutants as cigarettes, and poses a serious health risk to those exposed. Some restaurants and bars are allowing the use of waterpipes thinking that they are exempt from the law. Use of waterpipes is banned by law in enclosed public places, consistent with current bans on cigarette smoking.

For more information about waterpipe smoking please read the [Background Brief on Quit's website](#).



Using a waterpipe to smoke tobacco is not a safe alternative to cigarette smoking

Smokeless Tobacco

There are two types of smokeless tobacco: snuff and chewing tobacco.

Snuff is a finely ground or shredded tobacco that is either sniffed through the nose or placed between the cheek and gum.

Chewing tobacco is also known as plug, loose – leaf, chimo, toombak, gutkha and twist. The tobacco is shredded like short cut grass, intended to be chewed throughout the day as desired. The tobacco is often mixed with various chewable mixtures of herbs, spices, areca nut, betel leaf or paan.

Chewing tobacco and snuff contain 28 cancer-causing agents. Smokeless tobacco users have an increased risk of developing cancer of the oral cavity. Oral cancer can include cancer of the lip, tongue, cheeks, gums and the floor and roof of the mouth.

Smokeless tobacco is sometimes called “spit” or “spitting” tobacco because people spit out the tobacco juices and saliva that build up on the mouth.

All tobacco, including smokeless tobacco, contains nicotine, which is addictive.

People in many countries and regions, including India, parts of Africa, and some Central Asian countries, have a long history of using smokeless tobacco products.

References:

National Cancer Institute, US National Institutes of Health. Smokeless tobacco and cancer: Questions and answers. Available at:

http://www.cancer.gov/images/Documents/018bcc3a-06d0-4858-bfb9-85acff215e9c/fs10_15.pdf. Accessed 25 May, 2009

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http://www.emro.who.int/tfi/wntd2006/PDF/FactSheet_English.pdf . Accessed 25 May, 2009.

Mackay J, Eriksen M. Types of tobacco use. The tobacco atlas. 2nd ed. Available at: <http://www.cancer.org/downloads/AA/TobaccoAtlas01.pdf> . Accessed 25 May, 2009.

Our Bilingual Staff

Quit's Bilingual Educators work with Quit to present information on a range of tobacco control topics. They conduct information sessions to community groups and conduct interviews on ethnic media.

Currently 27 Bilingual Educators work for Quit Victoria covering 20 languages.

Greetings from Magda Lazzaro



Greek Information session conducted by Magda Lazzaro

My name is Magda Lazzaro. I hold a Diploma of Community Services (Community Development) and I have worked in various disadvantaged areas.

Community Development promotes the sharing of skills and knowledge. Working in the Community Services sector, I have witnessed numerous difficulties migrants face especially when they require health information or dealing with the medical profession.

I have been working with the Cancer Council since 2001, which also includes my involvement in running Quit Courses, organizing forums and presenting information sessions about quitting smoking. While I have been working with Quit I feel that I'm not only involved in presenting valuable information to my community, I also have gained by increasing my

knowledge, discovered new experiences and personal growth, including the fact that I was given the opportunity to be involved with a number of professional health educators from culturally diverse backgrounds.

Starting with the nervousness in speaking to a small number of people, which now has developed to the challenge of standing before a large group exceeding 100 people, working as a Quit Health Educator, through various courses such as working with interpreters, contact and organising media interviews, provided me with opportunities to further develop my skills and confidence which I found challenging and most rewarding. The position has given me the privilege to disseminate important health information to the Greek and other diverse communities which due to isolation, language and cultural barriers are unable to access information and many of the available public services. These services include information about the effects of smoking, the harmful chemicals contained in a cigarette, the introduction of new laws and so much more. People disbelieve that tobacco contain more then 4000 chemicals. Especially when they hear that carbon monoxide, arsenic, ammonia, tar, nicotine are some amongst these chemicals, which are known to cause cancer.

People also express their concerns about their smoking habits and by reading the information makes them think seriously about quitting. Occasionally I meet people in the street and at various functions who attended a session and stop me to say "thanks to you I now don't smoke". It is rewarding to hear that we as Health Educators do make a difference, even if it is to one person.

I love my involvement with an accredited organization such as the CCV. It makes me feel privileged and honoured to be the one who is presenting to the Greek community such a relevant information about the effects of smoking which effects not only to the smokers health by also those around them and the environment at large. I feel that I'm committed to health education, community awareness and promoting Quit by encouraging people to access the Quit services.



Multicultural Referral Fax Sheet

To: Quitline (Victoria) Fax Number 03 9635 5520 Date

Referred by: Name

Organisation

Phone number Fax number

If sending more than one Referral Fax Sheet at a time please indicate how many:

Privacy warning — The information in this fax is confidential and only intended for the Quitline. If you have received this fax in error please resend to 03 9635 5520. You must not copy, distribute, take any action on, or disclose any details of the information in this fax to any other person or organisation.

Caller's details: Name

Gender: Male Female

I have agreed to receive a call from the Quitline

.....
Caller's signature

.....
Date

Interpreter required: No Yes (Language:.....)

When to call: Please call me on: Day Date

Best time to call: AM (9am-1) PM (1-5pm) EVE (5-8pm)
(weekdays only)

Phone number: Home Work

Mobile

Messages from Quit may be left: OK to leave messages Do NOT leave messages
(please tick box)

Comments: (e.g. special issues, concerns)

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Please note — The interaction of chemicals in cigarettes and some medications (eg. Insulin, some antidepressants/antipsychotics) and the interplay between the chemicals and some symptoms can mean some smokers need monitoring of drug levels and symptoms by the prescribing doctor through the quitting process.



For use by Quitline staff:
A call has been organised for AM PM EVE Date.....