

# Smokefree Aotearoa 2025

Binding Strengths - Shifting Struggles - Realising our Freedom

Mana Māori Motuhake

Brenda Chilvers



#### **Current Strategies**

- Alignment of services around the country.
- NTS
- Heart Foundation motivational skills workshop



## Smoking Prevalence Rates in NZ May 2016

European/Other 13.5%

Maori 35.5%

Pacific 22.4%

http://www.stats.govt.nz/browse\_for\_stats/snapshots-of-nz/nz-social-indicators/Home/Health/tobacco-smoking.aspx

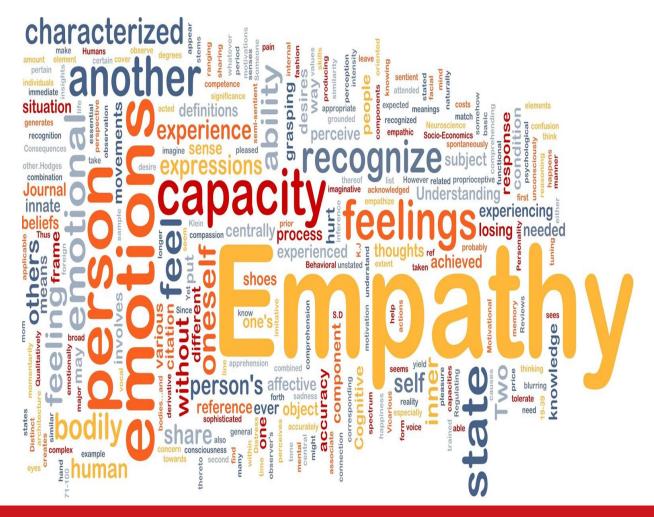




**Engage-Focus-Evoke-Plan** 

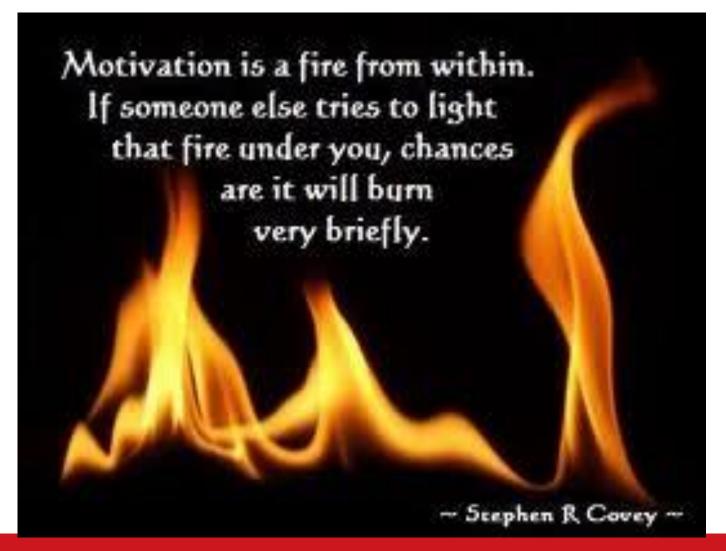


#### **Binding Strengths**





### **Shifting Struggles**





I think when she realised I was happy to listen and provide free behavioural support and medication she was actually relieved.

I am using
MI skills with all my
clients now and our
conversations are more
meaningful and my
clients know I care and
genuinely want to help
them.

John relaxed and was able to joke and laugh once he realised he was not being judged, and was being listened to and respected.

It is so easy to tell people they need to quit because of various reasons but I am now mindful that this is not the most effective way... and I will consciously listen and reflect.

#### Realising our freedom

Prior to the workshop I felt uncomfortable to talk to people about their smoking; the idea of having an entire conversation about it just made me so nervous but now I feel ok. I have realised
that patients
aren't scared to
talk about their
smoking especially
if they feel heard
and that we are
really interested
in helping them
give up.





