

# Smokefree Aotearoa 2025

Binding Strengths - Shifting Struggles - Realising our Freedom  
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# 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](http://www.stats.govt.nz/browse_for_stats/snapshots-of-nz/nz-social-indicators/Home/Health/tobacco-smoking.aspx)





# Engage-Focus-Evoke-Plan



# Shifting Struggles

Motivation is a fire from within.  
If someone else tries to light  
that fire under you, chances  
are it will burn  
very briefly.

— Stephen R. Covey —



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.

## Realising our freedom

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.

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.





**The End**

