

Director

Photo by: Randy Paishk

Towards a Healthier Community at Shoal Lake: Tobacco Strategy Survey Results & Recommendations 2003-2004

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Community Elder Robin Greene te about the traditional use of toba Photo by: Randy Paishk

Background & Objectives:

In Anishnabe culture, tobacco has sacred and traditional uses for ceremonial use and offerings. It is the objective of the Shoal Lake Tobacco Strategy to educate people on the harmful effects of prolonged tobacco use and about the traditional and cultural uses of tobacco. By assessing the community situation and need for educational programs we can help community members make healthier lifestyle choices.

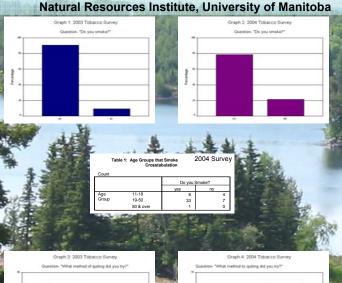
<u>Methods:</u>

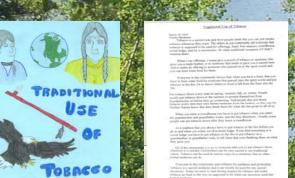
A survey of 60 community members was conducted in 2003 by Phyllis Jack. A follow-up survey in 2004, created by Randy Paishk and delivered door-to-door by Allen Harrington, had a total of 74 community members responding. Approximately 1/3rd of all on-reserve band members were surveyed in 2003 and 2004. The surveys were analyzed with the use of Statistical Products and Service Solutions (SPSS) version 11.5. The response was fairly evenly distributed by gender: with 47% in 2003 and 53% in 2004 for males; and 53% in 2003 and 47% in 2004 for females. The majority of those surveyed were aged between 19 and 50, representing 75% and 76% in years 2003 and 2004, respectively. Of the remaining participants 20% in 2003 and 23% in 2004 fell within the ages 11-18 and 5%in 2003 and 2% in 2004 were over 50.

Survey Findings & Conclusions:

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Analysis of the two surveys shows a slight decrease in smoking of 10% from 2003 to 2004 (see graphs 1 & 2). This reduction is possibly the result of an increase in using other methods to quit smoking other than cold turkey, such as the nicotine patch and Nicorete gum (see graphs 3 & 4). The tobacco strategy currently targets those youth between the ages 5 to 14 to prevent youth from starting smoking. This is important strategic work but the survey also indicates a need to educate those between the ages of 19 to 50 on the need to guit smoking. The survey indicates that the vast majority of community members are aware of the harmful effects of smoking and second hand smoke, suggesting that the information is being received by the community. What is not being recognized, however, is individuals need to stop non-traditional smoking to prevent the harmful effects of prolonged tobacco use.





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<u>Tobacco Awareness Activities & Programs: 2003-2004</u> <u>Summary</u>

- Educational workshop on the traditional & sacred uses of tobacco;
- Community poster contest on the sacred uses of tobacco or harmful effects of smoking;
- High School students essay contest on the sacred uses of tobacco or harmful effects of smoking;
- Jeopardy radio game show on the harmful effects of smoking and second hand smoke
- David Kejick School tobacco awareness theater group;
- -Annual information booth on harmful effects of smoking and second hand smoke at Shoal Lake Health Fair;
- Support program available at the Shoal Lake Health Center through the local Community Health Representative;
- Annual survey to identify needs and gain input to tobacco awareness programs and activities.

Recommendations:

Based on the survey findings and program analysis we have made the following recommendations:

- Hire a full-time tobacco prevention coordinator to implement an ongoing community based tobacco prevention strategy;
- 7- Expand education prevention and intervention to include a better focus
- on those between the ages of 19 and 50, and women who are pregnant;
- Increase support mechanisms and education programs for people wishing to guit smoking;
- Create a Band Council Resolution/by-law to eliminate smoking in public buildings except for the use of tobacco for cultural or ceremonial purposes;
- Hold school assemblies to educate students on the harmful effects of tobacco and drug use in conjunction with the Isobel Pinesse Health Center and Treaty 3 Police;
- Create more awareness programs with Elders to educate children and youth on sacred uses of tobacco:
- Have stop smoking aids such as Nicorete gum available at Band run stores and post anti-smoking posters made by children in these locations;

For further Information Contact:

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