




COMMUNITY ADVISED SMOKING CESSATION PROJECT

Smoking is the leading cause of preventable death in Canada. With the support of community partners, LungNSPEI wants to help people quit smoking or reduce their use of commercial tobacco.

To understand what Nova Scotians and Islanders are looking for in smoking cessation programs, LungNSPEI created the 'Community Advised Smoking Cessation Project'. Three communities took part in this project. These included:

"If I quit smoking, I can do better things, so it's a stepping stone too."

Thank you to all who took part in this project! Your feedback will help LungNSPEI and its partners develop needs-based tobacco cessation programming.

 People with an annual household income under \$40,000

 Members of the 2SLGBTQIA+ community

 First Nations People



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What did people say they need to help them quit or reduce tobacco use?



1. Easy access to free nicotine replacement therapy (NRT)

- The #1 needed support is access to free NRT.
- 45% of survey participants have a high/very high dependence on nicotine.
- 62% have tried NRT before, but most said they could not afford to buy a sufficient supply to help them quit.

2. Accessible and flexible programming and support

- Stress is the #1 reason for smoking, and people need help developing other coping mechanisms.
- Programming/support needs to be easily accessible and tailored to the unique needs of each person.
- Supports need to be available in safe spaces, such as 2SLGBTQIA+ friendly spaces, First Nation reserves, or in community-based outreach facilities.



3. Motivational support and positive messaging

- Smoking is a social activity within these communities.
- People want to learn about the benefits of quitting and see positive messages when they choose to quit.
- The main reasons for wanting to quit included health, financial, or other personal reasons.

4. Holistic care and support

- Smoking is only one aspect of an individual's life.
- The determinants of health play a role in people starting and continuing to smoke.
- Determinants of health include things like housing security, employment, and access to care, such as mental health and gender-affirming care.
- Addressing the determinants can help people succeed in quitting smoking.



5. Tobacco and First Nations

- The long history of colonialism, the loss of land, and residential schooling have created significant trauma in First Nations communities for generations of people.
- Tobacco has cultural significance. It is a traditional medicine and can be an economic driver for many reserves.
- We must respect the importance of Two-Eyed seeing, wise practices, and taking a harm reduction approach.

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Visit lungnspei.ca/casc for more detailed findings.