

Employee Wellbeing Forum- Smoke-free Project

Sharyn Donald- General Manager, Public Health and Infectious Diseases and the Smoke-free project team.



The Smoke-free Action Plan has three key objectives.

Create and embed a Smoke-free environment.

Creates a safe environment for everyone on Monash Health grounds.

Reduce employee smoking rates.

Promotes positive health and wellbeing.

Support patients to cease smoking.

Reduces tobacco-related harm for people accessing our care.



What are our 22 Smoke-free Actions?



Foundation Actions



**Create and embed a
Smoke-free
environment**

Review Smoke-free signage
Update messaging to include vaping/e-cigs
**Design creative signage encouraging
people not to smoke on-site**
Implement Children's Voices Project at MMC/MCH



**Reduce employee
smoking rates**

**Survey employees who smoke for their smoking
cessation care needs**
Review evidence-based options
Submit business case for resources



**Support patients to
cease smoking**

**Survey/audit smoking history collection and
documentation, smoking prevalence.**
Develop model of care.

We surveyed employees for their smoking cessation care needs and preferences.

104 responded, across sites and roles.

This is what they told us.



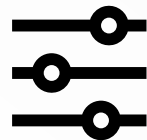
Who responded?

63 currently smoked, and 41 formerly smoked.
Half worked in a clinical role, and half a non-clinical role.
19 Monash Health sites were represented.



What did they use and how severe were their nicotine dependence needs?

49 smoked cigarettes; 18 used a vape (5 used both).
Those using a vape, and those using cigarettes had similar severity of nicotine dependence.



What care options were important to them?

Access to subsidised medicines, individual counselling, quitting information, reimbursement, quit courses and Quitline.



What else did they want us to know?

Include support for immediate family members.
Stigmatising employees who smoke makes them feel unsafe.
Options need to be tailored to the individual.
They need to want to quit.



Smoke-free actions completed



Smoke-free Policy and Procedure



Publication of Electronic Medical Record tools to support nicotine dependence management



Update of nicotine replacement therapy (NRT) availability across inpatient ward settings



Survey 'How Monash Health collects and documents patient or consumer smoking status



Audit and data collection of employee smoking rates and identification of supports to quit



Reducing tobacco and e-cigarette use and related harm

is an identified population health priority area for the South East Public Health Unit

Rationale

- Tobacco use is a major public health challenge and remains the leading preventable cause of death and disease in Australia
- % of current smokers is higher than the Victorian average across 3 SEPHU local government areas.
- There is a significant increase in the prevalence and use of vaping. More than half of users are less than 30 years old.



Recent Changes to Vaping in Australia

Australian Government will ban the importation of non-prescription vaping products.

Prohibit the sale, supply and use of vaping products for recreational purposes

Stricter regulations for advertising and promoting vaping products

GPs will be able to provide a prescription making it easier for smokers who want to quit tobacco smoking



Understanding Vaping Online Webinar

Sharon Torpey, Drug Education Australia

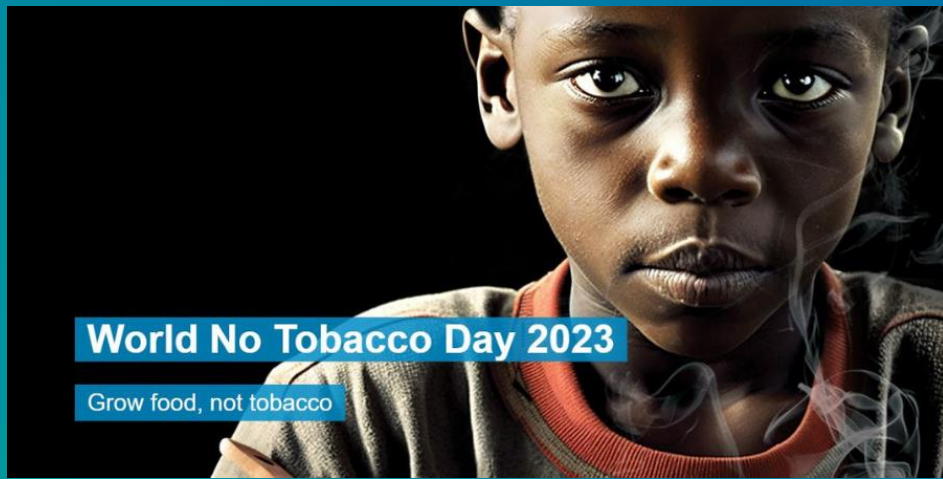
Tuesday 6 June, 7-8.30pm



What will be covered

- Up to date and accurate information on e-cigarettes/vapes
- Trends and risks of vaping
- Understanding and supporting our young people
- Practical strategies to address vaping





World No Tobacco Day – 31 May

Grow food, not tobacco

- Tobacco growing harms our health, the health of farmers and the planet's health.
- The tobacco industry interferes with attempts to substitute tobacco growing, contributing to the global food crisis
- This campaign encourages governments to end tobacco growing subsidies and use the savings to support farmers to switch to more sustainable crops that improve food security and nutrition.

