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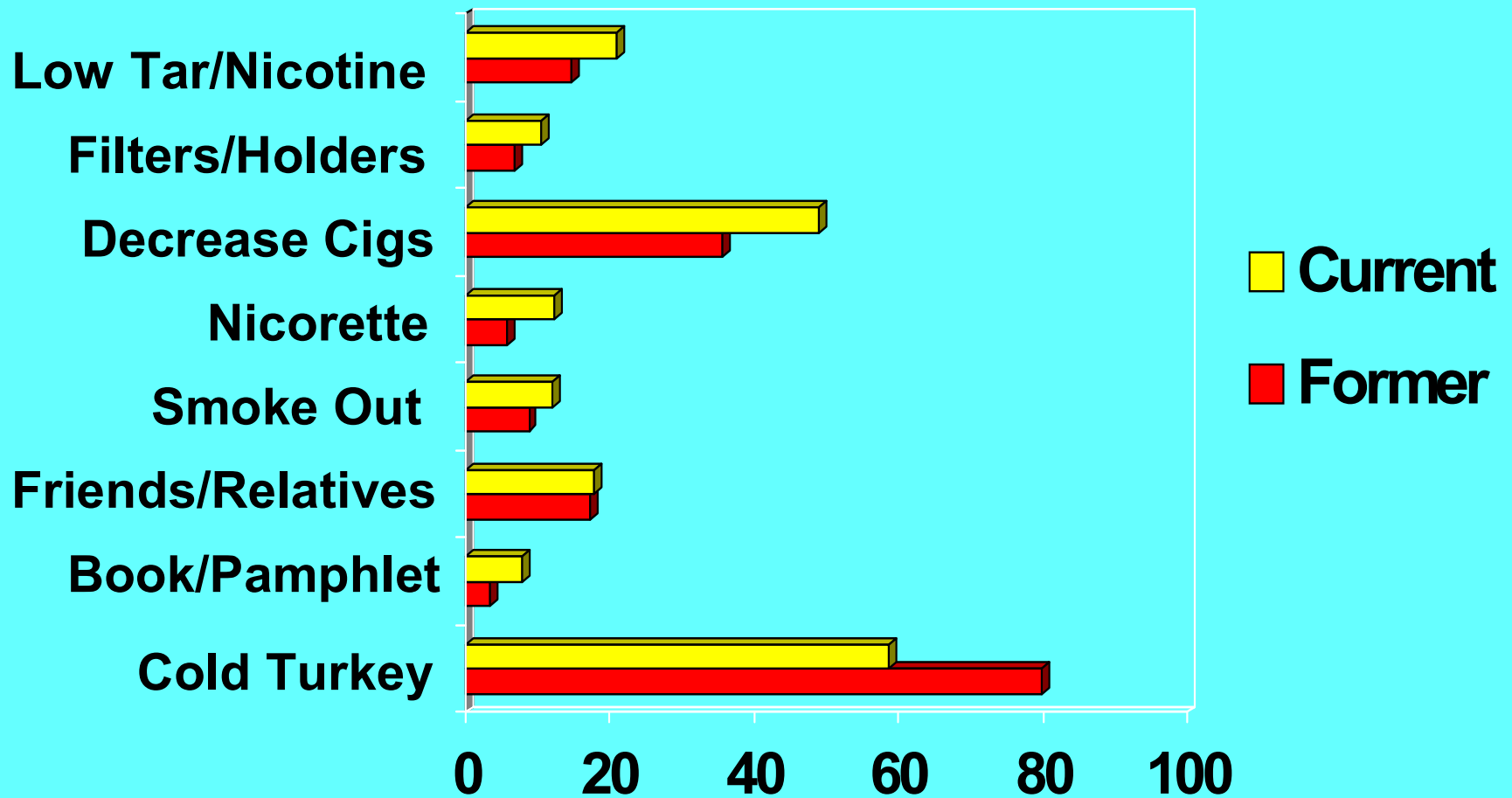
# Remember....

- Difficult to stop smoking
- Cultural sensitivity a must
- Stages of smoking cessation required
- Addictive behaviors
- Co-morbidity



# Quitting Methods

## Current/Former Smokers



- CESSATION METHODS:
- - Traditional Use
- - Medication
- - Classes (lectures – education  
- brochures)
- - Group support (talking circles)
- - Policies (workplace,  
community, home)

# TRADITIONAL TOBACCO

- Is sacred in American Indian communities
- Is used in ceremonies
- Is used in prayers
- Is used in healing
- Is a traditional gift giving
- Is a sacred herb

- Distinguishing between the traditional use of tobacco and the commercial abuse of tobacco was the major educational aims programs.
- literature review on pre-contact and colonial times – postulates that centuries of sacred use, combined with modern commercial use of tobacco since the fur trade, may have formed a residual base of receptiveness for later secular use. This reasoning has not been validated in the literature.

# Message

- Inclusion of traditional/sacred emphasis in program messages, the role of tobacco in creation stories, sacred ceremonies and healing arts can be emphasized and weaved into cessation messages and may be used as an illustration or reasons to quit smoking - cigarette use can make people ill – and suggests that an additional sentence be added to the Surgeon General’s warning on cigarette packs, *“Use of this product should be restricted to prayerful or religious activity or social activity which reflects aspects of the Creation.”*

# Message

- This message thus reflects back to the original use of the tobacco – in a traditional sense – and reminds one of the proper ways to be followed. Historical reminders are present in many of the cessation programs that evoke the memories of survival, strength, nation, and tradition.

# Cessation Methods - Medication

TYPE – FDA appr.	FORM	BRAND	AVAILABILITY
<i>Nicotine</i>	Gum	Nicorette	OTC
<i>Replacement Therapy</i>	Patch	NicodermH abitrol	OTC & prescription
<i>(cutting down)</i>	Inhaler	Nicotrol	Prescription
<i>(exchange)</i>	Nasal Spray	Nicotrol	Prescription
	Lozenge	Commit	OTC
Bupropion SR	Pill	Zyban, Wellbutrin	Prescription (non- nicotine med. reduces smk urge

# Cessation Methods – Counseling, group support

<b>TYPE –</b>	<b>FORM</b>	<b>Effectiveness</b>	<b>CONCERNS</b>
<i>Support (Talking Circles)</i>	Group, Family	Improves fatalism, attitudes, knowledge	Community- based, local resources, clinics
<i>Provider Message</i>	Patch	6% quit rates	Brief message – 5%
<i>Education</i>	Pamphlets	Change Behavior	Not shown to work
<i>Counseling</i>	Individual	Change Behavior	Clinics – trained staff

# Cessation Methods - Other

TYPE –	FORM	Effectiveness	CONCERNS
<i>Policy</i>	Workplace, public sites	Prohibits smoking	Adherence
<i>Smoke out</i>	Group decisions	unknown	Brief time
<i>Cutting down</i>	Behavior change	Little	Stress, etc. prompts smk
<i>Cold Turkey</i>	Individual	Change Behavior	Need strong motivation

# Talking Circles

- Talking in Circles
- Talking in Council
- Talk Stories
- Meeting in Circles = no one is at the head
- Meeting together = group support
- Storytelling = Indian identity important, myths and history important, educational

# Talking Circle Sessions

- Meet once a week for 1-2 hours
- Led by peer facilitator
- Began with a story or myth
- Traditional foods (buffalo) served
- Curriculum: empowerment/self efficacy  
Steps (precontemplation, 1-2 years, 6 months, 1-2 months, ready.  
discussions/support/reinforcement

# Talking Circles

- Talking Circles Intervention had significant results in reducing fatalistic attitudes toward diabetes.
- Significant difference between pre-posttest scores seen in females.
- Reduction in other chronic health conditions?

- Sample Talking Circle:
  - begin with story
  - discuss meaning of story
  - create a lesson of the day
  - follow curriculum lesson
  - begin discussion
  - review next weeks lesson

- Structure of Talking Circle:
  - all participants meet in a circle
  - no one is at the head
  - all comments are valued
  - discussion follows curriculum
  - discussion goes in circle giving all chance to talk
  - respect, support, knowledge all valued

- Curriculum of Talking Circle:
  - Intro and overview  
(measure stage of smoker)
  - History of smoking/traditional use
  - Smoking initiation  
duration and amount of smoking
  - Harm of smoking & second hand smoke
  - How to quit smoking (you & your family)
  - Behavior modification/medication
  - Staying smoke free

- Measuring the Stages of Smoking

1. Have you ever thought about quitting

Yes  No

2. Could you see yourself quitting smoking:

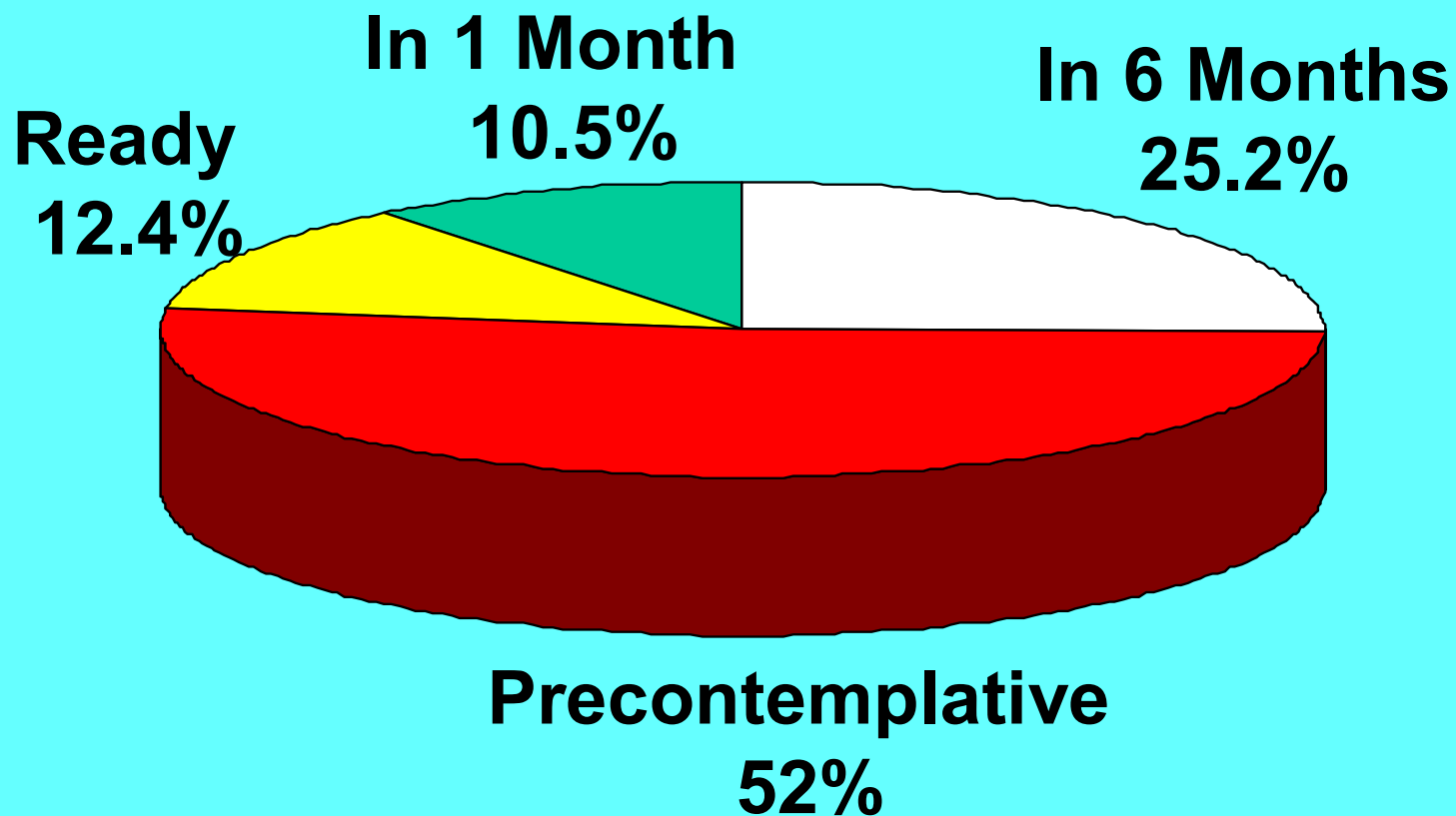
1 year from now

in 6 months

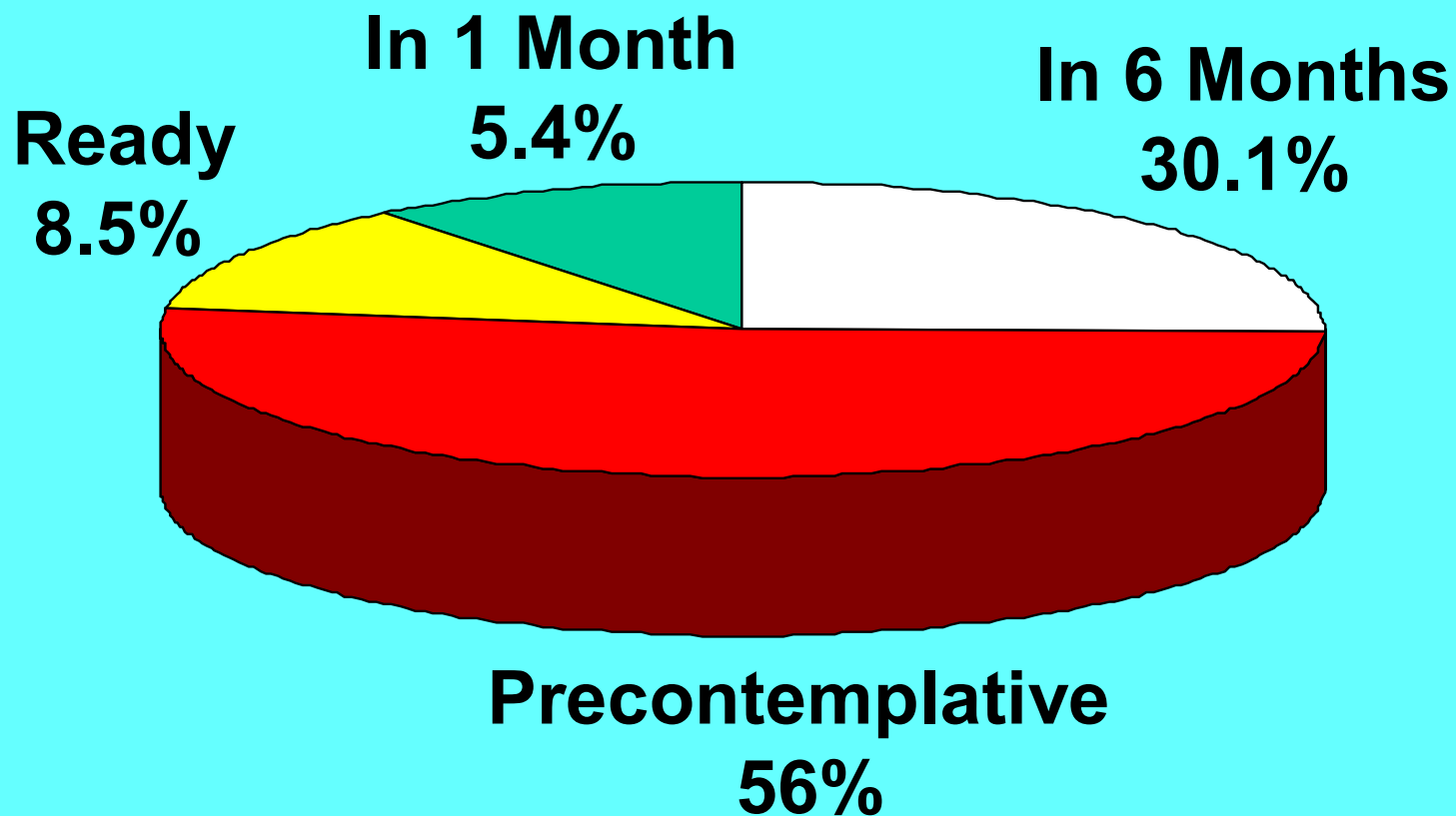
in 1 month

read to quit now.

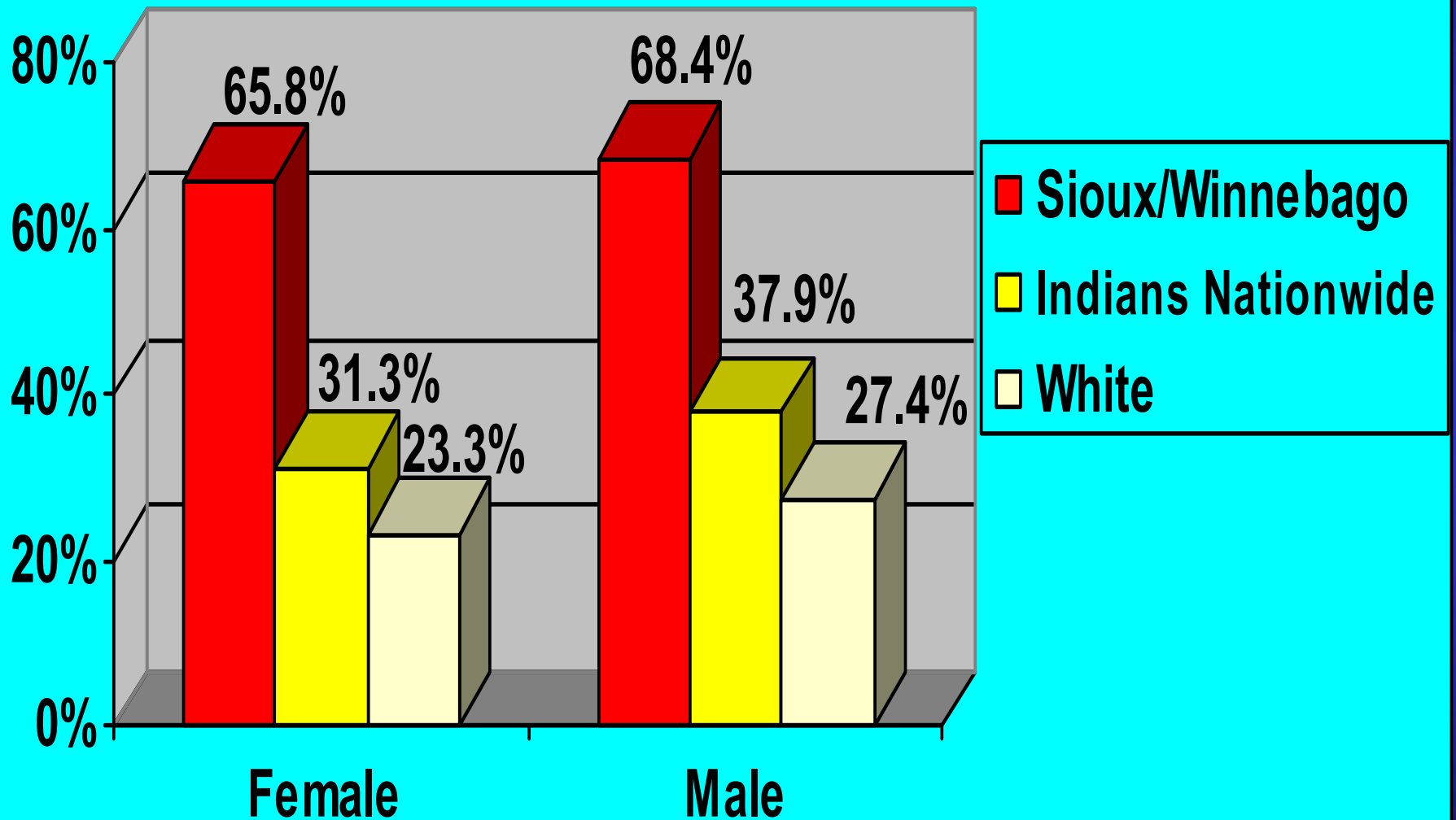
# Indian Women Smokers Stages of Smoking Cessation



# Indian Male Smokers Stages of Smoking Cessation



# Percent smokers by gender



# Percent Indian Women Smokers by Age

