

Reducing vaping harm initiatives

Health Promotion

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Acknowledgement of Country

cohealth acknowledges the Traditional Custodians of the lands and waterways where our offices stand, the Boon Wurrung, Wurundjeri and Wathaurung people, and pay respect to Elders past and present.

Content warning:

Aboriginal and Torres Strait Islander people are warned that the following presentation may contain images and names of deceased persons.

If you see an image or name in these materials that you believe should no longer be used for reasons such as death, misgendering or deadnaming, please email communications@cohealth.org.au to have it removed.

About cohealth

cohealth is one of Australia's largest not-for-profit community health organisations. We strive to **improve health and wellbeing for all.**

We deliver high quality care from **30+ sites** in 12+ different local government areas across **Victoria and Tasmania.**



Primary care



Mental health and wellbeing



Allied health



Oral health



AOD treatment and support



Homelessness support

Health Promotion at cohealth

We are funded by the Victorian Department of Health to deliver the **Community Health – Health Promotion program**

Our catchment area:

- City of Yarra
- City of Melbourne
- Maribyrnong City Council
- Moonee Valley City Council



Our focus areas

Fostering movement

Goal

- To increase inclusive movement opportunities in all areas of life

Enabling nourishing food

Goal

- Strengthen communities and food environments to optimise nourishing food experiences

Breastfeeding and chest feeding

Goal

- Strengthen communities and food environments to optimise nourishing food experiences

Reducing harm from tobacco and vaping

Goal

- To reduce vaping and smoking harms by supporting communities

Improving mental wellbeing

Goal

- To enable social and emotional wellbeing of communities to live, work and play

Prevention of all forms of violence

Goal

- To foster gender equality and prevent gender-based violence in partnership with women's health organisations

Reducing harm from tobacco and vaping



Reducing harm from tobacco and vaping



the background

In recent years, smoking and vaping habits have changed in our community. But tobacco smoking still causes many deaths and illness in Australia²⁸. Vapes and smokes have nicotine and other harmful chemicals that hurt the body and mind²⁹.

People should receive kind, non judgemental support to reduce or stop smoking and vaping.

where we're at

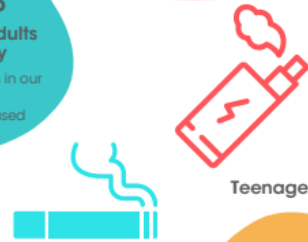
Smoking



While smoking continues to go down, vaping has gone up^{31, 32}

Vaping

Adults^{31, 32}



Teenagers³³



who

Vaping: we will work with teenagers and young adults

Where possible, we aim to work with these communities:

Smoking

Aboriginal and Torres Strait Islander people
People with low income
People who use alcohol and other drugs
Some groups from diverse cultural background

Vaping & smoking:

LGBTQIA+
People with mental health challenges








our focus...

We will work with people most likely to vape and smoke. To increase knowledge of harms and support options relevant to them.

Previous project: cohealth smoke and vape free

Policy update

 	
Title	SMOKE FREE PROCEDURE
Framework	Health and Wellness Framework
	
 	
Title	SMOKE AND VAPE FREE PROCEDURE
Framework	Health and Wellness Framework

Worked with our Quality and Safety team to:

- Include direction about vapes/vaping
- Updated cessation support
- 'No Smoking or Vaping' signage required

Signage audits

29 cohealth sites audited



Staff upskilling

To support role out of signage update and staff upskilling:

- Staff information sessions
- Staff SharePoint page

Current & ongoing projects: reducing harm from tobacco and vaping

Addressing vaping in priority communities



Deliver education sessions, policy support and signage

- Schools, sports clubs, O-Fest events at Vic Uni and Melb Poly
- Support cohealth cohealth Bicultural Workers and Community Development workers

Vape Free West partnership

Funded by VicHealth and led by Melton City Council

Resources for:

- Arabic
- Karen
- Chin
- Burmese
- **Social media campaign:** co-designed by young people
- **In-language education videos:** co-designed by parents and carers

Resources coming soon!

Online consultation

We are interested in hearing from **young people aged 18 – 25** years about their experiences with vaping.

- The experiences of young people who have **quit or tried to quit**
- The **type of supports** that young people would like to use to quit vaping

Survey results will guide our work and contribute to sector knowledge

Survey will be live mid March

thank you

For more information please contact:

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