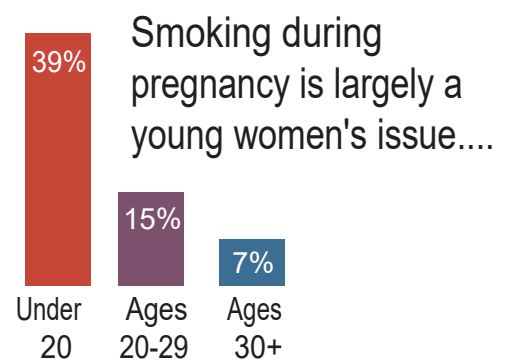


# Tobacco

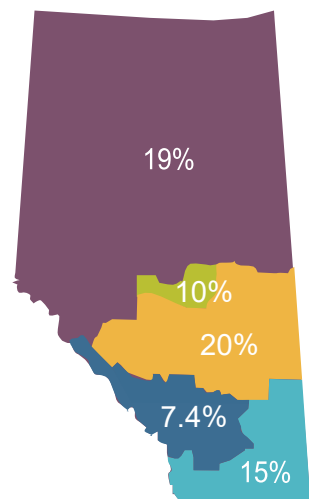
is a girls' and women's reproductive health issue



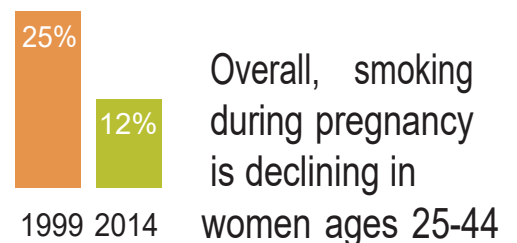
1 in 8 women in Alberta use tobacco



... and also depends on where you live



Many pregnant women quit or reduce smoking before their first prenatal visit, but relapse rates are very high postpartum



# Tobacco

## Helping Girls and Women Quit

### Women Centred

Respect women's context, pressures and goals when delivering care

### Trauma Informed

Recognize that experiences of trauma and violence are strongly associated with smoking

## 4 Principles for Practice

### Harm Reducing

Support women to improve their overall health by reducing tobacco use, improving nutrition, escaping violence, facing stigma, etc

### Equity Informed

Help women address barriers to health such as poverty, low literacy and inadequate support



### Principles in Action

- 1 Offer girls and women at all stages of life the opportunity to learn about the health effects of tobacco and resources to help them quit.
- 2 Some women might not be ready to quit, but they might be interested in cutting back or learning about how to reduce the impact of second-hand smoke in their lives.
- 3 Offer support but remember to respect women's right to decide what she can and cannot take on. Help women face the stigma directed to pregnant women who use tobacco.



## Learn More About How to Help Women

[Pregnets](#) – information, resources and support for pregnant and postpartum women and their care providers to help reduce smoking, quit and stay quit. Includes blogs and discussion groups.

Baby Steps Help Guide – a practical, step by step manual on how to offer tobacco intervention to girls and women in their reproductive years. Eleven optional discussion topics included.

Healthy Children & Families | Alberta Health Services. Information for preconception, pregnancy and parenting.  
[www.readyornotalberta.ca](http://www.readyornotalberta.ca) and [www.healthyparentshealthychildren.ca](http://www.healthyparentshealthychildren.ca)

AlbertaQuits HelpLine 1-866-710-7848 – Learn more about free and personalized phone, text, and group support to reduce and quit tobacco.