

LEADING PRACTICES IN FIRST NATIONS, INUIT, AND MÉTIS SMOKING CESSATION



CANADIAN PROGRAM SCAN RESULTS
APRIL 2019 (v5.0)



Summary of Updates

April 2019 (v5.0)

Highlights from the version 5.0 scan update include:

- QuitLine services are increasingly including Indigenous languages and cultural competency training for staff.
- Most smoking cessation programs developed by, with, and for First Nations, Inuit, and Métis have been sustained from year to year, with one new program added.
- Several smoking cessation programs strongly align with pan-Canadian evidence-based guidelines on smoking cessation.
- New capacity building initiatives in smoking cessation with Indigenous populations have been introduced in some jurisdictions.



Background

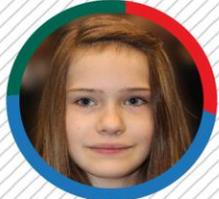
- Commercial tobacco use is the leading preventable cause of cancer in Canada and is higher among First Nations, Inuit, and Métis populations as compared to the general population across Canada.
 - The rate of smoking among Indigenous people is over two times higher compared to the non-Indigenous Canadian population [Source: Statistics Canada. (2015). List of health indicators by Aboriginal and non-Aboriginal populations. Accessed 31 March 2019 from <http://www.statcan.gc.ca/pub/82-624-x/2013001/article/app/11763-01-app1-eng.htm>]
 - The daily or occasional smoking rate, as reported using the 2007 to 2010 Canadian Community Health Survey dataset, was 48% among Inuit Canadians with the daily or occasional smoking rate at 40% among First Nations and 36% among Métis.
- Quitting commercial tobacco use has immediate and long-term health benefits.
- It is important for federal/provincial/territorial governments and community-based health organizations to implement evidence-based smoking cessation programs, practices, and policies developed by, with, and for First Nations, Inuit, and Métis.





Background (cont'd)

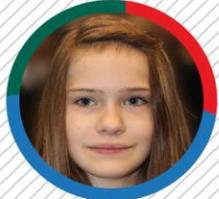
- This is the fifth edition of the Leading Practices in First Nations, Inuit, and Métis Smoking Cessation Program Scan by the Canadian Partnership Against Cancer (updated with data from 2018-19 fiscal year).
- This scan provides information on current practices in smoking cessation programs developed by, with, and for First Nations, Inuit, and Métis across Canada by jurisdiction.





Outline

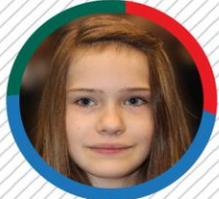
- Objectives
- Methods
- Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-informed Tobacco Treatment (CAN- ADAPTT) Practice Guideline for Aboriginal Peoples
- First Nations, Inuit, and Métis Smoking Cessation Programs in Canada
- Other Current Activity
- Discussion
- Suggested Citation





Program Scan Objectives

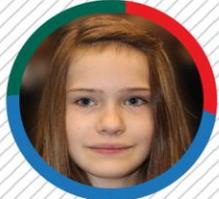
- Produce a baseline of knowledge on current practices in First Nations, Inuit, and Métis smoking cessation to highlight leading or effective practices across Canada.
- By sharing these practices across the country, support practice and policy specialists to adapt and innovate to improve practices in First Nations, Inuit, and Métis smoking cessation.
- Understand the extent to which effective smoking cessation programs developed by, with, and for First Nations, Inuit, and Métis exist in Canada and the extent to which such programs are supported by federal/provincial/territorial governments.





Methods

- Key informants identified from previous scan with tobacco control lead from:
 - Each federal/provincial/territorial government
 - Provincial cancer agencies
 - Additional informants identified through original contacts
- 35 informants contacted; 35 informants responded
- Scope did not include individual communities
- Data from v4.0 were provided with a request to update





Program Scan Questions

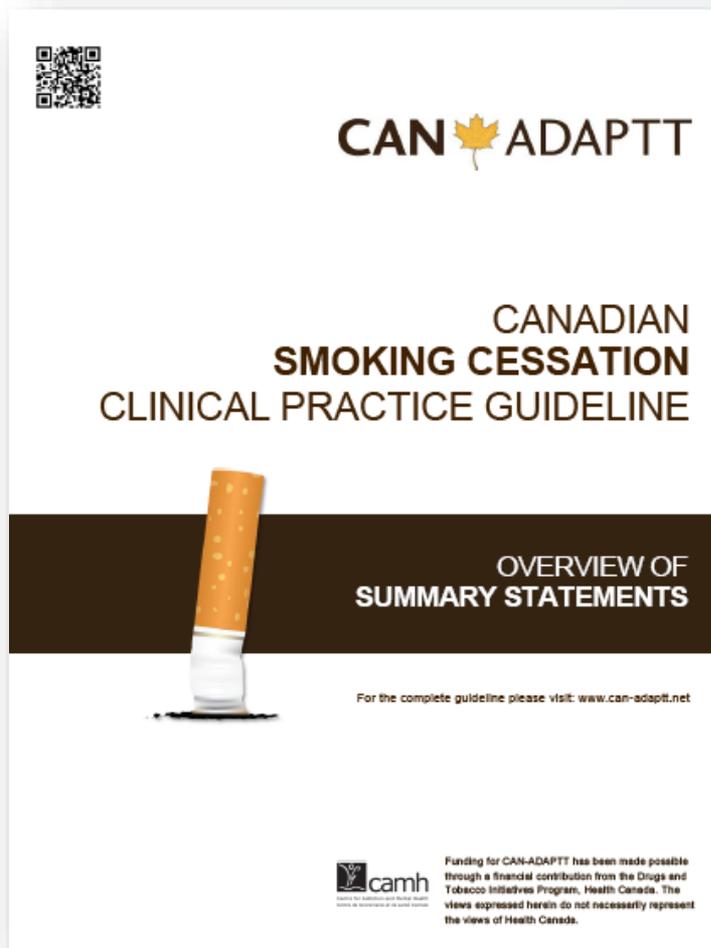
Thinking about smoking cessation programs developed by, with, and for First Nations, Inuit, and/or Métis populations:

1. What smoking cessation programs are available within your jurisdiction (e.g., federal, provincial, territorial, or community), if any?
2. How are these programs delivered within your jurisdiction (e.g., federal, provincial, territorial, community)?
3. To what extent are these programs and cessation aids funded by the federal/provincial/territorial government, and for whom (e.g., eligibility)? If not, how are these programs/cessation aids funded?
4. To what extent do these programs adhere to CAN-ADAPTT guidelines related to Aboriginal peoples?

Note: This scan did not detail information about the uptake of available programs



Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-informed Tobacco Treatment (CAN-ADAPTT) Clinical Practice Guideline for Aboriginal Peoples



CAN-ADAPTT CANADIAN SMOKING CESSATION GUIDELINE

■ ABORIGINAL PEOPLES[†]

SUMMARY STATEMENT #1

Tobacco misuse^Δ status should be updated for all Aboriginal peoples by all health care providers on a regular basis.

GRADE^Δ: 1A

SUMMARY STATEMENT #2

All health care providers should offer assistance to Aboriginal peoples who misuse tobacco with specific emphasis on culturally appropriate methods.

GRADE^Δ: 1C

SUMMARY STATEMENT #3

All health care providers should be familiar with available cessation support services for Aboriginal peoples.

GRADE^Δ: 1C

SUMMARY STATEMENT #4

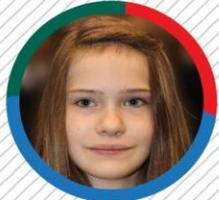
All individuals working with Aboriginal peoples should seek appropriate training in providing evidence-based smoking cessation support.

GRADE^Δ: 1C

For more information, please visit: www.can-adaptt.net



CAN-ADAPTT Clinical Practice Guideline for Aboriginal Peoples (cont'd)



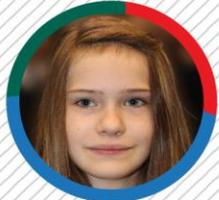
The CAN-ADAPTT Clinical Practice Guideline for Smoking Cessation for Aboriginal Peoples (2011) recommends the following:

- **Tobacco misuse* status should be updated for all Aboriginal peoples by all health care providers on a regular basis.** *(Strong Recommendation, High Quality Evidence)*
- **All health care providers should offer assistance to Aboriginal peoples who misuse tobacco with specific emphasis on culturally appropriate methods.** *(Strong Recommendation, Low Quality Evidence)*



CAN-ADAPTT Clinical Practice Guideline for Aboriginal Peoples (cont'd)

- **All health care providers should be familiar with available cessation support services for Aboriginal peoples.** *(Strong Recommendation, Low Quality Evidence)*
- **All individuals working with Aboriginal peoples should seek appropriate training in providing evidence-based smoking cessation support.** *(Strong Recommendation, Low Quality Evidence)*





Application of CAN-ADAPTT Guidelines to Current Practices

Process

- CAN-ADAPTT guidelines for Aboriginal Peoples were reviewed in relation to all programs identified as a means to identify effective programs (except for quitlines and coverage of cessation aids)

Application

- Strong alignment (strong) indicates:
 - >3/4 Aboriginal Peoples statements met
- Weak alignment (weak) indicates:
 - <3/4 Aboriginal Peoples statements met

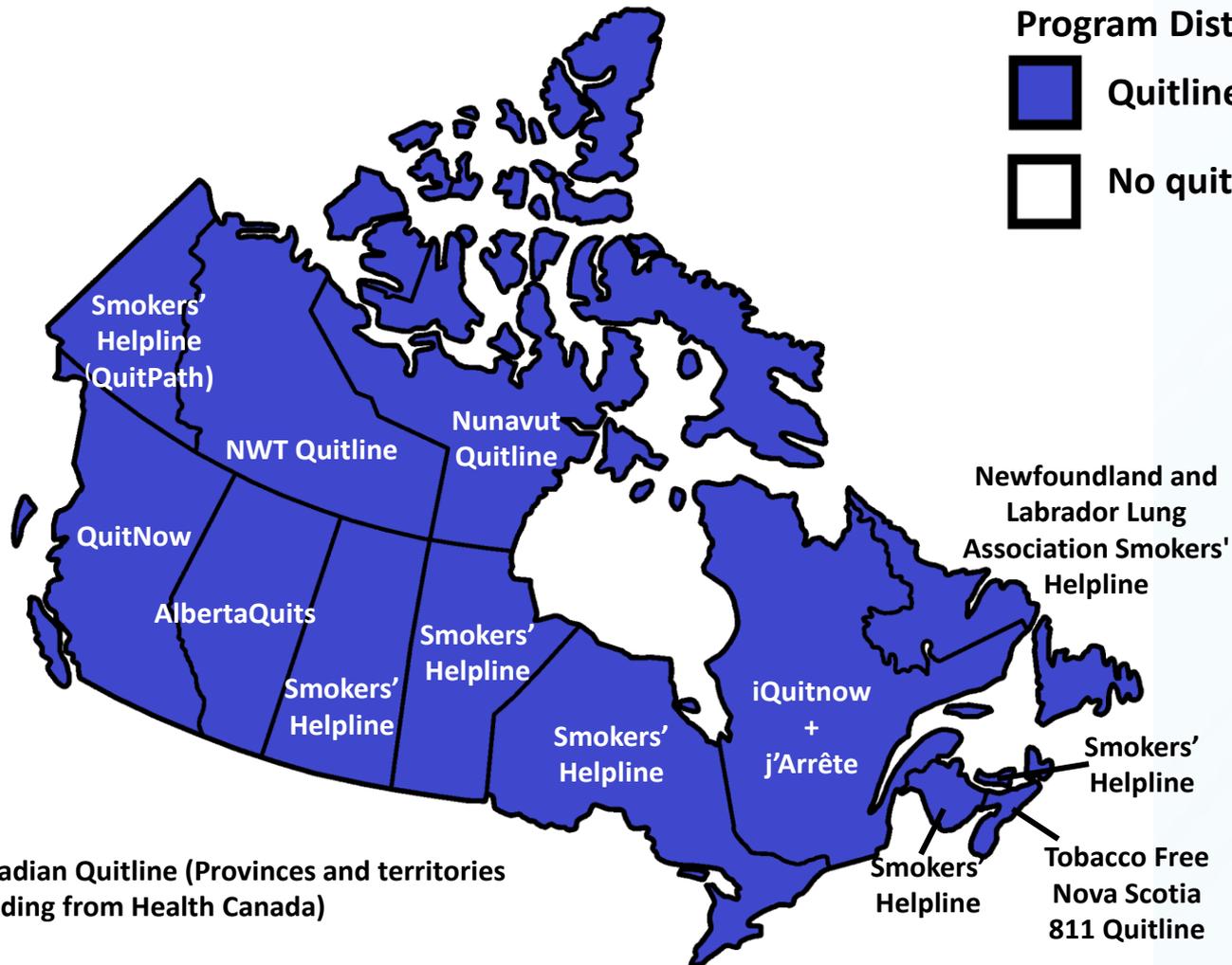


Quitlines in Canada

Province/Territory

Program Distribution

-  Quitline available
-  No quitline available



Pan-Canadian Quitline (Provinces and territories with funding from Health Canada)



Quitlines in Canada

First Nations, Inuit, and Métis Adaptations

	Quitline Name/ Link	Agency Responsible for Program Administration	Service in Indigenous Languages Available	Resources Available for:			Cultural Safety Training for Quitline Staff
				First Nations	Inuit	Métis	
Yukon	Smokers' Helpline (QuitPath) www.smokershelpline.ca	Government of Yukon (Department of Health and Social Services), funding agreement with Smokers' Helpline through Canadian Cancer Society	✓				✓
Northwest Territories	NWT Quitline www.nwtquitline.ca	Government of the Northwest Territories (Department of Health and Social Services)	✓	✓	✓	✓	✓
Nunavut	Nunavut Quitline www.nuquits.gov.nu.ca	Government of Nunavut (Department of Health)	✓		✓		✓
British Columbia	QuitNow www.quitnow.ca	Government of British Columbia (Ministry of Health), funding agreement with BC Lung Association	✓	✓	✓	✓	✓
Alberta	AlbertaQuits Helpline www.albertaquits.ca	Government of Alberta (Alberta Health)	✓	✓			✓
Saskatchewan	Smokers' Helpline www.smokershelpline.ca	Government of Saskatchewan (Ministry of Health), funding agreement with Smokers' Helpline through Canadian Cancer Society	✓				✓



Quitlines in Canada: First Nations, Inuit and Métis Adaptations (cont'd)

	Quitline Name / Link	Agency Responsible for Program Administration	Service in Indigenous Languages Available	Resources Available for:			Cultural Safety Training for Quitline Staff
				First Nations	Inuit	Métis	
Manitoba	Smokers' Helpline www.smokershelpline.ca	Government of MB (Department of Health, Healthy Living and Seniors), funding agreement with Smokers' Helpline through Canadian Cancer Society	✓				✓
Ontario	Smokers' Helpline www.smokershelpline.ca	Government of Ontario (Ministry of Health and Long-term Care), funding agreement with Smokers' Helpline through Canadian Cancer Society	✓				✓
Québec	iQuitnow www.iqitnow.qc.ca + j'Arrête http://www.jarrete.qc.ca/	Government of Quebec (Ministère de la Santé et des Services sociaux), funding agreement with Smokers' Helpline through Canadian Cancer Society, and Quebec Council on Tobacco					
New Brunswick	Smokers' Helpline www.smokershelpline.ca	Government of New Brunswick (Dept of Social Development) funds the helpline in collaboration with Canadian Cancer Society, funding agreement with Smokers' Helpline through Canadian Cancer Society	✓				✓



Quitlines in Canada: First Nations, Inuit and Métis Adaptations (cont'd)

	Quitline Name / Link	Agency Responsible for Program Administration	Service in Indigenous Languages Available	Resources Available for:			Cultural Safety Training for Quitline Staff
				First Nations	Inuit	Métis	
Nova Scotia	Tobacco Free Nova Scotia 811 Quitline https://tobaccofree.novascotia.ca/	Government of Nova Scotia (Department of Health and Wellness)					✓
Prince Edward Island	Smokers' Helpline www.smokershelpline.ca	Government of PEI (Ministry of Health), funding agreement with Smokers' Helpline through Canadian Cancer Society	✓				✓
Newfoundland + Labrador	Newfoundland and Labrador Lung Association Smokers' Helpline www.smokershelp.net	NL Lung Association Smokers' Helpline, funding provided by the Government of NL (Department of Children, Seniors and Social Development)					*
Federal	Pan-Canadian Quitline www.gosmokefree.gc.ca/quit	Collaboration between Federal/Provincial/Territorial Governments, Health Canada (also provides funds for Pan-Canadian quitline initiative)	*	*	*	*	*

*Availability varies by province and territory.



First Nations, Inuit and Métis Smoking Cessation Programs in Canada

	Program Name	Agency Responsible for Program Administration	Eligibility	CAN-ADAPTT Alignment
Yukon	QuitPath—First Nations Health Centre	Kwanlin Dun First Nations Health Centre	First Nations	strong
Northwest Territories	Stanton Territorial Hospital Smoke-Free Policy and Program	Stanton Territorial Hospital	First Nations, Inuit, Métis	strong
Nunavut*				
British Columbia	Medical Clinic	Vancouver Native Health Society	First Nations, Inuit, Métis	strong
Alberta	Poundmaker Lodge	Poundmaker's Lodge Treatment Centre's (The Society)	First Nations Inuit, Métis	strong
Saskatchewan*				
Manitoba*				

*No programs identified.



First Nations, Inuit and Métis Smoking Cessation Programs in Canada

	Program Name	Agency Responsible for Program Administration	Eligibility	CAN-ADAPTT Alignment
Ontario	Indigenous Tobacco Program	Cancer Care Ontario	First Nations, Inuit, Métis	strong
	Urban Aboriginal Healthy Living Program	Ontario Federation of Indigenous Friendship Centres	First Nations, Inuit, Métis	strong
	Smoke-Free Ontario Programming including STOP [Aboriginal Health Access Centres (AHACs)]	Centre for Addiction and Mental Health	AHAC patients (First Nations, Inuit, Métis)	strong
	IT'S TIME	Centre for Addiction and Mental Health	AHAC patients (First Nations, Inuit, Métis)	strong
	MNO Smoking Cessation Program	Métis Nation of Ontario (MNO)	Métis	
	Ottawa Model for Smoking Cessation	Weeneebayko General Hospital	First Nations	strong
	Ottawa Model for Smoking Cessation	N'Mninoeyaa Aboriginal Health Access Centre; Baawaating Family Health Team, Gizhewaadiziwin Health Access Centre	First Nations	strong
	Moving on to Being Free	Lakehead University	First Nations	strong



First Nations, Inuit and Métis Smoking Cessation Programs in Canada (cont'd)

	Program Name	Agency Responsible for Program Administration	Eligibility	CAN-ADAPTT Alignment
Québec	Healing from Smoking	First Nations of Quebec and Labrador Health and Social Services Commission	First Nations, Inuit	strong
	The Breathe Easy Kit	First Nations of Quebec and Labrador Health and Social Services Commission	First Nations, Inuit	
New Brunswick*				
Nova Scotia	NRT (dispensed from pharmacist) available for up to 16 weeks, 2 times/yr	Nova Scotia Health Authority- Central Zone	First Nations	
Prince Edward Island*				
Newfoundland + Labrador*	Healing from Smoking	First Nation of Quebec and Labrador Health	Sheshatshiu Innu First Nation	
	Breathe Easy Kit	First Nation of Quebec and Labrador Health	Sheshatshiu Innu First Nation	
	Helping Women Live Smoke-Free	Regional Health Authorities and Department of Children, Seniors and Social Development	First Nations, Innu, Metis	
Federal	First Nations Inuit Health Non-Insured Health Benefits Program (cessation aid coverage)	Indigenous Services Canada	First Nations, Inuit	N/A

*No programs identified



First Nations, Inuit and Métis Smoking Cessation: Other Current Activity by Jurisdiction

	Agency Responsible for Strategy/ Program Administration	Strategy or Framework	Capacity Building
Yukon	QuitPath	Researching ways to strengthen Cultural Safety and Cultural Competency in current QuitPath programming	Health Promotion Unit
Northwest Territories*			
Nunavut	Government of Nunavut	<ul style="list-style-type: none">• Tobacco Has No Place Here Mass Media Campaign• Strengthening Cessation Activities in Nunavut - Framework	Clinical Cessation Educator FTE

*No strategies or capacity building activity.



First Nations, Inuit and Métis Smoking Cessation: Other Current Activity by Jurisdiction

	Agency Responsible for Strategy/ Program Administration	Strategy or Framework	Capacity Building
British Columbia	BC Cancer Agency		Tobacco Education and Action Module (TEAM): Cessation training for non-health professionals.
	First Nations Health Authority, the BC Association of Aboriginal Friendship Centres (BCAAFC) and the Métis Nation BC (MNBC).		Aboriginal Sports, Recreation and Physical Activity Partners Council (Honour Your Health Challenge)
	First Nations Health Authority	Respecting Tobacco Framework (in development)	Respecting Tobacco Training
	Interior Health		Tobacco Reduction Program provides cessation training and resources specific to First Nations and Aboriginal communities across the health authority to build capacity among First Nations and Aboriginal leaders and service providers to provide culturally appropriate cessation services, and increase awareness of resources available to support quitting.
	Island Health		Tobacco Reduction Program
	Fraser Health		Tobacco Reduction Program



First Nations, Inuit and Métis Smoking Cessation: Other Current Activity by Jurisdiction

	Agency Responsible for Strategy/ Program Administration	Strategy or Framework	Capacity Building
British Columbia (cont'd)	Northern Health		Tobacco Reduction Program provides resources and support to First Nations and Aboriginal Health Care providers and Communities to build capacity to apply tobacco reduction strategies to prevent the use of tobacco, protect others from second hand smoke and support tobacco users to quit.
Alberta	Alberta Health Services tobacco reduction program provides support to the Alberta Health Tobacco Reduction Strategy (2012 to 2022)	Alberta Tobacco Reduction Strategy – Creating Tobacco Free Futures. Four pillars cessation, prevention, protection and knowledge translation/capacity. Cessation pillar includes at risk populations i.e. First Nations.	<ul style="list-style-type: none"> • Exploring establishing a collaborative partnership with Indigenous Health Leaders to develop a comprehensive commercial tobacco reduction strategy. • Targeted prevention resources for children developed with inclusion of traditional vs non-traditional tobacco use. • Health care provider resource “Do You Know the Difference” with support from the Alberta Elders Wisdom Circle. • Partnership with the Métis Nation of Alberta underway to create meaningful and inclusive tobacco resources.



First Nations, Inuit and Métis Smoking Cessation: Other Current Activity by Jurisdiction

	Agency Responsible for Strategy/ Program Administration	Strategy or Framework	Capacity Building
Saskatchewan	<ul style="list-style-type: none"> Northern Intertribal Health Authority Northern Saskatchewan Population Health Unit 	Northern Healthy Communities Partnership – Northern Tobacco Strategy	
	Government of Saskatchewan		Tobacco Addiction Recovery (TAR) is a First Nation-focused subsidiary of Partnership to Assist with Cessation of Tobacco (PACT), started in 2008. First Nation health care providers have completed the training.
Manitoba	Government of Manitoba, Department of Health, Healthy Living and Seniors	Students Working Against Tobacco (SWAT) Team Program	Tailoring SWAT for First Nation youth and culture, expansion of SWAT teams in First Nation high schools, culturally adapting resources and distinguishing between sacred use of tobacco and misuse of commercial tobacco.



First Nations, Inuit and Métis Smoking Cessation: Other Current Activity by Jurisdiction

	Agency Responsible for Strategy/ Program Administration	Strategy or Framework	Capacity Building
Ontario	Cancer Care Ontario	Indigenous Cancer Strategy III	Indigenous Tobacco Program (ITP) is a resource centre to build capacity across FNIM communities to address commercial tobacco prevention, cessation and protection.
	Ottawa Model for Smoking Cessation		OMSC has adapted patient-centred materials for partner sites with Indigenous communities.
	<ul style="list-style-type: none"> • Government of Ontario (Ministry of Health and Long-Term Care) • Centre for Addiction and Mental Health • Indigenous Tobacco Program at Cancer Care Ontario 		<p>The Indigenous Tobacco Program enhances knowledge, builds capacity and empowers First Nations, Inuit and Métis communities with the skills and tools needed to address commercial tobacco cessation, protection and prevention.</p> <p>Training Enhancement in Applied Cessation Counselling and Health (TEACH) Project/Cancer Care Ontario - Tobacco Interventions for First Nations, Inuit and Métis Populations (TEACH Project Speciality Course). Provides capacity building for First Nations, Inuit and Métis communities; build capacity by training health practitioners to deliver culturally tailored prevention and cessation services to their clients. Facilitates knowledge transfer by training helpers to deliver culturally competent commercial tobacco cessation interventions with FNIM clients. Manuals developed for FNIM clients include freely accessible Indigenous Tools and Strategies on Tobacco: Interventions, Medicines and Education (ITS TIME).</p>



First Nations, Inuit and Métis Smoking Cessation: Other Current Activity by Jurisdiction

	Agency Responsible for Strategy/ Program Administration	Strategy or Framework	Capacity Building
Ontario (cont'd)	Métis Nation of Ontario (MNO)	MNO 'Choose Health' Intervention	MNO 'Choose Health' Intervention: Culturally-specific health promotion and chronic disease prevention intervention tailored to Métis clients. 'Workshops in a Box' developed for diabetes, healthy eating, plus cancer and smoking (in development). include Métis-specific resources, tools, activities and health promotion videos featuring stories of Métis citizens.
Québec	Nunavik Regional Board of Health and Social Services		Lifestyle Programs: Providers have been trained in smoking cessation.
	Cree Board of Health and Social Services of James Bay		No Butts to it! Challenge, a community-based intervention, implemented with a local team that is well organized, trained and motivated, that reaches all segments of the population (within the Cree communities) to fuel the conversation about quitting smoking or not starting.
New Brunswick*	Vitalité Health Network		Training staff at the Elsipogtog Health and Wellness (First Nations) Center as smoking cessation counsellors.
Nova Scotia	Nova Scotia Health Authority-Central Zone		Staff offering Stop Smoking Program receive cultural safety training and work in partnership with the local Mi'kmaw Native Friendship Centre in ensuring culturally safe support.
Prince Edward Island*			

*No strategies or capacity building activity.



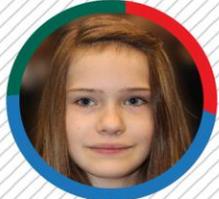
First Nations, Inuit and Métis Smoking Cessation: Other Current Activity by Jurisdiction (cont'd)

	Agency Responsible for Strategy/ Program Administration	Strategy or Framework	Capacity Building
Newfoundland + Labrador	Regional Health Authorities		Training for First Nation, Inuit and Métis providers on “Helping Women Live Smoke-Free”.
	Nunatsiavut Government		Facilitator training on “You can stop by starting with us” Newfoundland and Labrador Smokers’ Helpline
Federal	Indigenous Services Canada & Crown-Indigenous Relations and Northern Affairs Canada	Canada’s Tobacco Strategy, Co-development of Distinctions-Based Approaches with Indigenous Peoples	

*No strategies or capacity building activity.



Discussion



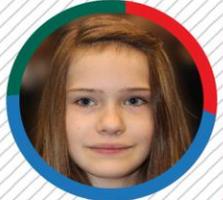
- Practices uncovered by this scan are as identified by key informants; other programs may exist.
- Relatively few smoking cessation programs developed by, with, and for First Nations, Inuit, or Métis exist in Canada.
- It is hoped that dissemination of this scan will facilitate knowledge exchange across Canada and support practice and policy specialists in developing evidence-informed smoking cessation programs in their jurisdiction.
- Annual updates of this scan are planned.



Discussion (cont'd)

- Evidence indicates smoking cessation interventions (pharmacotherapy and behavioural) are effective for Indigenous populations, however more information is needed on how best to support implementation and uptake of these approaches, including incorporating cultural competence and safety.

[Source: Ontario Tobacco Research Unit. (March 2018). *Smoking Cessation Interventions in Indigenous Populations*. Accessed from: https://otru.org/wp-content/uploads/2018/03/react_mar2018.pdf]

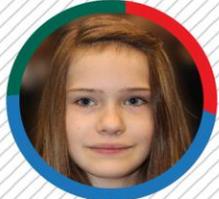




Suggested Citation

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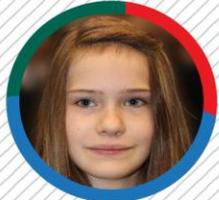
Canadian Partnership Against Cancer (2019). *Leading Practices in First Nations, Inuit, and Métis Smoking Cessation: Canadian Program Scan Results (v5.0)*. Available at: www.cancerview.ca/tobacco, Accessed: [enter date]





Questions?

Please send questions and/or comments to:
primary.prevention@partnershipagainstcancer.ca



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