



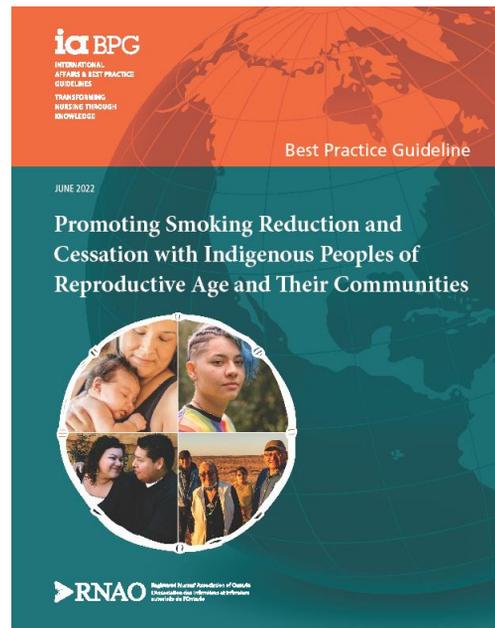
## Promoting Smoking Reduction and Cessation with Indigenous Peoples of Reproductive Age and Their Communities

### Traditional Indigenous Healing Practices

For many First Nations, Inuit and Métis Peoples, traditional healing practices are an essential part of a holistic approach to health and wellness. In collaboration with traditional Healers, Knowledge Keepers or Elders, non-Indigenous health providers can integrate these healing practices into your health care plan when requested.

### Traditional Knowledge

First Nations, Inuit and Métis Peoples have unique knowledge and cultural practices that promote health and wellness. Health providers can learn from Indigenous Knowledge Keepers, Elders and you to promote the inclusion of your cultural practices into the health services you receive.



### A holistic health assessment includes a conversation with your health provider who:

- ✓ builds a person-centred relationship with you that is based on trust and respect;
- ✓ not only asks if you smoke or are exposed to smoke, but seeks to understand the spiritual and emotional parts of your overall health;
- ✓ respects all Indigenous people as the decision-maker in the health care services they receive;

- ✓ provides a culturally safe space for you and your support network;
- ✓ uses a trauma-informed approach to your health and wellness;
- ✓ tailors their approach to promoting smoking reduction and cessation to your needs;
- ✓ offers smoking reduction and cessation counseling to you during pregnancy and the postpartum period;
- ✓ advocates for equitable access to smoking reduction and cessation services if you are seeking these services.



### What role can all people who are not Indigenous play?

- ✓ Participate in life-long ongoing learning about the history of Indigenous Peoples and the historical and current barriers Indigenous people experience accessing health care. Engage in ongoing critical reflection about how your personal values, assumptions and biases can influence your perspectives.
- ✓ Promote change by advocating for access to health services (i.e., hospitals, clinics, primary care, long-term care) that are more inclusive and culturally safe spaces for all people.
- ✓ Consider being an ally. An ally is someone who works against unfair and unjust actions along with and guided by Indigenous Peoples. For example, an ally could ask organizations about their Indigenous cultural safety policy and accessing employee cultural safety education.

**Health providers, organizations, communities and allies all have a role to play to improve Indigenous health and wellness services.**

\*Banner images from Sandy Lake First Nation

This health education fact sheet was developed using content from the RNAO best practice guideline (BPG) *Promoting Smoking Reduction and Cessation with Indigenous Peoples of Reproductive Age and their Communities* (2022). Its purpose is to provide you with information and to help you make decisions regarding your health. All of RNAO's BPGs are available for public viewing and free download at <https://RNAO.ca/bestpractices>. The *Promoting Smoking Reduction and Cessation with Indigenous Peoples of Reproductive Age and their Communities* BPG is available at: [Promoting Smoking Reduction and Cessation with Indigenous Peoples of Reproductive Age and their Communities | Registered Nurses' Association of Ontario \(rnao.ca\)](#)