

Stop smoking service rewards hapū wāhine and mums

Louisa Waikari is dedicated to seeing every Māori and Pacific Hutt Valley pēpi (baby) born into a smokefree home – and every pregnant wahine being smokefree before they have their pēpi.

“We all know babies have a healthier start in life when the home is smokefree, but most smokers find it hard to stop and that’s no different for women who are pregnant. It’s especially hard when whānau and friends smoke but the good news is there’s help.”

Louise is the coordinator of a new stop smoking service for Māori and Pacific pregnant mothers who are smokers or smoking mothers with tamariki (children) under five.

“The 12 week plan rewards you with prizes along the way and a \$200 Pak’n Save voucher for those who are smokefree by the end,” says Louisa.

Women on the programme get free nicotine replacement therapy patches, gum and

lozenges, and counselling and motivational support provided face-to-face. The service is part of Seaview’s Kokiri Marae’s Whānau Ora Hapū Māmās’ programme to help Māori and Pacific Hutt Valley mothers or mothers to be.

Louise explains more help is needed for this group as 35% of pregnant Māori wāhine in Hutt Valley smoke, more so than in other ethnic groups.

“When you are pregnant and smoke, or breathe other people’s smoke, the smoke passes through the baby’s whenua (placenta) - so your baby smokes too,” says Louise. “Harmful chemicals can get into the baby’s blood.”

There are many other dangers to baby caused by smoking. Smoking can cause a miscarriage or stop a baby from growing as well as it should. When a baby is born it can have breathing problems. Keeping babies smoke-free helps prevent Sudden Unexpected Death in Infancy (SUDI).

The Whānau Ora Hapū



Louisa Waikari, coordinator of the new stop smoking service which is free for Māori and Pacific pregnant mothers who are smokers or smoking mothers with children under five.

Māmās’ programme also offers support to Māori and Pacific hapū women or mothers with tamariki under five to access essential services like breastfeeding help,

dental care, immunisation, early childhood and kōhanga reo, and support from social services.

The programme is run by the regional Takiri Mai Te Ata

Whānau Ora Collective.

To find out more contact Louisa at Kokiri Marae on 04 939 4630 or email louisa@kokiri-hauora.org.nz.

New signs help keep our city smokefree



If you’re out and about in Lower Hutt you’ll notice new smokefree signs and promotional posters like this one (above) in the High Street bus shelter outside Hutt Hospital, where health and community leaders, Bridget Allan (Chief Executive of Te Awakairangi Health Network), Ray Wallace (Mayor of Lower Hutt), Dr Virginia Hope (Chair of Hutt Valley DHB), Dr Ashley Bloomfield (Chief Executive of Hutt Valley DHB) and Jo Asghar (Chair of Te Awakairangi Health Network) joined together to launch the next step of Hutt City Council’s work to progressively make Lower Hutt smokefree.

Smoking is the greatest single preventable cause of death in New Zealand, causing a quarter of all cancer deaths. Second hand smoke is also a

serious public health issue, especially for children.

Hutt City Council extended its Smokefree Outdoor Public Places Policy in

July and is now ramping up action by installing signs in public places complemented by a Smokefree Lower Hutt awareness-raising campaign.

“Quitting smoking is one of the best things anyone can do for their own health and the health of their families,” says Dr Bloomfield.

“Parents who don’t smoke and raise their families in homes that are smoke-free contribute to the improved health of our whole community.”

For support to quit smoking you can contact; the Regional Stop Smoking Service 0800 926 257, Quitline 0800 778 778, visit www.quit.org.nz, or see your GP.

Smokefree areas in Lower Hutt

Swimming pool complexes
Playgrounds
Parks and sportsgrounds
Skate parks
Bus shelters
Train stations
Outdoor pavement dining
Outdoor public areas around Council buildings and facilities
Council run and sponsored events

Read more news at huttvalleydhb.org.nz

HVDHB meetings open to the public

Friday, 18 November
3DHB Community Public Health Advisory Committee-Disability Support Advisory Committee (CPHAC-DSAC) 9.00 am

Friday, 16 December 2016 HVDHB Board 1.00 pm.

Meetings are held in the Boardroom, Pilmuir House, Hutt Hospital campus, High Street, Lower Hutt