



## **This Issue in the Journal**

### **Few smokers in South Auckland access subsidised nicotine replacement therapy**

Simon Thornley, Gary Jackson, Hayden McRobbie, Siniva Sinclair, James Smith

Nicotine replacement therapy or NRT (patch, gum or lozenge) is a life saving, effective treatment, that roughly doubles the chance of smokers quitting long term over 'cold turkey' methods. Government subsidised use of such products are recorded in national health databases. Analysis of this information showed that few smokers (~4%) in South Auckland use this treatment to help them quit annually. Pacific people's use of NRT is about four times lower than European after adjustment for smoking levels. From this information, we suggest that programmes to improve uptake of NRT among Pacific groups be prioritised. Offering quit smoking services to large manufacturing workplaces may be one approach to reducing this disparity.

### **Getting an outdoor smokefree policy: the case of Kapiti Coast District Council**

Leigh Halkett, George Thomson

A case study of Kapiti Council's adoption of a smokefree parks policy illustrates ways to help local authorities make similar moves. A collaborative approach amongst health and community groups, with a council, can be very effective. Success can be aided by demonstrated public support, the relative simplicity and low cost of such policies, and by information on the success of similar policies elsewhere.

### **A complex intervention to support 'rest home' care: a pilot study**

Shankar Sankaran, Tim Kenealy, Allan Adair, Vivienne Adair, Heather Coster, Noeline Whitehead, Nicolette Sheridan, Matthew Parsons, Elaine Marshall, Leslie Bailey, Catherine Price, Dwayne Crombie, Harry Rea

This Counties Manukau DHB initiative from the Health of Older People Service resulted in positive benefits for frail elderly people living in a rest home, with reduction in use of inappropriate medicines, improved training for care givers in the rest home, and enhanced the relationship between primary care and secondary care services (which in this case are private and public health services). It also introduced the concept of Advance Care Planning, which needs to be much more widely used in rest homes and the community. It may have reduced the number of people admitted to hospital from the rest home, though this would need to be confirmed by a larger study.

**Pacific solutions to reducing smoking around Pacific children in New Zealand: a qualitative study of Pacific policymaker views**

Tolotea Lanumata, George Thomson, Nick Wilson

Families and churches were seen by Pacific health policymakers as the major avenues for the changing smoking around children. They also wanted specific interventions for each Pacific ethnic group, along with better resourcing of Pacific tobacco control. Their general reluctance to consider smokefree regulation extensions is lagging behind the surveyed attitudes of Pacific peoples in New Zealand.

**Characteristics and quitting success of roll-your-own versus tailor-made cigarette smokers**

Judy Li, Michele Grigg, Deepa Weerasekera, Li-Chia Yeh

This study aimed to find out if roll-your-own tobacco smokers have an equal chance of quitting smoking 12 months after registering with the Quitline. We found that the type of tobacco smoked per se did not predict quit success. In other words, roll-your-own tobacco users were not more or less likely to quit smoking. However, certain callers were more likely to succeed in quitting, such as those who were older, less nicotine-dependent, had higher income and had received the full intervention from the Quitline, i.e. called to a Quitline Advisor, had read some of the written resources on quitting and had redeemed at least one voucher for subsidised nicotine replacement products. This finding would help the Quitline to identify gaps in their services in order to provide equitable quitting outcomes for all New Zealanders.