



STARSS News

Start Thinking About Reducing Secondhand Smoke!

Issue Eleven

Help her keep her hands busy

Sometimes when people quit or reduce their smoking, it helps them to have something in their hands -- instead of a cigarette! Why not suggest she:

- Plays cards, knits, sews, or hammers nails. Think of anything she likes to do that distracts her hands from picking up a cigarette.
- Makes a **STARSS**-inspired craft, like star shaped cookies or no-smoking signs
- Takes turns giving manicures with a friend.
- Takes up doodling.
- Squishes away her stress with the new **STARSS** squeezies!

What other ideas can you and a **STARSS** mom come up with?

AWARE

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Update from the national STARSS community

Wendy has returned from the **STARSS** cross-Canada tour. It was great to visit with all of you and your colleagues who participated in the many **STARSS** training events.

Christine in Port Alberni, BC had a great idea. She and the participants in her parenting program made fantastic **STARSS**-themed posters that were displayed during National Aboriginal Day on June 21st. Take a look at the fabulous and inspiring posters at aware.on.ca/starss/starss-showcase. Christine has had the posters laminated for permanent display within her CAPC project and the Port Alberni Friendship Centre.

Research Update: Education, Socioeconomic Status, and Smoking

Though smoking is on the decline, this is more true for men than for women. It is predicted that by the year 2025, 20% of the world's women will be smokers.

There are also specific groups of women who have smoking rates higher than the general population, such as Aboriginal women, women who identify as lesbian or bisexual, as well as women with lower-income, homeless women and women with mental health issues. Estimates are in the range of 50-70% for each of these groups. Women with less than a high school education are three times more likely to be current smokers than women with a college education.

Smoking is highest among those with low incomes. Smoking is twice as high for the lowest family income category as for the highest (30% vs. 16% for women). A 2006 study concluded that campaigns designed for populations of low socioeconomic status may be more effective in reducing smoking rates than campaigns for the general population.

Also, smoking is much higher for single mothers (34%) than parents who live with a partner (18%). (From PTCC's Women and Tobacco Info Pack)

These are some of the reasons that **STARSS** is such an important and effective program. We support the women who are most likely to smoke.

Don't forget, we're on Facebook and Twitter!

Facebook - <http://www.facebook.com/pages/STARSS.Canada>

Twitter - http://www.twitter.com/STARSS_Canada

Go to www.aware.on.ca to download a print friendly version of the newsletter.