

Special Populations

Aboriginal People

To date approximately 16.5% of Manitoba's population identifies as smokers, of those who identify as First Nation approximately 50% smoke; this excluding the use of tobacco for traditional practices.¹ Aboriginal individuals are estimated to be twice as likely to smoke as compared to their non-Aboriginal counterparts.¹ Due to Manitoba having the largest representation of Aboriginal people (13.5% in 2013) within Canada, it is important for the province and its regional health authorities to identify this population as a priority when it comes to smoking cessation interventions and campaigns.²

For further information on Southern Health- Santé Sud's Aboriginal policies, please feel free to contact the Regional Director of Aboriginal Health Services at the following phone number: (204)239-2401.

Individuals with Mental Illnesses

Individuals who are diagnosed with mental illnesses are two to four times more likely to become a smoker as compared to the general population.³ Particular concern exists for individuals who are diagnosed with schizophrenia or bipolar disorder due to the high proportions of smokers with these mental illnesses (as high as 88% and 83% in each group respectively).³ Often smoking is related with these mental illnesses as the nicotine within the cigarettes provides temporary relief from the adverse symptoms of the illness. Research has demonstrated this for other illnesses –such as attention hyperactivity disorder and depression – as well.³ Due to the potential short-term benefits it can often be challenging for individuals with mental illnesses to quit. Since there are both huge health and financial risks for individuals with mental illnesses who smoke though, the behavior of smoking should not be overlooked and should be addressed immediately by all health personnel.⁴

For further information please reference the Centre for Addictions and Mental Health website: www.nicotinedependenceclinic.com.

Females during the Pregnancy and Post-Partum Periods

Within Canada, it is estimated about 10.5% of pregnant females will smoke during their pregnancy.⁵ Although pregnant women, tend to become quite motivated to quit during their pregnancy there are often obstacles in their environment that can prevent them from being successful. These obstacles may include, but are not isolated to: stressors (e.g., lack of money), a significant other who continues to smoke and/or a lack of a support system. Evidently, health professionals should prioritize support to pregnant women to assist them in reducing or ceasing in smoking both during and after their pregnancy. Lastly it should be noted that women of Aboriginal or French origin or of a lower socioeconomic status- just to name a few – have a higher prevalence of smoking.

For further information on how to apply the 5 A's (Ask, Advise, Assess, Assist, Arrange) during the pregnancy and post-partum periods please reference the American College of Obstetricians and Gynecologists document entitled, *Smoking Cessation During Pregnancy: A Clinician's Guide to Helping Pregnant Women Quit Smoking*: canmch.ca/wp-content/uploads/2013/11/Smoking-Cessation-During-Pregnancy.pdf.

For information on the best smoking cessation intervention strategies for pregnant women please reference the World Health Organization's document, *Pregnancy and Postpartum Smoking Cessation*: www.who.int/tobacco/publications/gender/en_tfi_gender_women_pregnancy_postpartum_smoking_cessation.pdf.

¹ Government of Manitoba (n.d.). *Aboriginal and Northern Profile*. Retrieved May 21, 2015 from <http://www.gov.mb.ca/ana/community/profile.html>

² Physicians for a Smoke Free Canada (2013). *Smoking among Aboriginal Canadians*. Retrieved May 21, 2015 from <http://www.smoke-free.ca/factsheets/pdf/cchs/aboriginal.pdf>

³ CAN-ADAPTT & CAMH (n.d.). *Mental Illness & Smoking: Key Messages for Health Care Providers and Policy Makers*. Retrieved May 16, 2015 from <https://www.nicotinedependenceclinic.com/english/teach/siteassets/pages/smoking-fact-sheets2/mental%20illness%20and%20smoking%20fact%20sheet%20for%20healthcare%20providers.pdf>

⁴ Depp, C.A., Bowie, C.R., Mausbach, B.T., Wolyniec, P., Thornquist, M.H., Luke, J.R., McGrath, J.A., Pulver, A.E., Patterson, T.L., & Harvey, P.D. (2015). Current smoking is associated with worse cognitive and adaptive functioning in serious mental illness. *Acta Psychiatrica Scandinavica*, 131, 333-341. doi: 10.1111/acps.12380

⁵ Pregnet & Centre for Addition and Mental Health. (2012). *Pregnancy and Smoking: A literature review that investigates the unique challenges that women experience during and after pregnancy*. Retrieved from <http://www.pregnets.org/dl/Lit%20Review%20FINAL.pdf>