



**The Asthma Foundation
of Western Australia Inc**

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...Helping People Breathe Better...

MEDIA RELEASE

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IS YOUR BABY CHOKING WHILE YOU ARE SMOKING?

Over 50% of Indigenous pregnant women smoke, according to the Australian Institute of Health and Welfare. This figure is alarming, as smoking while pregnant and around newborns increases the risk of the baby developing Asthma, Sudden Infant Death Syndrome (SIDS) and being born an unhealthy birth weight. To provide support to Indigenous pregnant women in the Gascoyne region, The Asthma Foundation of WA is conducting Brief Intervention Training in Smoking Cessation for health professionals in Carnarvon on Wed 27th May.

The Asthma Foundation of WA's Newborn Asthma Parental Smoking (NAPS) Project aims to promote the message "Fresh air grows sold babies" and encourages pregnant women and new mothers and fathers to create smoke free environments for their fetus and newborn.

Health Promotion Officer, Amy Murphy said "Smoking during pregnancy makes it harder for an unborn baby to get the oxygen and nourishment the baby needs to survive and it is vital that both the mother and father stop smoking".

Some tips on how to make your home smoke free: Try to quit smoking (this includes your partner), smoke outside and not in the car, ask people to not smoke around you and your baby, and remove all ashtrays from inside your car and home.

"Quitting smoking at any stage during pregnancy will provide health benefits for both the woman and her baby, however there is no safe level of smoking, as even a few cigarettes a day means many poisons will be in your growing baby's food supply. There are over 4000 poisonous chemicals in cigarettes and cigarette smoke", Amy said.

Amy will be conducting FREE Brief Intervention Training for Smoking Cessation at the Carnarvon Aboriginal Medical Service, Conference room, from 10am to 12 on Wednesday 27th May. If you work with pregnant women, please contact Amy on 9289 3662 to reserve your place.

If you need help with quitting smoking or would like more information on the NAPS Project please contact the Asthma Foundation of WA on 9289 3662 or hpo@asthmawa.org.au. Alternatively please visit the website at www.smokefreebaby.org.au.

For further information, please contact:

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