

POOF!

QUIT for Life!

Quitting smoking can be challenging, sometimes it takes a couple of attempts
If you've tried before, have another go. Support is available -

- Gay Men's Quit for Life courses
- Benefits of quitting smoking
 - Planning a quit attempt
 - Getting through the tough times
 - Staying a non-smoker

Call 8334 1606 to enrol

POOF!

There goes a life

Thinking of quitting?

Call the Quitline on 13 QUIT (13 7848)
or Gay Men's Health on 8334 1606
Join a Gay Men's Quit for Life course



Government of
South Australia



Tobacco smoking is the single biggest cause of premature death, disease and disability in Australia.

Every year, about 19,000 Australians die from diseases caused by smoking. *

And smoking, more than anything else, contributes to the gap in healthy life expectancy between those who are most advantaged and those who are most in need.

The *Gay Men and Tobacco Project* raises awareness of the harms of smoking, and offers information and support around quitting through *Quit for Life* courses aimed at gay and same sex attracted men.

So just how common is smoking among gay men?

Key findings from initial research by the Department of Public Health at the University of Adelaide include:

⊗ smoking is taken up unrelated to gay sexuality (like the general population), but is reinforced and continues in order to cope with the stresses of being marginalised because of gay sexuality;

⊗ risk-taking is prevalent among gay men and the social environment in gay culture relies on smoking as a means of belonging to a 'scene' or community;

⊗ gay men often see mainstream health messages as being irrelevant because they focus on long-term health effects, long-term benefits of quitting and use traditional family imagery. Gay men in the study's focus groups preferred strategies to focus on sexual identity and attractiveness, social environment, improved sexual performance and gay-specific support services.

Above: campaign print ad

It isn't easy to quit smoking and often people trying to quit make several attempts.

Gay men's *Quit for Life* courses are taking place at Darling House, 64 Fullarton Road, Norwood, during February and March.

The course covers:

- Planning a quit attempt
- The place of smoking in gay culture
- Benefits of quitting
- Dealing with stress and social situations
- Coping with setbacks
- Where to get extra support

Plus, the course is **FREE**.

If you have queries about the gay men's *Quit for Life* courses, please call Llew Jones at *Gay Men's Health* on Wednesday, Thursday or Friday on **8334 1606** or email llew.jones@acsa.org.au

If you are interested in attending a gay men's *Quit for Life* course but can't make the dates in February or March you can call **8334 1606** and leave your name and contact details. Courses will be run regularly at a range of times until June 2007.

Other types of sessions can be arranged to meet specific needs such as community groups wanting a short info session on smoking issues.

Support will also be offered to workers in the HIV and gay community sectors.

* Ridolpho B, & Stevenson C (2001). *The quantification of drug caused morbidity and mortality in Australia, 1998.* Canberra: Australian Institute for Health and Welfare.

The *Gay Men and Tobacco Project* is funded by the Government of South Australia through Drug and Alcohol Services SA, Southern Adelaide Health Service.



Left:
campaign
condom
pack

**For assistance with
quitting smoking,
call the **Quitline** on
13 QUIT (13 7848)
and mention the
**Gay Men and
Tobacco Project.****