

Title	Describe tobacco control and health promotion as ways of enhancing health through smoking cessation		
Level	3	Credits	5

Purpose	People credited with this unit standard are able to describe tobacco control and health promotion as ways of enhancing health through smoking cessation.
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Classification	Health, Disability, and Aged Support > Whānau Ora and Community Support
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Available grade	Achieved
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Guidance Information

- 1 Legislation and Code relevant to this unit standard include but are not limited to:
 - Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996;
 - Human Rights Act 1993;
 - Privacy Act 1993;
 - Smoke-free Environments Act 1990;
 - Smoke-free Environments Regulations 2017.

- 2 New Zealand Standards relevant to this unit standard include:
 - NZS 8134.0:2008 *Health and disability services (general) Standard*;
 - NZS 8134.1:2008 *Health and disability services (core) Standards*.
Available at <https://www.standards.govt.nz/sponsored-standards/health-care-services-standards/>.

- 3 Smoking cessation references:
 - McEwen, A., Hajek, P., McRobbie, H., & West, R. (2006). *Manual of smoking cessation: A guide for counsellors and practitioners*. Oxford, U.K.; Malden, MA: Blackwell Pub;
 - Wehipeihana, N., Were, L., Goodwin, D., & Pipi, K. (2018). *Addressing the Challenges of Young Māori Women Who Smoke: A developmental evaluation of the phase two demonstration project*. Evaluation Report. Wellington: Ministry of Health. Available at: <https://www.health.govt.nz/publication/addressing-challenges-young-maori-women-who-smoke-developmental-evaluation-phase-two-demonstration>;
 - Ministry of Health. (2014). *The New Zealand Guidelines for Helping People to Stop Smoking*. Wellington: Ministry of Health. Available at: <https://www.health.govt.nz/publication/new-zealand-guidelines-helping-people-stop-smoking>;

- Ministry of Health. (2009). *Implementing the ABC approach for smoking cessation: Framework and work programme*. Wellington: Ministry of Health. Available at: <https://www.health.govt.nz/system/files/documents/publications/implementing-abc-approach-smoking-cessation-feb09.pdf>.

4 Smoking cessation resources:

The following resources provide information on general provisions, smoke-free law, and tobacco control and smoking, in New Zealand:

- Best Practice Advocacy Centre (bpac^{nz}): <https://bpac.org.nz/Audits/encouraging-smoking-cessation-2019.aspx> (note that there are many tobacco dependence and smoking cessation resources available on the bpac^{nz} website);
- Smokefree health education resources links: <https://www.healthed.govt.nz/>;
- Smokefree Aotearoa 2025: <https://www.smokefree.org.nz/smokefree-in-action/smokefree-aotearoa-2025>;
- NZ Parliament. (2010). *Report of the Māori Affairs Select Committee: Inquiry into the tobacco industry in Aotearoa and the consequences of tobacco use for Māori*. New Zealand House of Representatives. Available at: https://www.parliament.nz/resource/en-nz/49DBSCH_SCR4900_1/2fc4d36b0fbdfed73f3b4694e084a5935cf967bb;
- NZ Parliament. (2011). *Government response to the report of the Māori Affairs Committee on its inquiry into the tobacco industry in Aotearoa and the consequences of tobacco use for Māori (Final response)*. New Zealand House of Representatives. Available at: https://www.parliament.nz/resource/en-nz/49DBHOH_PAP21175_1/9f015010d386fe11050cddfbb468c2a3f5b0cb89.

5 Health promotion references:

- Health Promotion Agency (2019). *New Zealand Smoking Monitor 2017/18 Annual Report*. Wellington: Health Promotion Agency. Available at: <https://www.hpa.org.nz/research-library/research-publications/new-zealand-smoking-monitor-2017-18-annual-report>;
- World Health Organization (2019). *Global strategy to accelerate tobacco control: advancing sustainable development through the implementation of the WHO FCTC 2019-2025*. Geneva: World Health Organisation. Available at: <https://www.who.int/fctc/cop/g-s-2025/en/>;
- Ministry of Health (2019). *Models of health*. Available at: <https://www.health.govt.nz/our-work/public-health-workforce-development/about-public-health/models-health>;
- World Health Organisation (1986). *The Ottawa Charter for Health Promotion*. Geneva: World Health Organisation. Available at: <https://www.who.int/healthpromotion/conferences/previous/ottawa/en/>.

6 Definition

Population group refers to a collection of people identified in accordance with characteristics held in common, including but not limited to – a specified geographical location, age, race, gender, culture, risk factor(s), or the possession of a defined disability or disease.

Outcomes and performance criteria

Outcome 1

Describe tobacco control and health promotion as ways of enhancing health through smoking cessation.

Performance criteria

- 1.1 The prevalence of tobacco use in New Zealand is described in terms of the smoking cessation references.
- Range evidence is required for prevalence nationally, and for one population group in New Zealand.
- 1.2 Tobacco control legislation is described in relation to its approaches to enhancing health by restricting tobacco use and placing restrictions on the sale of tobacco products.
- Range approaches include but are not limited to – purposes, restrictions, requirements; evidence is required in relation to – Smoke-free Environments Act 1990, Smoke-free Environments Regulations 2017.
- 1.3 The purpose of, and major strategies for, health promotion are described in accordance with the Ottawa Charter.
- Range major strategies may include but are not limited to – creating supportive environments, strengthening community action, building healthy public policy, developing personal skills.
- 1.4 Common characteristics of recognised models of health promotion are described in accordance with the health promotion references.
- Range recognised models of health promotion include – Ottawa Charter, Pacific model of health promotion, Te Pae Mahutonga, A Treaty Understanding of Hauora in Aotearoa New Zealand (TUHA – NZ), one other government or non-governmental organisation model of health promotion.
- 1.5 The evidence base for health promotion strategies as a means of enhancing health through smoking cessation is described in accordance with the smoking cessation references.
- 1.6 One example of a health promotion initiative for enhancing health through smoking cessation is described in accordance with the smoking cessation references.

Planned review date	31 December 2024
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	21 July 2011	31 December 2021
Review	2	23 April 2020	N/A

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <https://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.