

**NHS Greater Glasgow & Clyde
Multilingual Health Information Resources**

Smoking

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Scope

The smoking topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by the Public Education Resource Library, NHS Greater Glasgow & Clyde NHS. The research for this topic was carried out in the week beginning 22nd January 2007.

The sub-topics were

- Smoking and health
- Help for quitting smoking
- Passive smoking
- Secondary smoking
- Children and smoking
- Young people and smoking
- Women and smoking
- Men and smoking
- Withdrawal symptoms of smoking
- Health benefits to stop smoking
- Nicotine replacement therapy

Specialist Smoking Sources

ASH

<http://www.ash.org.uk/>

ASH Australia

<http://www.ashaust.org.au/>

ASH Scotland

<http://www.ashscotland.org.uk/>

ASH (US)

<http://www.ash.org/>

Asthma UK

<http://www.asthma.org.uk/>

British Heart Foundation

<http://www.bhf.org.uk/>

British Lung Foundation

<http://www.lunguk.org/>

BMA

<http://www.bma.org.uk/>

British Thoracic Society

<http://www.brit-thoracic.org.uk/>

Cancer Research UK

<http://www.cancerresearchuk.org/>

Centre for Tobacco Control Research

<http://www.ctcr.stir.ac.uk/>

Don't give up giving up

<http://www.givingupsmoking.co.uk/>

European Commission Tobacco Website

http://ec.europa.eu/health/ph_determinants/life_style/Tobacco/tobacco_en.htm

European Network for Smoking Prevention

<http://www.ensp.org/>

Ethnic Tobacco Helpline

<http://www.quit.org.uk/>

GASP

<http://www.gasp.org.uk/>

Health of men

<http://www.healthofmen.com/>

NHS Health Scotland

<http://www.healthscotland.com>

Kick the Habit BBC

http://www.bbc.co.uk/health/kth/programmes_kiwd2.shtml

Master anti-smoking (US)

<http://www.smokefreekids.com/smoke.htm>

National Clearing House on tobacco and health

<http://www.ncth.ca/>

National Heart Forum

<http://www.heartforum.org.uk/>

NetDoctor

<http://www.netdoctor.co.uk/>

NHS Asian Smoking Helpline

<http://www.givingupsmoking.co.uk/>

NHS Smoking Helpline

<http://www.gosmokefree.co.uk/>

No Smoking Day

<http://www.nosmokingday.org.uk/>

QUIT

<http://www.quit.org.uk/>

QuitNet (US)

[http://www.quitnet.org./](http://www.quitnet.org/)

Quit Now (Australia)

<http://www.quitnow.info.au/>

Roy Castle Lung Cancer Foundation

<http://www.roycastle.org/>

TACADE

<http://www.tacade.com/>

Tobacco Free Kids

<http://www.tobaccofreekids.org/>

UICC Globalink

<http://www.uicc.org/>

Ulster Cancer Foundation

<http://www.ulstercancer.org/>

Wired for Health

<http://www.wiredforhealth.gov.uk/>

WHO Tobacco Free Initiative

<http://www.who.int/tobacco/resources/links/en/>

Smoking Multilingual Health Resources Directory

<p>Asian Quit Line</p> <p>Description Telephone service to aid smokers to quit.</p> <p>Format Phoneline</p> <p>Languages English, Punjabi, Urdu</p> <p>Cost free</p> <p>Published 2000</p> <p>Contact Asian Quit Line http://www.asianquitline.org</p>	<p>Asthma and smoking</p> <p>Description Information on asthma and smoking.</p> <p>Format Leaflet</p> <p>Languages Chinese</p> <p>Cost free</p> <p>Published 2005</p> <p>Contact The Asthma Foundation of Victoria http://www.asthma.org.au/</p>
<p>Car and home: smoke free zone campaign</p> <p>Description Information on ways to stop smoking.</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Cigarette smoke and children</p> <p>Description Gives information on the effects of smoking on children.</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Deciding to give up tobacco use.</p> <p>Description Advice on giving up tobacco such as cigarettes, bidi, paan or gutkha.</p> <p>Format Booklet</p> <p>Languages English, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published 2003</p> <p>Contact Smoke Free http://www.qosmokefree.co.uk</p>	<p>Diabetes and smoking.</p> <p>Description Information on the effects of smoking on the diabetic.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, Turkish</p> <p>Cost Free</p> <p>Published 1999</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au/</p>
<p>Facts about smoking</p> <p>Description Information on the dangers of smoking to your health.</p> <p>Format Leaflet</p> <p>Language English, Somali, Turkish.</p> <p>Cost 20 pence each</p> <p>Published 2005</p> <p>Contact Health Information East London http://www.hiel.nhs.uk/</p>	<p>FAQ's about asthma</p> <p>Description Common questions answered about asthma including lifestyle factors.</p> <p>Format Leaflet</p> <p>Languages Albanian, Arabic, Chinese, English, Farsi, French, Kurdish, Polish, Punjabi, Somali, Turkish, Urdu</p> <p>Cost free</p> <p>Published 2006</p> <p>Contact Asthma UK http://www.asthma.org.uk</p>

<p>Giving up for life</p> <p>Description A guide to help you stop smoking</p> <p>Format Booklet</p> <p>Languages Albanian, Arabic, Chinese, English, Farsi, French, Kurdish, Polish, Russian, Somali, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact Go Smoke Free http://www.gosmokefree.co.uk</p>	<p>How smoking can affect sexual health</p> <p>Description The facts about smoking and impotence & women's reproductive. health</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 07/09/2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>I can already hear, kick and breathe in daddy's cigarette smoke</p> <p>Description Information for parents of the effects of smoking on unborn babies.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese,</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Keep your kids healthy – do not smoke in the car or home</p> <p>Description Information for smokers the damaging effects of smoking on children.</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Khat</p> <p>Description A postcard providing information about the effects, risk, harm and cost of smoking khat.</p> <p>Format Postcard</p> <p>Languages Arabic, English, Somali</p> <p>Cost 30p each</p> <p>Published Unknown</p> <p>Contact HIT http://www.hit.org.uk</p>	<p>Men who smoke</p> <p>Description Health information for male smokers.</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Multilingual asthma advice service</p> <p>Description Interpreting service for asthma sufferers.</p> <p>Format Phone line</p> <p>Languages Arabic, Cantonese, French, Kurdish, Polish, Punjabi, Somali, Turkish & Urdu</p> <p>Cost Phone line standard local call rates</p> <p>Published 2004</p> <p>Contact Asthma UK http://www.asthma.org.uk</p>	<p>Myths about cigarette smoking</p> <p>Description Health information relating to the myths surrounding smoking.</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>

<p>One step at a time: for smokers who don't want to quit</p> <p>Description Tips to help smokers who are reluctant to give up smoking.</p> <p>Format Booklet</p> <p>Languages Chinese, English</p> <p>Cost Free</p> <p>Published 2007</p> <p>Contact Canadian Cancer Society http://www.cancer.ca/</p>	<p>One step at a time: if you want to help a smoker quit</p> <p>Description Tips for family and friends to help smokers reluctant to give up smoking</p> <p>Format Booklet</p> <p>Languages Chinese, English</p> <p>Cost Free to Download</p> <p>Published 2007</p> <p>Contact Canadian Cancer Society http://www.cancer.ca/</p>
<p>Products to help you quit smoking</p> <p>Description A guide to products to help you quit smoking.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Quitting is hard, but you can do it</p> <p>Description Tips to help you stop smoking</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Quitting smoking: the first few days</p> <p>Description Information for smokers on coping with nicotine withdrawal for the first few days.</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Reasons to quit smoking</p> <p>Description Information for smokers on the health benefits of quitting smoking.</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Quit in other languages</p> <p>Description Advice on how to quit smoking from councillors who understand the cultural aspects of smoking</p> <p>Format Phone line</p> <p>Languages Kurdish, Punjabi, Turkey, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Quit 0800 00 22 00 http://www.quit.org.uk</p>	<p>Smoking</p> <p>Description Information about smoking and its affects.</p> <p>Format Leaflet and audio</p> <p>Languages Arabic, Chinese, Punjabi, Somali, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Sounds Healthy http://www.soundshealthy.nhs.uk/</p>

<p>Smoking – a summary</p> <p>Description A leaflet outlining the problems of smoking on your health.</p> <p>Format Leaflet</p> <p>Language Chinese, English, Urdu</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact Patient UK http://www.patient.co.uk</p>	<p>Smoking – kick the smoking habit</p> <p>Description Multimedia resources support to quit smoking.</p> <p>Format Leaflets, Audio, Web Pages and Multimedia.</p> <p>Languages English, Somali</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact Healthy Roads Media http://www.healthyroadsmedia.org/</p>
<p>Stop smoking</p> <p>Description Information on how to stop smoking.</p> <p>Format leaflet</p> <p>Languages English, Turkish, Urdu</p> <p>Cost Free</p> <p>Published March 2005</p> <p>Contact NHS Direct Tel: 0845 4647 http://www.nhsdirect.nhs.uk</p>	<p>Smoke turns your cash into ash</p> <p>Description A2 posters saying smoke turns your cash into ash</p> <p>Format A2 posters</p> <p>Languages Chinese, English</p> <p>Cost free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>There's no cigarette without loss</p> <p>Description How smoking affects health, and the health benefits of quitting.</p> <p>Format Leaflet</p> <p>Languages Arabic, English</p> <p>Cost free to download</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	