

A smokefree family
is a healthy family



Pacific Islands Heartbeat Programme

Smokefree families and communities are very important for the health of our babies and children.

Through our smokefree Pregnancy Programme, Pacific Islands Heartbeat helps families and the community to stay smokefree.

We have a team of specially-trained Pacific Islands community networkers who are available to talk to small community groups about the benefits of being smokefree

For more information, please contact our
Pacific Islands Heartbeat Smokefree
Pregnancy Coordinator,
Phone 0-9-571 9191 or Fax 0-9-571 9190
www.nhf.org.nz



Supported by the Ministry of Health

Proud of my
Pacific Islands
heritage
Proud of my baby
Proud
we're both
smokefree



PACIFIC ISLANDS HEARTBEAT ...A PROGRAMME OF



smoking can cause
a **miscarriage**
or stop me from
growing and
make me
and small
weaker

smoking
can let **harmful**
chemicals get
into my **blood**

smoking can cause
breathing
problems
for me

keeping me
smokefree
helps prevent
cot death (sids)
and stops me
sick with getting
coughs
asthma and
ear
problems