Teen who quit tells the nation

NO SMOKES EXPANDS FOCUS

Heather Kennett

WARRIAPENDI School’s Catherine Solomon is stepping into the spotlight to stop other young people from taking up smoking.

The Year 11 student at Marleston’s Aboriginal school is spreading her message across Australia, as part of the No Smokes national campaign targeting young Aboriginal and Torres Strait Islanders.

Catherine, 17, was the project’s guest blogger last month and was interviewed for national Indigenous radio stations discussing her own experience of quitting.

“I believe I can help other young Indigenous Australians like me by sharing my experience as a smoker and non-smoker,” she says.

Being part of the project has seen her quit smoking, improve her health by reducing her asthma symptoms and save money.

Menzies School of Health research Associate Professor Sheree Cairney said high smoking rates among Australia’s Aboriginal and Torres Strait Islanders prompted the campaign.

“For this group smoking causes one out of every five deaths and more than half of Australia’s indigenous people smoke — compared with just 20 per cent of non-indigenous Australians who do,” Dr Cairney says.

To view Catherine’s blog visit nosmokes.com.au/guest-blogger/catherine-solomon
For more information go to nosmokes.com.au

Catherine Solomon is part of an anti-smoking project.