



WellShare International

East African Smoke-Free Program
Save Money. Save Lives. Become Smoke-Free.





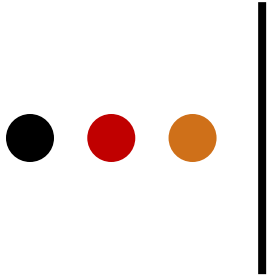
Metro Refugee Health Task Force

- WellShare International's work globally
- History of WellShare International's tobacco and smoke-free policy work
- East African Smoke-Free Program
- Why is this program important?
- Why smoke-free policies?
- Activities



East African Smoke-Free Program Staff

- **Andy Tompsett**, Program Manager
- **Abdillahi Ganey**, Program Assistant
- **Saida Mohamed**, Community Health Worker



Mission

To improve the health of women,
children, and their communities
around the world.





Core Competencies

- Research and Evaluation
- Community Health Partnerships
- Education and Training
- Community Mobilization



History

- Started as Minnesota International Health Volunteers in 1979.
- Changed name to WellShare International in 2010
- Focus on community-based primary care.
- Wide range of health areas including some agriculture and income generating activities.





Past and Present

Thailand

Haiti

Kenya

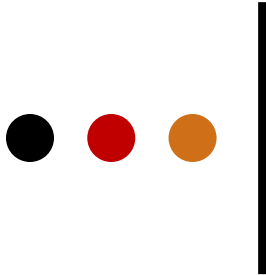
Nicaragua

Uganda

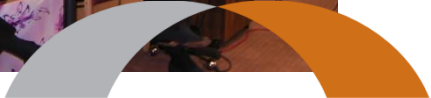
Tanzania

U.S.





Domestic Programs



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Domestic Programs

- Started working domestically in 2000
- Work primarily with Somali community in Minnesota; however, we've worked with other East African and Southeast Asian communities
- Utilize CHW model





Domestic Programs

- Examples:

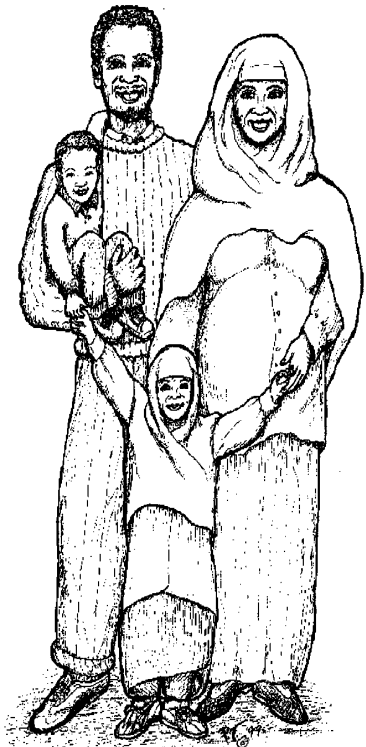
- Somali Health Care Initiative

- Youth Programs (Young Achievers)
- Health Eating and Health Living (EHDI)
- CHW Peer Network

- Center for Somali Health

- Elders Connections Project
- SHIP
- Tobacco Research

- Child Spacing Project





Tobacco Research

- Conducted numerous studies on tobacco use and habits within Somali community
- Published three peer reviewed articles:
 - “Cigarettes and the Somali Diaspora: Tobacco Use Among Somali Adults in Minnesota”
 - “Tobacco Use and Cessation Among Somalis in Minnesota”
 - “Characteristics and prevalence of Tobacco Use Among Somali Youth in Minnesota”





Smoke-Free Policy Work

- SHIP 1.0
 - City of Minneapolis
 - Riverside Plaza
 - Smoke-free as of January 01, 2013
- SHIP 2.0
 - City of Minneapolis
 - NE Minneapolis
 - Hennepin County
 - Metro Area





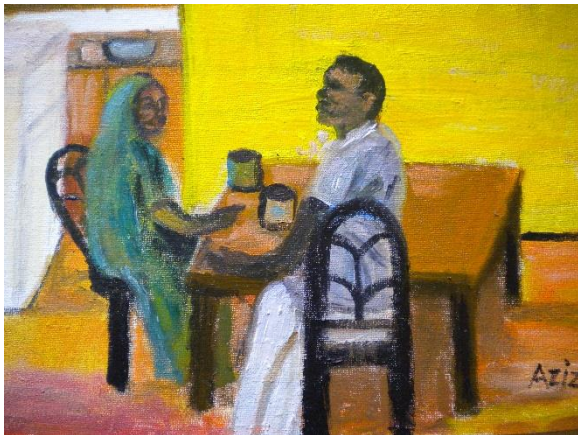
East African Smoke-Free Program

- Building off smoke-free policy successes
- Program began in February 2013 with support from a Tobacco-Free Communities Grant from the Minnesota Department of Health
- Engage community to create healthier living environments



East African Smoke-Free Program

- Goal
 - Reduce the harm caused by tobacco among Somali and other East African children, youth, and young adults in Minneapolis





East African Smoke-Free Program

- Objectives
 - Community awareness and health education activities to increase awareness of dangers of secondhand smoke and promote smoke-free policies
 - Work with building managers and owners to adopt and implement smoke-free policies



Why is this program important?

- Tobacco and secondhand smoke are dangerous for the health of individuals and the community.
- East African immigrants and other minority populations are more likely to use tobacco products and to be exposed to secondhand smoke.



Why is this program important?

- Exposure to secondhand smoke causes many health problems for children, youth, and adults.
- Prohibiting smoking in multi-unit housing buildings helps protect and improve the health of individuals and the community.



Why smoke-free policies?

- Secondhand smoke travels throughout an entire multi-unit housing building
- Smoke-free policies are a legal way to create healthier living environments
- Smoke-free policies help protect children and families from the dangers of secondhand smoke
- Smoke-free policies reduce the risk of fire and other damage to property
- Last frontier!



Activities

- Community Outreach and Education
 - Social media
 - Community outreach at malls, events, and religious centers
 - Mass media
 - Work with youth groups
 - Work with religious leaders





Activities

- Smoke-free policy adoption and implementation
 - Work with building managers and owners to adopt smoke-free policies
 - Assist with implementation process
 - Educate residents
 - Support residents



Questions?



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Contact Information

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Thank you!



Photo: Laura Ehrlich





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