

# He aha te mea hira ki a koe?

# Te kai paipa

He āhuetanga mōrearea mō te manawa-hē me te ikura roro



## Mēnā ka whakamutua e koe te kai paipa:



Ka roa ake te ora



Ka māmā ake te whakahā



Ka penapena pūtea



Ka pai ake te kiri

**KIA MAUMAHARA** ko te kai paipa tētahi o ngā āhuetanga mōrearea kotahi noa iho mō te manawa me te ikura roro. Me pātai koe ki tō tākuta, nēhi rānei he aha tō mōreatanga whānui.

**TE MŌREA** o te pā mai o te manawa-hē, ikura roro i roto i ngā tau e rima e heke nei:

**I**ti      **W**aenga      **N**ui      %

NGĀ KŌWHIRINGA KA TAEA E KOE HEI WHAKAITI AKE I TE TŪPONO PĀ MAI O TE MANAWA-HĒ ME TE IKURA RORO KI A KOE



Te whakamutu i te kai paipa



Te whai i ngā kōwhiringa kai me te inu mō te manawa hauora



Me korikori tinana



Me whakaheke mōmona



Te kai i ngā rongoa

E wātea ana pukaiti 'Lowering your risk of heart attack and stroke' mai i [heartfoundation.org.nz](http://heartfoundation.org.nz), mā te waea rānei ki 0800 863 375

Mō ētahi atu mōhiohio, ngā kōrero whaiaro me ngā ataata, rapua a 'stop smoking' i tā mātau paetukutuku [heartfoundation.org.nz](http://heartfoundation.org.nz)



Hei kaupapa aroha, ka mihi atu ki ā mātau kaituku oha mō te whakatinanatanga o tēnei rauemi.

HHC-BC-SM-MAO-20-V1. Smoking, Māori.

Ko te noho auahi kore te mea pai rawa ka taea e koe mō tō manawa.

Mēnā ka kai paipa e whā whakareanga ake te tūponotanga ka mate koe i te mate manawa tēnā i tētahi tangata auahi kore.

**NGĀ PAINGA O TE NOHO AUahi KORE INĀIANEI TONU.**

**I MURI I TE...**



Ka tīmata tō pēhanga toto ki te heke haere



He māmā ake mō tō manawa ki te tuku toto

**1 TAU**

Ka heke tō tūponotanga ki te manawa-hē ki te 1/2 o te tangata kai paipa

**1/2**

**5-15 TAU**

Ka heke tō tūponotanga ki te manawa-hē kia rite ki te tangata KĀORE i kai paipa



Ko te kai paipa tētahi o ngā āhuetanga mōrearea kotahi noa iho mō te manawa me te ikura roro. Me pātai koe ki tō tākuta, nēhi rānei he aha tō mōreatanga whānui.

He pēhea ō whakaaro  
mō te **whakamutu?**



Haere ki **smokefree.org.nz** ki te rapu i ngā  
ratonga whakamutu i te kai paipa paetata.

**Ka nui ake te tūponotanga ka mutu tō kai paipa ki te tiki āwhina koe. Mā te whakamahi i ngā ratonga kai paipa me ngā rongoā ka huarua ō tūponotanga o te noho auahi kore i te wā roa.**



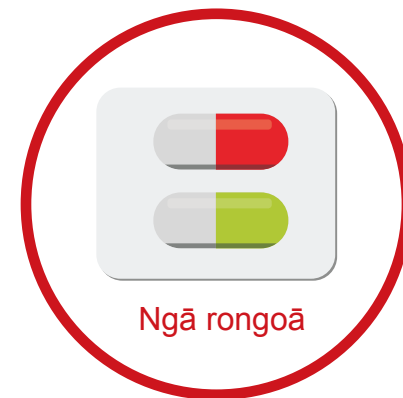
Waea atu ki Quitline  
0800 778 778,  
patowaea rānei ki  
4006



Kaupapa  
tautoko takitahi,  
takirōpū rānei



Ngā pāti, rare rongoā,  
pia ngaungau  
hoki/rānei



Ngā rongoā

Me kōrero ki tō rata, nēhi, kaitaka rongoā rānei mō ngā kōwhiringa hei āwhina ia koe ki te whakamutu.

### Pēhea ngā ī-hikareti?

E ai ki ngā rangahau onāiane he iti iho te kino o te rehitupeka (ī-hikareti rānei) i ngā hikareti ake, ā, ka taea te āwhina i a koe ki te whakamutu.

### Whakamutua te kai paipa, ā, ka nui te penapena moni

Mēnā 10 ngā hikareti e kainga ana e koe i ia rā, neke atu i te \$4,600 i te tau ka taea e koe te penapena.

**Mēnā kei te whakaaroarohia e koe, kei te whai rānei i ngā haumanu tautoko, me kōrero ki tō rata, nēhi rānei mō ēnei.**

### Ko ngā pātai pea ka hiahia koe ki te tuku

- **He aha** ngā tautoko e wātea ana mā te Māori me ō Te Moananui-a-Kiwa?
- **E hia** te utu o tēnei? **E hia** te rahinga ka penapenahia e au?
- **He aha** te tūponotanga ka taea e au anake te whakamutu te kai paipa?
- **He aha** te tūponotanga ka mutu ahau mēnā kua whakamātauria e au i mua?

Taku mahi whai ake he: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_