

Kāre 'e Kai 'Ava'ava 'aka'ou Aotearoa

2025



Te Kāwanatanga o Aotearoa
New Zealand Government



MINISTRY OF
HEALTH
MANATŪ HAUORA

Tā Mātou 'Ōrama

Kia tākore 'ia atu te kino e tupu nei mei roto mai i te kai 'ava'ava, ma te umuumu'anga ē, me tae te mataiti 2025, kāre 'e kai 'ava'ava 'aka'ou i Aotearoa nei.

Tā Mātou Umuumu'anga

Mata'iti 2025, kia topa te nūmero o te aronga kai 'ava'ava i Aotearoa nei, ki raro ake i te 5 patene o te tāre'anga* o te 'iti tangata kātotoa i Aotearoa nei.

Te vaerua o te Tiriti o Waitangi 'i roto i te raverave'anga i tā mātou 'anga'anga

Tino rangatiratanga

Kia rauka rāi ē, nā te 'iti tangata Māori e 'akataka i tā rātou ka 'inangaro nō tō rātou tūranga ora'anga i te tuātau ki mua.

Tūranga Tau

Ko te 'akakoro'anga o te Korōna, koia kia rauka te Tūranga Tau i roto i te ora'anga meitaki o te 'iti tangata Māori.

Pāruru nā roto i te Raverave'anga

Ka rave te Korōna i te au taka'inga pu'apinga nō te pāruru atu i te anoano o te 'iti tangata Māori, kia rauka ia rātou te tūranga tau, 'ē te ora'anga meitaki.

Rāvenga Takakē

'E au rāvenga tā te Korōna e 'ōronga ana ki te 'iti tangata Māori nō teia au taka'inga, kia kore e tamanamanata'ia tā rātou au peu, 'irinaki'anga 'ē te 'ākono'anga, 'ia rātou ē raverave nei, i teia au taka'inga.

'Anga'anga Kāpiti

'Āiteite 'ua te tika'anga e 'ōronga 'ia ana ki te 'iti Tangata Māori nō te 'akano'o'anga, i te rave'anga 'ē te 'ākarakara matatio'anga i te tūranga ora'anga e te 'ākono'anga i te au tangata pakipakitai.

Mē rauka ia tātou teia au umuumu'anga 'ē toru, kua pāpū i reira ia tātou ē, tē 'anga'anga nei tā tātou au rāvenga

1 Tākore atu'anga i te au ngā'i ē 'akama'ata nei i te kai 'ava'ava, ma te au maki ē tupu mai nei, mei roto i tē reira

Kāre e aiteite ana te kino o te kai 'ava'ava ki runga i te tangata, 'e ma'ata atu i runga i tetai, 'i tetai. Ko te au tangata e noo nei ki roto i te au tu'anga veve o Aotearoa nei, te aronga kino roa atu e tā'iti nei ki te kino o te kai 'ava'ava. Ka anoano'ia teia au tūranga e 'akatupu nei 'i teia, kia tākore 'ia atu.

2 'Akutupu atu i tetai tūranga, kia rauka mai tetai uki kāre 'ē kai 'ava'ava ana nā roto i te 'akapāpū'anga ē, 'auraka roa tā tātou au māpū kāre 'ē kai 'ava'ava ana, e te uki ē tū mai nei 'ē kai 'i te avaava

'E kino te kai 'ava'ava ki te ora'anga o te tamariki, 'ē te māpū tamariki. Ka rauka ia tātou i te tauturu atu ia rātou nā roto i te tauturu atu'anga i te au tangata kai 'ava'ava i roto i tō rātou ora'anga kia 'akaruke atu i te kai 'ava'ava.

3 'Akama'ata atu i te au tangata e 'akaruke tākiri nei i te kai 'ava'ava

E mea ngatā i te 'akaruke atu i te kai 'ava'ava. 'E ma'ata te kā anoano'ia tātou kia rave. Ka 'anoano'ia tātou kia tau i tetai au 'akano'o'anga i rotopū i tō tātou 'iti tangata, kia ngō'ie 'ua i te tangata i te 'akaruke atu i tā rātou kai 'ava'ava.

'Ē ono tu'anga 'akatinamou'anga e 'irinaki'ia nei ē, kā 'akatupu atu i teia e tītau 'ia atu nei



'Akama'ata atu i arataki'anga ā te 'iti tangata Māori

'Akapāpū'anga ē tei roto te arataki'anga Māori i te au ngāi tuku'anga tika o te au tu'anga rava rāi.

Ko tetai 'anga'anga pu'apinga ka anoano'ia, koia ko te 'akano'o'anga i tetai Kōpapa 'Akateretere'anga nō te 'akaraka matatio atu ē, kia tika te kaveinga o te au 'anga'anga e rave 'ia ara nō te 'akatupu'anga i te umuumu'anga ā te 'iti tangata Māori, nō te tākore atu'anga i te kai 'ava'ava i rotopū i te 'iti tangata Māori me tae te mata'iti 2025



'Akama'ata atu i te 'akakitekite nō runga i te tūranga ora'anga kōpapa meitaki, e te au 'anga'anga e rave'ia nei i rotopū i te 'iti tangata

Kua 'akano'o'ia teia tu'anga nō te 'akakitekite'anga 'ē te 'akaari'anga i te au 'akamāramama'anga, 'ē tetai 'ua atu 'anga'anga i rotopū i te 'iti tangata, nā runga i te puka mata, 'ē te kupe roro uira, kia marama mai rātou i teia umuumu'anga kia kore te kai avaava.

Ko tetai tu'anga 'anga'anga pu'apinga, koia ko te tuku atu'anga i tetai tu'anga moni nō te tauturu i tetai au 'anga'anga raverave i rotopū i te 'iti tangata kia turu mai rātou i teia umuumu'anga nō te tākore atu'anga i te kai 'ava'ava.



'Akama'ata atu i te tauturu nō te 'akakore kai 'ava'ava

E tu'anga tauturu takakē teia tei 'akakoro'ia nō te tauturu i te 'aronga kai 'ava'ava e 'inangaro nei i te tākore i tā rātou kai 'ava'ava

Ko tetai tu'anga pu'apinga i roto i teia, koia ko te 'akano'o' atu'anga i tetai 'akapou ki runga i te au Pūnanga Pāruru e te rapakau maki, o te 'iti tangata Patipika, kia taratara mai i te au tūranga tā'iti tūkētūkē o te aronga kai 'ava'ava, nō te tauturu atu kia kore tā rātou kai 'ava'ava.



'Ōronga atu i tetai au rāvenga, kia māmā 'ua i te 'akaruke i te kai 'ava'ava, e tetai au rāvenga kia kore 'ē ngō'ie 'ua i te tangata i te kākī atu i te 'ava'ava

Ka 'akamou teia tu'anga ki runga i te 'akaiti'anga mai i te 'akaiti'anga mai i te tongi 'akanauru'anga o te nicotine 'i roto i te 'ava'ava, e pera te ārai atu'anga i te au 'apinga e riro nei i te 'akanauru ngō'ie 'ua i te manako o te tangata ki te 'ava'ava.

Ko tetai 'anga'anga pu'apinga i konei, koia ko te 'akano'o' atu'anga i tetai ture nō te au 'apinga e tauru'ia nei ki roto i te 'ava'ava.



Ma'ani atu'anga kia ngatā e rauka ei te 'ava'ava i te tangata i te 'oko

Ka 'akamou teia tu'anga ki runga i te 'akaiti'anga mai i te au ngā'i ē 'oko 'ia nei te 'ava'ava, i roto tikāi i te au ngā'i veve te ora'anga, koia 'oki tetai ngā'i ma'ata roa atu teia au toa oko avaava.

Ko te 'akatupu'anga teia i tetai uki kāre e kai 'ava'ava ana.

Ko tetai 'apinga pu'apinga katoa, koia ko te 'apai atu'anga i te mata'iti o tetai tangata ka akatika'ia i te 'oko 'ava'ava 'ē tai mata'iti nā runga ake, i te au mata'iti rava rai.



'Akapāpū'anga ē kia āru atu te au ngā'i ma'ani'anga 'ava'ava i te ture

Kua 'akamou'ia teia tu'anga ki runga i te 'akano'o'anga i te ture 'ē te au 'akapāpū'anga ē kia āru 'ia atu tē reira. 'E rāvenga teia nō te 'akapāpū' atu ē ko te au tangata e ma'ani nei i teia, 'e te au tangata e 'oko'oko nei i teia ki vao ē kua tau ki tei 'akataka'ia e te ture.

Ko tetai tu'anga pu'apinga roa atu koia ko te 'aka'ou'anga i te utunga nō tetai 'ua atu kāre e āru i te ture.

Ka anoano'ia tā'au tauturu 'ē rauka ei 'ia tātou teia tūranga mē tae tātou ki te mata'iti 2025 kāre e kai 'ava'ava 'aka'ou. Ka anoano katoa'ia tātou kia 'anga'anga Kāpiti nō te tākore atu'anga i te au kino o te kai 'ava'ava i Aotearoa nei.

Atoro atu i te au nuti ou no runga i te Takoreanga i te kai avaava i Aotearoa nei i te mataiti 2025 i runga i te kupe roro uira health.govt.nz/smokefree2025

* Ko te umuumu'anga, koia no te aronga kai 'ava'ava au'ia, kāre rā ē, nō te aronga kai 'ava'ava auvai, e tetai tā'anga'anga'anga kē atu i te rau o te 'ava'ava.