

Nakai ula tapaka Aotearoa 2025



Te Kāwanatanga o Aotearoa
New Zealand Government



MINISTRY OF HEALTH
MANATŪ HAUORA

Tau ononoaga kia mua ha maotolu

Uta kehe e tau koloa ula tapaka kona, hiki a Aotearoa ko e motu Smokefree 2025

Ha maotolu a tau fakatokatokaaga

Mai he 2025 e tautau, to malikiti hifo 5 e pasene he feua ula tapaka he tau aho oti he tau tagata i Niu Silani*

Ko e tau fakaveaga he Te Tiriti o Waitangi to fakaoga ke he ha maotolu a tau gahua

Tino rangatiratanga

Fifili ni he tau Maori e tau tonuhia ke lata mo e ha lautolu a tau momoui

Fakatatai

Kua gahua fakamooli e fakatufono ke moua he tau Maori e tau tino malolo.

Puipui Fakamalolo

Kua gahua fakamololo e fakatufono mo e tau lakaaga fakapapahi ke puipui e tau gahua mo e tatai e tau moui malolo mitaki he tau Maori.

Falu a mena foki

Fakatoka he fakatufono falu a puhala ma e tau Maori ke taute e tau aga fakamotu, fakaagaga moe tau leveki faka-tagata.

Gahua fakalata

Gahua fakalataha mo e tau Maori ke he tau fakatokatokaaga gahua, mo e kikite ke he tau malolo tino mo e tau matakau atu tuketuke.

To iloa e maotolu kua monuina kaeke kua kautu ha maotolu a tau matapatu gahua ne tolu

1 Uta kehe tau mena ne kua nakai tatai e tuaga ula tapaka mo e tau gagao ha ko e ula tapaka

Fakakelea he ula tapaka e falu tagata he fakatatai mo e falu foki. Lahi e tau mena kelea ne tutupu ke he tau Maori mo e tau tagata Pasifika mo e tau tagata ne nonofo he falu matakavi ai loga e tau koloa in Aotearoa. Kua lata ia tautolu ke uta kehe e tau matiketike kua nakai tatai.

2 Taute e atuhau tupuhake ke ai ula tapaka ke malikiti hake e tau fanau mo e tau fuata mui kua nakai ula tapaka

Fakakelea he uala tapaka e tau fanau mo e atu fuata mui. Kua lata a tautolu ke puipui e tau fanau mo e tau atu fuata mui ke ua kamata ke ula mo e kua lata ke lagomata e tau mamatua mo e magafaoa mo e tau tagata motua kua fakalataha ke fakaoti e ula tapaka.

3 Malikiti hake e numela he tau tagata kua kautu ke fakaoti e tau ula tapaka

Uku lahi ke fakaoti e ula tapaka. Kua lata ia tautolu ke fakamukamuka ke maeke ia lautolu ke fakaoti e ula tapaka.

Ke kautu e tau gahua, to taute e maotolu e tau matagahua i lalo hifo he ono e matakavi



Fakalaulahi e tau gahua takitaki he tau Maori mo e tau fifiliaga-taute

Ko e tuaga matakavi hagao ke maeke e tau takitakiaga he tau Maori mo e fifiliaga-ke taute e tau fakapapahiaga oti he tau fakaholoaga fakagahua oti.

Taha matapatu gahua to taute e maotolu ke fakatu aki e Smokefree 2025 Taskforce, ke maeke ai ke kitia mo e iloa e fakaholoaga fakagahua ke kautu e Smokefree 2025.



Malikiti hake e tau fakailoaga malolo tino mo e tau gahua ke he tau matakavi

Ko e onoonoga ke he tau matakavi kua fakamooli a tautolu ke taute e tau fakailoaga (social media), tau fakaholoaga malolo tino mo e falu gahua ke he tau matakavi ke iloa he motu kua hagao a tautolu ke ua ula tapaka (smokefree).

Ko e taha matapatu gahua to uta e tau tupe ke fakagahua he matakau ai ula tapaka ke maeke he tau tagata ke omoi e tau fakaholoaga a ula tapaka.



Malikiti hake ke fakaoti e tau matakau ula tapaka

Tau fakaholoaga kua falanaki a tautolu ke fakaholo mitaki mo e onono ke he tau matakau fakagahua ke taute e tau gahua ke lata ma lautolu e tau tagata ula tapaka.

Taha mata gahua ko e uta e maotolu ke gahua fakahako ni mo e tau matakau he Pasifika ke taute e tau gahua ke fakaoti e ula tapaka he tau tagata Pasifika ke he tau maaga.



Taute ke mukamuka ke tuku mo e uka ke tafeliuaki ke ula tapaka

Ko e matagahua hagao ke tuku hifo e fuafuaga he nicotini i loto he tau tapaka mo e tau koloa ke lagomatai aki e tau tagata ke fakaoti e ula tapaka mo e lagomatai e tau tagata, mua atu ke he tau atu fuata, ke ua tafeliaku.

Hagao ia foki ke taofi e tau koloa ula tapaka ua talaga ke maeke e tau tagata ke tafeliuaki.

Taha matapatu gahua ka uta e maotolu ke taute taha matafakatufono hagao ke he tau koloa ula tapaka.



Taute e tau koloa ula tapaka ke uka ke fakatau

Taha ononoaga ke tuku hifo e numela he tau fale koloa ne fakafua e tau tapaka ula, mua atu ke he tau matakavi ne toko lalo e tau tupe moua ka e to lahi e loga he tau fale fakafua tapaka.

Ke moua mai ai e atuhau tupuhake kua nakai ula tapaka.

Taha matapatu gahua foki ka uta e maotolu ke fakaholo ki mua e tau he atu fuata mui ke fakafua age ki ai ha tapaka ula, une hake e tau tau moui kamata he 18, ke taha e tau, he tau tau oti.



Fakamau e mata fakatufono ke muihua ki ai e tau matakau

Ko e onono ke he matakavi hagao ia ke he tonuhia mo e tau gahua kua toka ki loto ke fakaoti e tau tagata ke ua tamai ke he motu, feutaaki mo e fakafua e tau koloa tapaka ka e nakai fai tohi fakaata.

Taha matapatu gahua ka uta e maotolu ke taute taha fakahala mo e hokotaki ha tagata he tau fale gahua ka nakai muihua ke he tau mata fakatufono.

Manako a maotolu ke lagomatai e mutolu ke kautu e fakaholoaga nakai ula tapaka 2025 (smokefree 2025). Kua lata tonu a tautolu ke gahua aulao ke tuku hifo e tau mena kelea he ula tapaka i Aotearoa Niu Silani.

Onono atu ke he tau fakailoaga he Smokefree Aotearoa 2025 kupega hila health.govt.nz/smokefree2025

* Ko e tau fakatokaaga hagao ke he ula tapaka: ai putoia e vepi (vaping) mo e fakaoga he tapaka ula ai fai ahua.