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Kim Fry
Allied Health Director

If you're ready to quit, we're ready to help
Read my story at www.midcentraldhb.govt.nz



Allied Health Director: Kim Fry

What does it mean to be a Champion?

To be a champion you need to be passionate about the cause. Kim Fry was an original member of the steering group until she had to step down due to time commitments. However she ensured there was an Allied Health representative on the team – Margaret Whittaker. As a Champion, Kim makes sure that information from the steering group is relayed back to the Allied Health group.

In the past couple of years Kim's father quit smoking at age 80 which has given her a personal connection to helping other people quit.

"If he can do it, heaps of people can".

Kim's story:

Dad has been a chain-smoker his whole life. As kids we used to use every trick in the book to try and get him to quit, nagging, blackmail, bribery, but nothing seemed to work. Then a couple of years ago Dad had to have some dental surgery. His dentist told him that if he stopped smoking, his mouth was going to heal so much faster. And that's when it clicked for him and he decided to quit. He managed to successfully do this with the help of pharmaceuticals. Dad has always said he had smoked to reduce and manage stress so we were a bit worried that quitting may have an effect on his personality but it didn't, he is still the same Dad. Our family is so proud of him. It just goes to show that as health professionals we are all responsible to talk to people about being smoke-free. Often people just need to hear it from a new or different perspective for it to have an impact on them. My son is seven and whenever Dad went outside for a smoke my son would always want to go with him. Now he is able to hang out with his Grandad without the risk of cigarette smoke harming his health.

Within the hospital she said she is always supportive and proud of Allied Health staff who have successfully quit or are really trying to quit. It's a big achievement.