



KIMBERLEY BREAKFAST

DAHS TIS TEAM.

CONCEPT BELONGS TO LEON KHAN



CONCEPT OF THE KIMBERLEY BREAKFAST

The Kimberley Breakfast concept started off as a joke to my Wife. She would have a cigarette and a cup of tea every morning, this became a routine that would be something she did for the first fifteen years of us being together.

With me being a non-smoker, I hated the fact that she would have a cigarette every morning instead of a healthy breakfast.

My wife is from the Kimberley, so I started to call her cigarette and cup of tea every morning 'a Kimberley Breakfast'.

The DAHS Tackling Indigenous Smoking Team interviewed over 100 Derby locals to see how many of them also had a Kimberley Breakfast.

The result was astonishing, with 100% of local smokers stating that they have a cigarette and a cup of tea/coffee in the morning and none of them having any Breakfast let alone a healthy one!

Who has a real Kimberley Breakfast/ Healthy Breakfast?

Total of 115 people.

	" The real Kimberley Breakfast "		Healthy Breakfast	
Age Groups Male	Indigenous	Non Indigenous	Indigenous	Non Indigenous
18 - 25	11	5	0	0
26 - 35	13	1	0	0
36 - 45	14	2	0	0
46 +	15	1	0	0

	"The real Kimberley Breakfast "		Healthy Breakfast	
Age Groups Female	Indigenous	Non Indigenous	Indigenous	Non Indigenous
18 - 25	7	3	0	0
26 - 35	13	2	0	0
36 - 45	16	1	0	0
46 +	10	1	0	0



MEETING WITH KAMS AND KPHU DIETICIAN

- Derby TIS team met with key partners
- Talked about the Kimberley Breakfast concept
- Everyone was keen to come on board
- Came up with some awesome Kimberley Breakfast posters
- The Idea was a good challenge!
- Kimberley Breakfast started in October 2017



25 OCTOBER 2017

DERBY DISTRICT HIGH SCHOOL



- We invited the Broome TIS team to join us in our Kimberley breakfast
- We did smoking education sessions with 20 high school kids in 2 groups
- Jenna (KPHU) worked with the students on a healthy breakfast
- It was a lot of fun!



26 OCTOBER 2017

BP COLAC PARK 1ST KIMBERLEY BREAKFAST

- We hosted a breakfast at Colac Park in Derby
- Local partners- 6DBY, Red Cross, Prime Minister and Cabinet, DAHS
- Key message- To delay the first smoke in the morning
- Over 75 people attended
- The TIS team completed 30 smoking assessments
- **Most of the people who attended were men**



9 MARCH 2018

BP COLAC PARK 2ND KIMBERLEY BREAKFAST

- Red cross joined us for our second breakfast
- Gal Gal Walbu Sober up shelter Alcohol and drugs peer education group
- 50 people attended and 15 of them agreed to a smoking assessment
- ABC Kimberley radio came down and Leon did an interview
- **Most of the people who attended were women**



ST

- Because
- What
- What
- So
- Through



ABC Kimberley added 3 new photos.
25 March at 17:59

DERBY DITCHING THE DURRIES

This morning on ABC Kimberley radio we heard from Derby health worker Leon Khan about his Kimberley Breakfast program, which is encouraging locals to ditch their morning ciggie and grab a healthy juice or omelette instead.

ABC Kimberley caught up with him at a buzzing park cook-up, where folks were lining up for fruit salad and other fresh, healthy snacks.

Mr Khan says the aim is to break smokers' habit of waking up to a cigarette and a coffee.

"My wife smoked for several years so every morning she'd get up and have a cigarette and a cup of tea and coffee and I used to call it – a bit tongue in cheek – her 'Kimberley Breakfast'."

"When I landed in this role as the tackling Indigenous Smoking educator a light-bulb went off on my head, and I thought, we could use this as a campaign."

"This is our second breakfast and it's actually taken off."

Leon and his team are taking the concept to an Indigenous health conference in Perth next month.

From left: Greagan Maher, Leon Khan, Michael Donohue, John Edgar



190 Likes 20 Comments 17 Shares

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Breakfast fruit salad

True food kale salad

Healthy fruit salad recipe

Easy fruit salad recipe

Fruit salad recipe

Tropical fruit salad recipe

Healthy breakfast potatoes

...

Photos related to Breakfast Fruit Salad



Videos related to Breakfast Fruit Salad

- By Fruit Salad 25 May 2017
- Fit&Fresh is fully stocked and re... By Fit&Fresh 25 March
- The Flawless Skin Fruit Salad | ... By Glamrs 9 June 2017

Pages related to Breakfast Fruit Salad

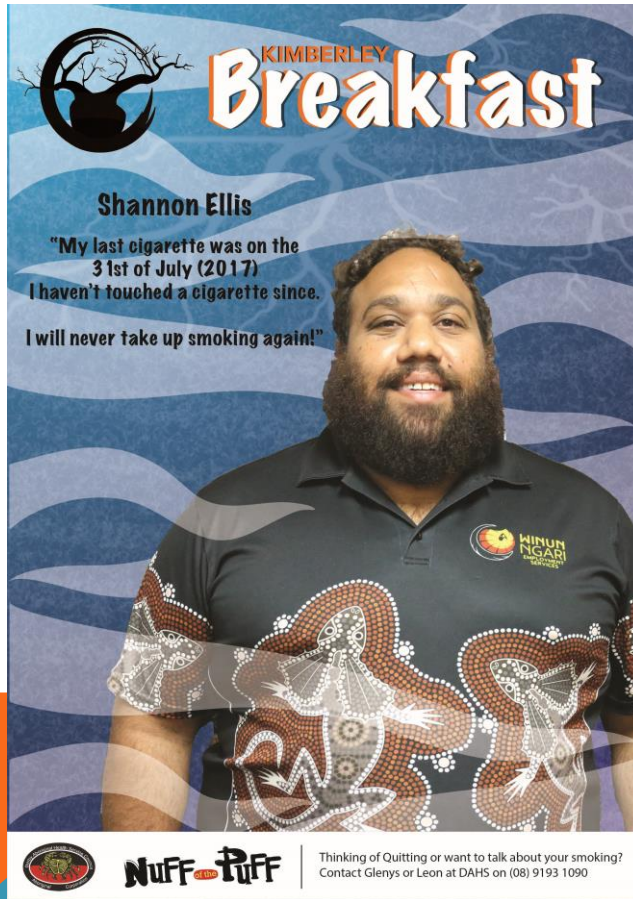
- gogh 4,252 people like this
- Decadent Salads 1,807 people like this
- Ravenhill Fresh Food Centre 907 people like this

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and

ss for

OUR SMOKING AMBASSADORS WE LOVE IT....



KIMBERLEY Breakfast

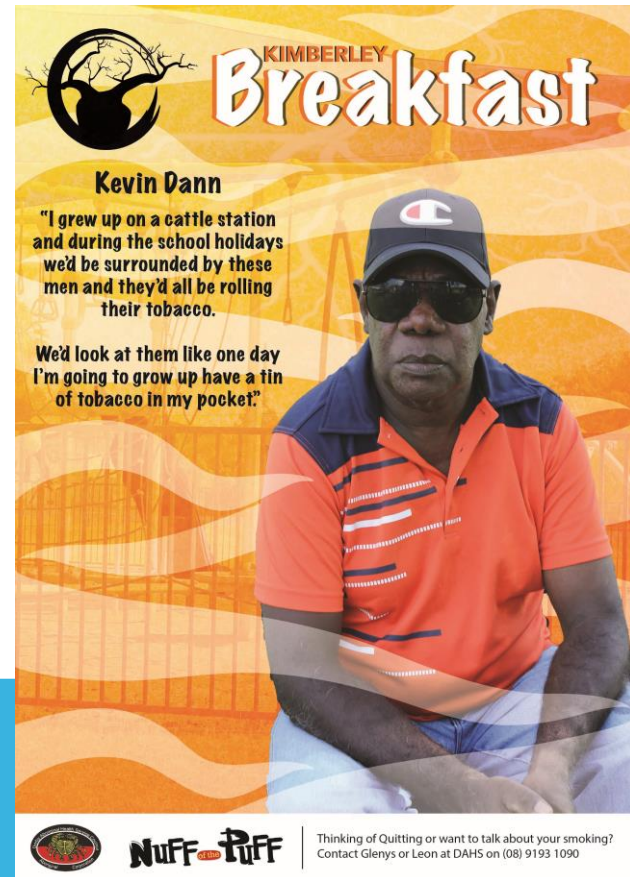
Shannon Ellis

"My last cigarette was on the 31st of July (2017) I haven't touched a cigarette since. I will never take up smoking again!"

WINUH NGARI

NUFF and PUFF

Thinking of Quitting or want to talk about your smoking?
Contact Glenys or Leon at DAHS on (08) 9193 1090



KIMBERLEY Breakfast

Kevin Dann

"I grew up on a cattle station and during the school holidays we'd be surrounded by these men and they'd all be rolling their tobacco.

We'd look at them like one day I'm going to grow up have a tin of tobacco in my pocket."

NUFF and PUFF

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BIG THANK YOU TO...

- KAMS (Tui and Brooke) for helping bring Kimberley breakfast to life
 - KPHU (Jenna) for coming on board and helping with ideas on food
 - BRAMS (David and Pippa) for helping us deliver education and being amazing chefs
 - Kimberley ABC and 6DBY for the live broadcast
 - Ashley Bin Omar for reminding people to come down for breakfast
 - Red cross for coming down and supporting us
 - Gal Gal Walbu Sober up shelter Alcohol and drugs peer education group
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