



QUIT B FIT

**TACKLING
INDIGENOUS
SMOKING**





https://www.youtube.com/watch?v=EoTiD4jafrs&list=PL6ejtjb5l1qrM2oXF5ck1erCOHnP_7Dxi

QUIT B FIT

Holistic Health Approach

“...Nor is it possible to separate health behaviours from social contexts: healthy behaviours are supported by ‘healthy’ communities: that are economically, socially and culturally healthy. And this is the broadest context of the challenge ahead...”

Former Social Justice Commissioner and National Coordinator Tackling Indigenous Smoking program, Prof Tom Calma



Smoke-free community events



Population health approach

- NSW Aboriginal Rugby League Knockout
- NAIDOC events
- Interstate challenge
- Tennant Support Education Program events
- Quit B Fit tour community events
- Regional Rugby League Knockouts
- National Indigenous Touch Carnival

DoH defines population health as:

‘A reduction in the incidence of preventable mortality and morbidity in Australia, including through regulation and national initiatives that support healthy lifestyles and disease prevention.’

Supporting smoke-free environments



- Smoke-free community events
- Smoke-free workplace audits
- Pledges
- Aboriginal Men's Health Expo
- Melbourne Storm & Manly Sea Eagles partnerships
- NRL signage promotions
- Ambassadors
- Education program



Aboriginal Men's Health Expo



QUIT B FIT



Aboriginal Men's Health Expo

- <https://www.facebook.com/quitbfit/videos/1125847790876825/>
- <https://www.facebook.com/quitbfit/videos/1124754750986129/>
- <https://www.facebook.com/quitbfit/videos/1124753860986218/>



Aboriginal Men's Health Expo



Smoke-free Workplace Audits



Visiting organisations and services across the region that are either Indigenous organisations or services that cater to a high number of Indigenous people.

- Collecting data
- Offering support to implement smoking policies
- Providing opportunities for staff to have smoking cessation training with minimal or no cost
- Providing services with smoke-free signage and butt bins.

Education Program



- 8 week 'Deadly Choices' Education Program.
- Topics include: Leadership, Smoking, Chronic Disease, Nutrition, Physical Activity, Harmful Substances, Medicare & Health Checks, Healthy Relationships.
- Quit B Fit have a licensee agreement with Deadly Choices to run this program in our region.



Melbourne Storm & Manly Sea Eagles Partnerships



Greater Western Aboriginal Health Service



Clontarf Walking Challenge

- Mt Druitt Magic
- Dunheved Dreamers
- Bidwill Boomerangs
- Chifley Magpies
- Shalvey Stingrays



Greater Western Aboriginal Health Service



QUIT B FIT
COMMUNITY EVENT

Friday 16th June
11am - 2pm
PCYC Mount Druitt
453a Luxford Road, Shalvey

- Lunch Provided
- Entertainment & Special Guests

For further information please contact our Quit B Fit team
(02) 6882 2757 | www.wachs.net.au | [@quitbfit](https://www.facebook.com/quitbfit)



GWASH Mt Druitt PCYC Community Event. Quitline were also in attendance and received 40 self referrals on the day .

Program Promotion – Anti tobacco awareness



Josh Addo-Carr – Melbourne Storm
34.4K followers
9,525 post views to date
906 post likes to date



Melbourne Storm
117.2K followers (Twitter)

Program Promotion – Anti tobacco awareness



Brian Kelly – Manly Sea Eagles
3,834 followers
609 post likes to date



Braidon Burns – South Sydney Rabbitohs
6,454 followers
537 post likes to date



Anthony Mundine – Professional Boxer & Former NRL player
43.5K followers (Twitter)
80 post like 28 retweets



Timana Tahu - Former NRL player
6,055 followers
333 post likes to date
Reposted from Luke Carroll – TV Personality
4,395 followers
265 post likes to date