

WINNUNGA NIMMITYJAH



ABORIGINAL HEALTH &
COMMUNITY SERVICES

Tackling Indigenous Smoking in the ACT



A healthy and smoke free life *it's your call!*

Winnunga Nimmityjah

Aboriginal Health Service

Our achievements

- The expansion of the 'No More Boondah' quit smoking program including quit packs, pamphlets, postcards and the creation of 'No More Boondah Bubz' with z-card and information bags targeting smoking in pregnancy
- Delivery of health promotion sessions delivered at schools, prison and workplaces and events
- Research participation
- Logo designed for the TIS program
- Three advertisements created for TV and radio
- 15 smoke free signs placed around Winnunga and implementation of smokefree workplace policy
- Brief intervention training for staff and Gp's delivered by cancer council
- Winnunga tackling smoking face book page



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Involvement in Research Projects



Talking About The Smokes



The Smoke Ring

No More Boondah

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Tobacco staff training

- Quitskills
- No smokes
- QUIT counselling
- Motivational Interviewing
- Brief Intervention
- On site Quitline training
- Smoking cessation counselling for smoking in pregnancy
- Nicotine addiction and smoking cessation workshop

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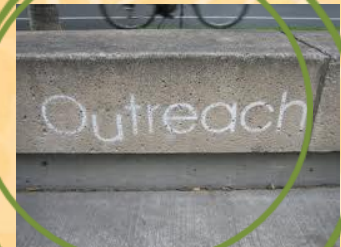
No More Boondah Quit Smoking Program

Providing support in 3 ways;

*Weekly drop in session

*Phone follow up and support

*Outreach - we can come to you at work or home



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No More Boondah Quit Smoking Program



- Been going since 2002
- 3 FT trained tobacco workers co-ordinating the program
- Education, skills and knowledge for our clients and community on nicotine addiction, effects of smoking and options to quit
- Over 700 clients accessed
- Transport & free NRT



Make Tobacco
HISTORY
Ending the epidemic for good.



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Moving forward

NO more boondah



More focus on the influence of families and social networks

Educating Youth

Facebook: tackling Indigenous smoking and promoting a healthy lifestyle



Winnunga and NACCHO smoke-free workplace policy launch 2012 - L to R Justin Mohammed Dr Tom Calma and Aunty Judy Harris

Looking at the barriers for pregnant smokers & their families

Keeping Winnunga smoke free

note to self: learn about social media

What tobacco control measures work best for our communities?

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Thanks for listening

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