



PUYU WANTIKATINHI
LEAVE THE SMOKES ALONE

Tackling Indigenous Smoking Program

Bega Garbiringu Health Services

Presenter: Sachin Khera

Acknowledgement

“I would like to acknowledge the Traditional Owners of the land. I would also like to pay my respect to the Elders past and present and offer my acknowledgement and respect to other Aboriginal and Torres Strait Islanders who are present”.

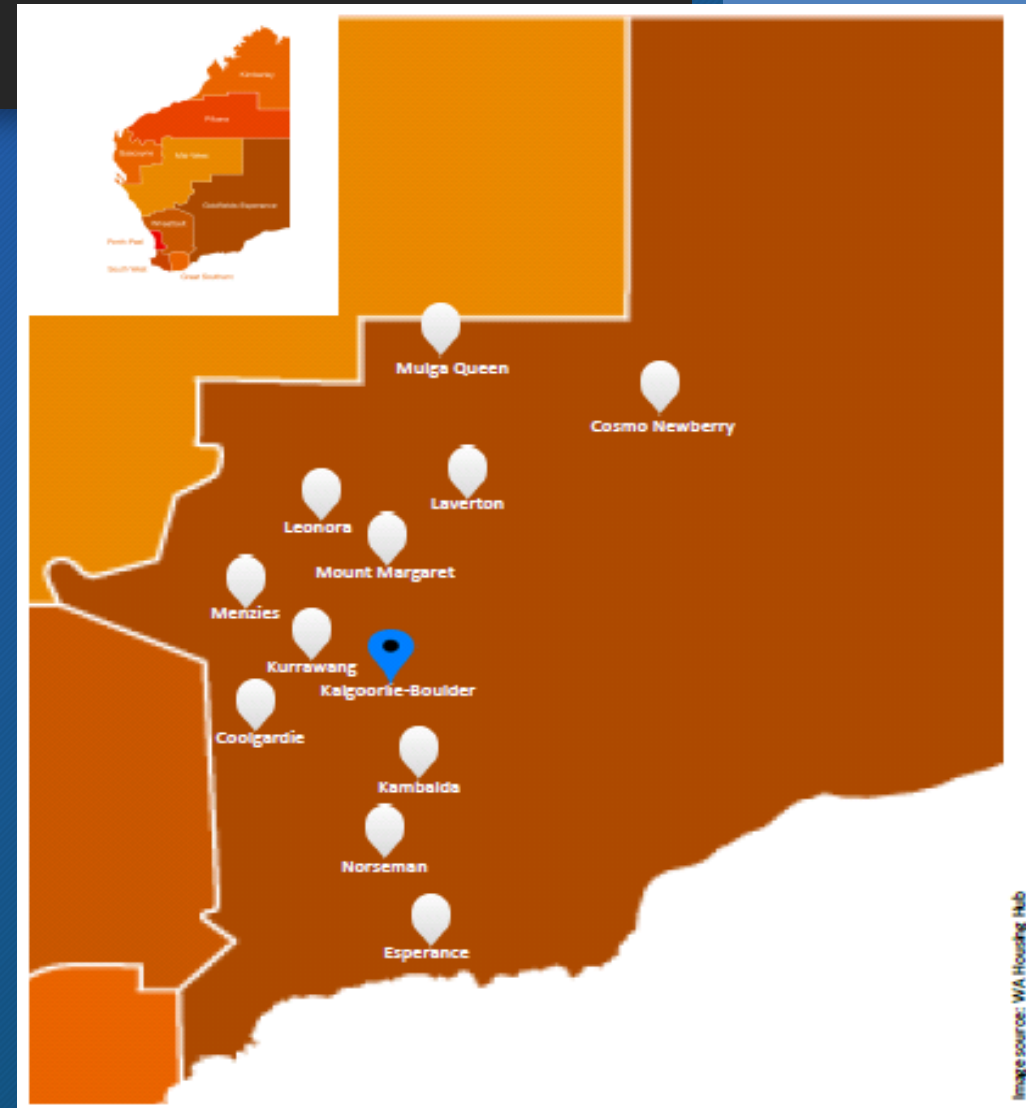
Bega Garnbirringu Health Services

- Aboriginal community controlled health service (ACCHO), established in 1983.
- “Bega Garnbirringu” means “sickness gets better”.
- Comprised of clinical services, social support services and registered training centre.
- More than 110 staff serving around 8500 clients every year.

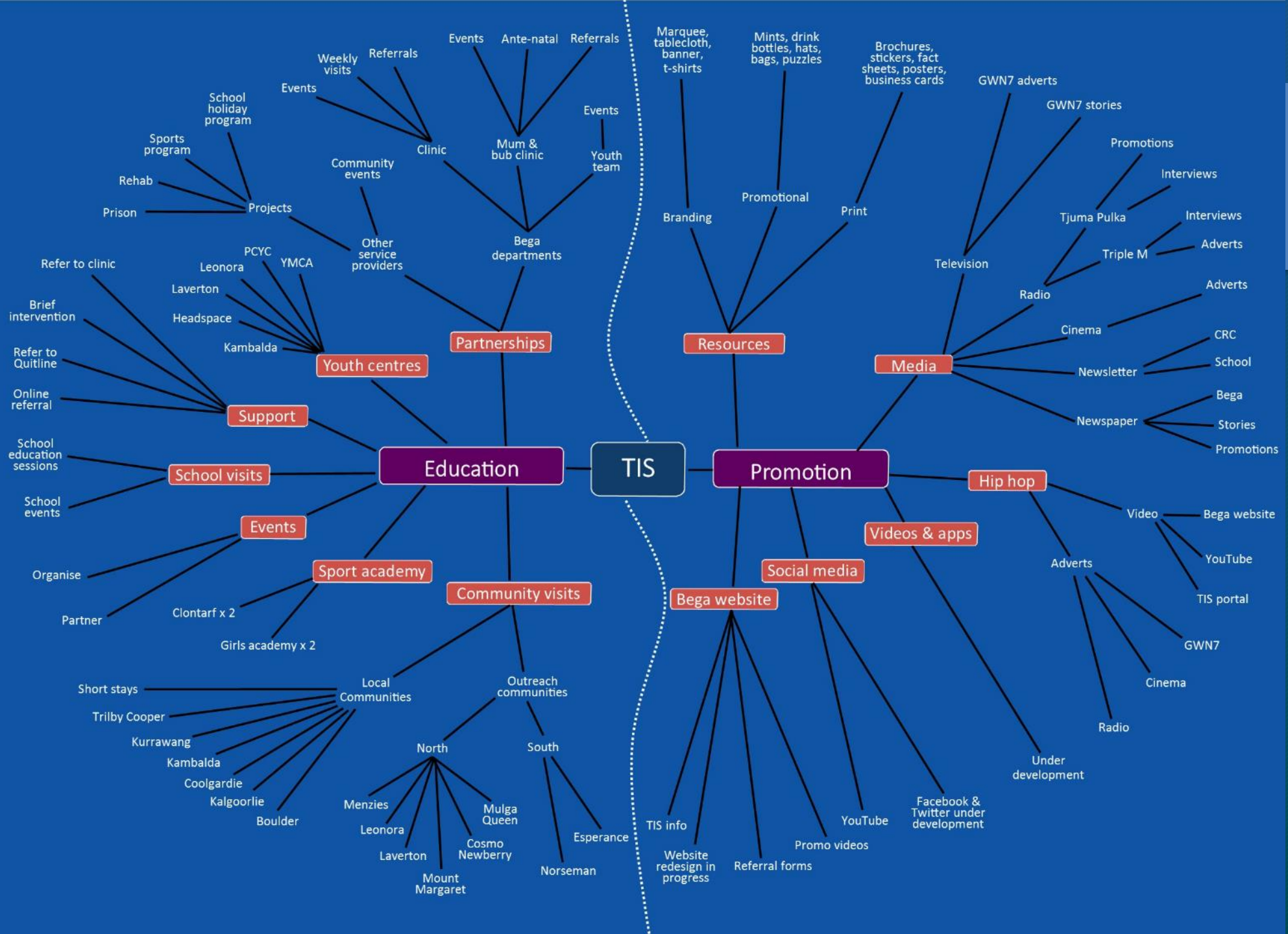


Goldfields region

- Located in the south-eastern corner of Western Australia.
- Largest region in the state with a land area of more than 770,000 square kilometers. Three times the size of the state of Victoria.
- Total population approx. 60,000 (12% Aboriginal descent).
- In Jul – Dec 2017, TIS team visited 12 communities / town. This includes 19 schools, 8 community centers, 4 youth centers, 4 sporting clubs and 3 Aboriginal accommodations.



TIS expansion



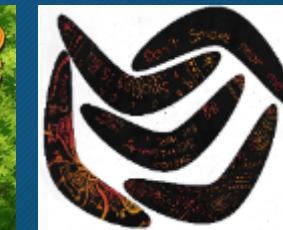
Community events (Jul – Dec 2017)

- Participated in 27 community events & programs – including NAIDOC events, school holiday program, Goldfields Aboriginal Festival, Mental health week and Esperance Agricultural show (engaged total 2479 participants)
- Organised two events – Puyu Wanti youth football carnival and Puyu Wanti quiz time BBQ.
- All events were evaluated by using surveys, feedback and interviews.



School education (Jul – Dec 2017)

- TIS education sessions delivered in 19 schools in the region.
- TIS education became part of the curriculum in 4 local schools (visiting every fortnight) and 13 outreach schools (visiting every month).
- Standardisation of TIS education sessions – 10 mins talk, 10 mins video and 30 mins activity focusing on smoking cessation.
- TIS team was part of two hip hop projects in Leonora.
- TIS team participated in school NAIDOC days and events



Media promotions (Jul – Dec 2017)



Triple M radio commercials =
11.45 million listeners



Hip hop commercials on GWN7 =
1.95 million views



Newspaper & newsletter promotions =
25,600 reads



Hip hop commercials at
Orana cinemas = 58,603
views



Hip hop video views on
YouTube = 20,000 views



Tjuma Pulka & Triple M radio
interviews = 16,200 listeners

TIS branding & promotional resources

Marquee



Tablecloth



T-shirts



Smoke-free displays



Smoke-free home and car stickers



Merchandise



Partnerships and collaborations (Jul – Dec 2017)

- Enforced TIS action plan in partnership with 69 organisations in the region.
- Includes Government, NFP, community services, health services, sporting clubs, Aboriginal accommodations and schools.
- Holds 26 MOUs with key stakeholders in the region (includes local and outreach services).
- Bega TIS team has an informal alliance with WACHS & CCWA since 2014, known as Goldfields Tobacco Action Group (GTAG). Organised events, promotions, joint projects and working as an advisory committee to the Local Government for Smoke-free CBD project.



Capacity building

- Quitskills
- BI training
- Monitoring & Evaluation
- Staff performance

**TIS
training**

**Shared
learning**

- Visit to other TIS teams
- Shared activities (hip hop, north outreach)
- Meetings & conferences

- Part of the working group
- Tailored to suit local needs

**WA
Aboriginal
BI package**

**Training
to other
services**

- Education sessions delivered to Bega departments and local services

Data recording & referrals (Jul – Dec 2017)

Bega clinical staff are encouraged to record client's smoking status at every consultation. As on 31 Dec 2017, 75.7% clients' smoking status was recorded (current or transient patients aged 10 years and above).

call - DUMB, DUMB 79yrs Fictitious Patient Male

Check up: Aboriginal & TSI adult

The Medicare item for Aboriginal and Torres Strait Islander people's health assessment should be claimed when this health assessment is complete.

Sachin Khera, Bega Health Promotions (Aboriginal Health Service) 29/07/2016 12:14 pm

Smoking status ✔ (07/06/2016 Current smoker - wants to quit now)

Alcohol consumption level (08/05/2015 Within safe drinking limits)

Exercise level (08/05/2015 Poor < 30min mod. most days)

Diet assessment (06/11/2015 Referred to dietician)

TIS referral form is also available on Bega website to be used by external services or self referral.

Home About Us Our Region What We Do Workin' With Us For Health Professionals Useful Links Testimonials

Bega Garnbirringu HEALTH SERVICE

sickness gets better

Referral Forms

Tackling Indigenous Smoking program Referral Form (Aboriginal)

Quitline Referral Form

Karkula Vine

TIS referral form is available on Communicare to be used by Bega staff who have access to client records. Quitline consent box was added in Oct 2017.

Tackling Indigenous Smoking Referral Form

PUYU WANTIKATINNI
LEAVE THE SMOKES ALONE

Please fax to Tobacco Action Mob on (08) 9091 1302 or scan and email to NoSmokes@bega.org.au

Client Details			
First Name: Dumb	Last Name: Dumb		
Contact Phone Number:	Mobile: 0410 223 258	Home: 0410 223 258 (H)	Work:
Client Aboriginality:	Aboriginal but not Torres Strait Islander	G0 P0 M0 T0	Breastfeeding <input type="checkbox"/>
What are the best days for Bega to call?	Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday <input type="checkbox"/> Sunday <input type="checkbox"/>		
What is the best time for Bega to call?	9am-1pm <input type="checkbox"/> 1pm - 5pm <input type="checkbox"/> 5pm - 8pm <input type="checkbox"/>		
Is it OK to leave a message?	Yes <input type="checkbox"/> No <input type="checkbox"/>		
Referred By:	Sachin Khera		
Contact Details:	(08) 9022 5505		

Do you agree to be referred to Aboriginal Quitline Counsellor? Yes No

Client Consent

By completing this form, the client agrees to TIS referral and understands that Tobacco Action Mob will contact the client during times indicated on this form (Please Tick)

Data recording Communicare (Jul – Dec 2017)

Every TIS activity is recorded on Communicare under Health Promotion tab created specifically for TIS team

Attendance;Health Promotion;Community

This item should be added to the client record for UNIDENTIFIED CLIENTS when anonymous attendance figures need to be recorded. Complete the attendance figures for each type and enter this item once only per event.

Sachin Khera, Health Programs (Aboriginal Health Service) 16/03/2018 2:06:01 PM

Comment Display on Main Summary
Display on Obstetric Summary

Date 16/03/2018

Health Promotion Location (23/11/2016 Mt Margaret Primary School)

No of health promotion sessions sessions (23/11/2016 1 sessions)

Total:Females Number (23/11/2016 9 Number)

Total:Males Number (23/11/2016 7 Number)

Tobacco Action activity (23/11/2016 Yes)

Healthy Lifestyle activity (No previous values)

Community Engagement Vehicle activity (12/02/2014 Yes)

Viewing right: Common

TIS team records Smoking assessment on Communicare at every client consultation

Add Clinical Item - DUMB, DUMB 21yrs Fictitious Patient Female

Smoking Assessment

This item is for use by Tobacco Action workers to record smoking status and CO results.

Sachin Khera, Health Programs (Aboriginal Health Service) 16/03/2018 2:06:01 PM

Comment Display on Main Summary
Display on Obstetric Summary

Performed date 16/03/2018

Smoking status (08/02/2018 Ex-smoker quit less than 12 months ago)

Record the Smokelyser result for carbon monoxide.
CO ppm (17/08/2016 23 ppm)

Fagerstrom Test

How soon after waking do you smoke your first cigarette?
First cigarette of the day (23/08/2017 a. Within 5 minutes (3))

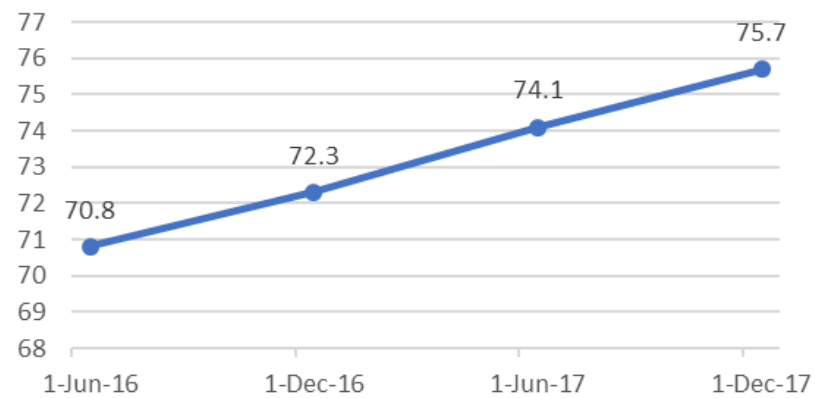
Cigarette consumption (29/08/2017 b. 11-20 (1))

This score relates to the brief (two question) Fagerstrom Test. The qualifiers to complete are 'First cigarette if the day' and 'Cigarette consumption'.
Fagerstrom Test Score (23/08/2017 4 = moderate dependence)

Viewing right: Common

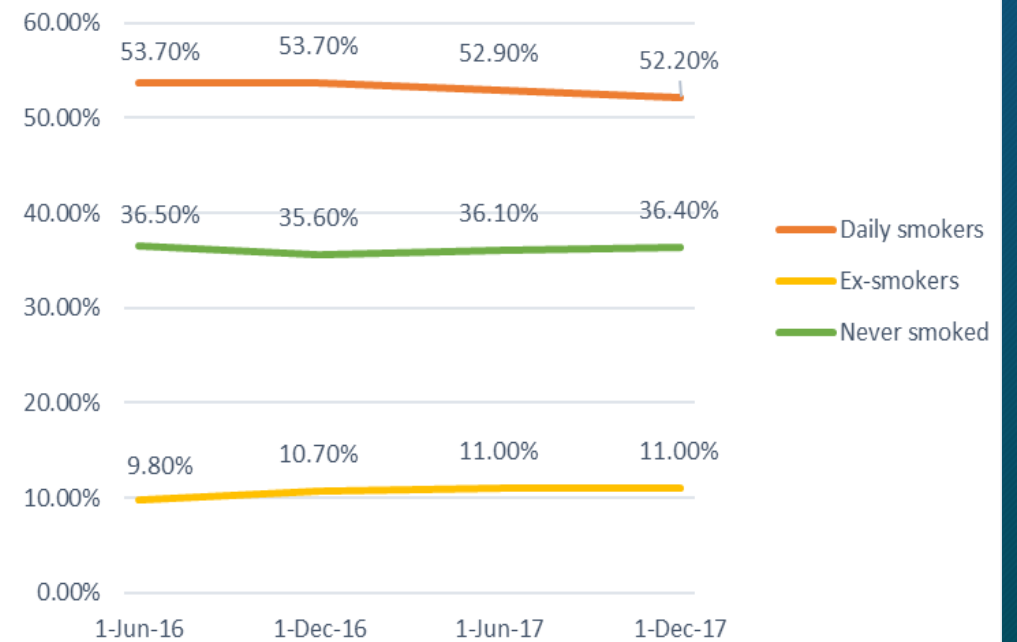
In the last 2 years

Smoking status recorded (%)



	30-Jun-16	31-Dec-16	30-Jun-17	31-Dec-17
Smoking status recorded (%)	70.8	72.3	74.1	75.7

Smoking status



Monitoring and Evaluations (Jul – Dec 2017)

- Evaluation tools - surveys, informal interviews and participant feedback.
- Created surveys on Survey Monkey. Popular among school kids, teenagers and youth. Pre and post surveys are designed to measure the change in knowledge and behaviour.
- Paper surveys and verbal feedback are used to evaluate community events.
- Informal interviews are used for clients who mainly speak Aboriginal language. These clients live in very remote areas. English is their third or fourth language.



NAIDOC day evaluation 2017

PURU WANKALATARRI
LARRI THE SMOKEE GUIDE

Has this activity made any change in your thinking about smoking?

Yes	No

NAIDOC day survey

TIS visit to Bega clinic

- TIS team visit Bega clinic once every week.
- Provide consultation and BI to clients waiting to see the doctor.
- Clients receive a gift bag if register for Quitline call back service.
- TIS team also participate in clinic events and monthly ante natal sessions.



Smoke-free environments (Jul – Dec 2017)

- New smoke-free signage installed at Bega clinic (included message in local language).
- Encouraged many clients to smoke away from clinic entrance and outside of Bega premises.
- Decline in cigarette butt litter at Bega premises.
- All Bega events were promoted as Smoke-free events.
- TIS team encouraged local services to make their events smoke-free by supplying banners, displays and promotional resources. 'Smoke-free event' message was incorporated in flyers.



Certificates and awards (Jul – Dec 2017)



'Kalgoorlie – Make a Change' hip hop project

Aim: to engage community members to learn more about smoking cessation and thus create a range of resources that can be utilised as a regional TIS campaign.

Key objectives: Community engagement (NI1), Create and strengthen partnerships (NI2)

Participation: 20 primary school kids, 11 high school kids and 10 adults

Promotions: Radio, TV, Newspaper, Newsletter, flyers and word of mouth

Evaluation:

1. Participant education and engagement six months before the project
2. TIS information session for IHHP crew before the start of the project
3. Participant wrote the song, indicates their knowledge
4. Participant interviews and surveys after the project
5. Community interviews ("Hip hop was the highlight of the year")



Song spins quit-smoking message

Zach Reiph

© Tuesday, 20 June 2017 9:32AM



Indigenous Hip Hop Projects instructor Ezekial Thompson with East Kalgoorlie Primary School students Bradley Ashwin and Deslee Foley, both 10, and Kalgoorlie Girls' Academy's Rosina Thomas, 14. Picture: Mary Meagher / Kalgoorlie Miner

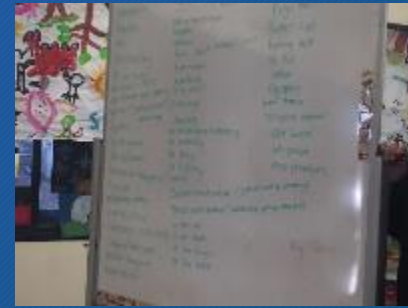


The making of hip hop

IHHP crew intro & dance performance in school assembly



Brain storming & song writing session



Song recording



Filming



Community launch event



Note: Hip hop video, TV and radio commercials are available on TIS portal under GR activities

Social media

Tobacco Free Aust
@tobaccofreeaust

Great work by Bega's Tobacco Action Team who organised the 'Puyu Wanti Youth Football Carnival' - engaging Aboriginal young people in sports and promoting a smoke-free life! @TISprogramme @TheAHCWA [facebook.com/ABCGoldfieldsE...](https://www.facebook.com/ABCGoldfieldsE...)

12:41 PM - 26 Oct 2017

NBPU TIS @TISprogramme · Aug 6

Check out this great vid from the Bega TIS team, who worked w/ @IndigHipHop to write a song about tackling #tobacco

IHHP - Kalgoorlie - Make a change
IHHP and Bega Health in Kalgoorlie joined together with East Kalgoorlie Primary and some of the teenage students in Klontarf and Girls Academy, to write this...
[youtube.com](https://www.youtube.com)

Indigenous HIP HOP Projects
16 July at 11:12 am · @

IHHP and Bega Health in Kalgoorlie joined together with East Kalgoorlie Primary and some of the teenage students in Klontarf and Girls Academy, to write this song tackling tobacco. They wanted to throw out a challenge to Kalgoorlie and the rest of the country to be the ones to make the change and quit smoking. These students had so much energy for filming and even went above and beyond to meet us at locations around town. The amazing staff of Bega Garnbirringu helped so much with the writing of the song, with transport, moral support for the students and then also with singing and performing. Thank you so much to them for this deadly week and video clip. Also big thanks to East Kalgoorlie Primary, Klontarf and Girls Academy for all the support for this song. Now can we be the make the change in Kalgoorlie and the rest of the country?

IHHP - Kalgoorlie - Make a change
IHHP and Bega Health in Kalgoorlie |...
[youtube.com](https://www.youtube.com)

3 shares

The Kalgoorlie Miner
12 July · @

Local kids with the help of Bega Garnbirringu Health Service created this powerful anti-smoking hip-hop music video. There are talented young rappers here...

Kalgoorlie, Make a change
Tackling Smoking Hip Hop Music Video
[youtube.com](https://www.youtube.com)

38 shares

Like Comment Share

104

Fantastic job - congratulations to all who were involved!!!
12 July · Like · Reply

This is great. Awesome job everyone. You kids are the bomb!!! Keep it up 🙌

Australian Council on Smoking and Health
12 July · @

'Kalgoorlie, Make a change' hip hop video has officially launched! The project from Bega Garnbirringu Health Services, made by pupils at schools in Kalgoorlie, sends a powerful message about smoking to the community from the community 🎵🎶🎤

Kalgoorlie, Make a change
Tackling Smoking Hip Hop Music Video
[youtube.com](https://www.youtube.com)

1 Share

Like Comment Share

2

Australian Council on Smoking and Health
You can see this video and more on the Bega Garnbirringu Health Services website <http://www.bega.org.au/downloads/promotionalvideos/>

12 July · Like · Reply

Tony's in the video
12 July · Edited · Like · Reply · 🙌 1

That is awesome well done to those involved
12 July · Like · Reply

Awesome! Well done
16 July at 3:15 pm · Like · Reply

Aww deadly!! 🙌🙌
12 July · Like · Reply

Amazing job!
13 July · Like · Reply

Fantastic well done!
13 July · Like · Reply

NBPU TIS @TISprogramme

Great to see some info about #smoking and #pregnancy in the @KalgoorlieMiner from the Bega Garnbirringu #TIS team!

16 Jul 2017
Kalgoorlie Miner, Kalgoorlie WA

Stop smoking for you and newborn

Article:
Planning to have a baby or already pregnant? It's important to quit smoking now. This is the time to change to a smoke-free life for you and your baby.

Before a newborn dies, taking the right action can prevent this. Smoking during pregnancy is the leading cause of sudden infant death syndrome (SIDS) and stillbirth. But the good news is that you can make a difference for your baby and your own health by quitting now.

According to the Australian Institute of Health and Welfare, about 12,000 men and women made a quit attempt during the program.

The smoking time was longer than ever, longer than ever, and it's important to quit now.

Smoking during pregnancy is harmful to the health of the mother and the child. Quitting during pregnancy can reduce the risk of stillbirth, low birth weight, and SIDS. It can also reduce the risk of your baby being born with a respiratory infection.

These symptoms can also develop if you smoke and your baby is born. Quitting during pregnancy can also help a baby to sleep better and to be healthy through breast-feeding.

Quitting smoking is the best thing you can do for yourself and your baby.

It can be difficult for some people to quit, and especially hard while pregnant. But having your doctor's support and encouragement will help you, your baby and your family.

Some pregnant women are told that they should quit smoking. But this is not always the best advice. Some people who are smoking at the time of their pregnancy quit during the pregnancy and their babies are born healthy.

For more information, visit www.quitnow.org.au or call 1300 737 737. You can also use the 'Quit Now' app for free. The 'Quit Now' app for free is available on the App Store and Google Play.

10:29 AM · Jul 21, 2017

Compliments

Hi Sachin

Thank you so much to you and the team for making me feel so welcome this week in your lovely part of the country. I hope today goes well with the launch.

You guys are doing a fabulous job over there, a great example of 'best practice' J

Speak soon,

Deb

Debbie Reichelt

Project Officer

National Best Practice Unit

Hi Sachin,

Excellent initiative – Bega TIS team have done a great job!

Are you happy if we share the video and materials with the WA Aboriginal Tobacco Control Strategic Leadership Team (big group) and in our social media channels – twitter, Facebook, etc.?

Kind regards,

Dora

Dora Oliva

Executive Director

Australian Council on Smoking & Health

Hi Sachin

Well done with the video clip amazing the best one I have seen to date. It was so damn good it deserves to win an award of some kind.

Happy to discuss further
Regards

David Batty

West Kimberley TIS Coordinator

Broome Regional Aboriginal Medical Service

Hi Sachin

I have been meaning to email you for the last week or so to say thank you for inviting us to the smoke free video launch and to congratulate you and your team on the fantastic job that you all did in putting that video together along with the beautiful young people of Kalgoorlie. Myself and my team who attended thoroughly enjoyed the launch and the video and you are all to be congratulated for the great work that was carried out to get the video done and well done to you all.

Kind Regards,

Awhiora Nia Nia

Executive Manager

Centrecare Incorporated

Congratulations! Awesome work team Kal! Loved the hip hop video and showed my kids, well done all involved keep up the great work...creative and clever work with our people starring is making an enormous impact around the country.

Kindest regards Juli

Professor Juli Coffin | Head of Campus & Director

The University of Notre Dame Australia

Thank You

Contact details:

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