



GRIFFITH TACKLING INDIGENOUS SMOKING TEAM

GRIFFITH ABORIGINAL MEDICAL SERVICE

QUALITY AND REACH OF COMMUNITY ENGAGEMENT

Beat the Boondah

Beat the Boondah aims to provide Aboriginal community members/businesses with the tools and information needed to assist them in reducing or quitting smoking.

The program consists of a 1 hour information session, after which, participants can be referred to appropriate quitting support organisations, for example Quitline or one-on-one support from the Tackling Indigenous Smoking (TIS) Team. This time period may vary based on the community/audience we are providing the service to.

The session will cover a range of different topics which include Smokerlyzer testing, assessments to determine Nicotine Dependence and the different methods available to help reduce/quit smoking.



We aim to run 20 Beat the Boondahs across our area ever 6 months. We evaluate this on Survey Monkey.

FREE FRESH & FIT AND SMOKE FREE 4 LIFE

Schools Program

Smoke Free 4 Life – Aims to educate Indigenous students in Year 10 about the dangers of smoking, the effects it can have on the body and methods available to quit for those students that may be already smoking.

Free Fresh & Fit – Aims to educate students in Year 6 about the dangers of smoking and the effects it can have on the body through interactive activities and promote a healthy and active lifestyle through healthy food choices and physical activity.



In the previous 6 months we have seen 87 ATSI participants in Free Fresh and Fit and 47 ATSI in Smoke Free 4 Life. We have recorded and evaluated these on Survey Monkey.

ORGANISATIONS INVOLVED IN TOBACCO REDUCTION IN THE REGION

- **Participation in Regional ACCHO Alliance (CEO Meetings)**

TIS team prepare reports with recommendations for each Alliance meeting which are presents by our CEO to promote our team and encourage further networking opportunities.

- **Participation in Community Working Party Meetings and Interagency meetings throughout the region**

By going to these meetings it gives us opportunities to network with different organisations and form strong partnerships similar to our program Passport to Better Health which we run around the region.



PASSPORT TO BETTER HEALTH

Brief of event:

Passport to Better Health has been modelled from NSW Health One Deadly Step program. Passport to Better Health aims to provide Aboriginal community members better access to local health services in their communities by engaging local service providers to participate with us on the day. We also aim to educate Aboriginal communities on the health effects of Chronic Disease by performing mini health assessments.

At each event we will engage local health service providers to participate in one or more of the 11 steps listed below. The Tackling Indigenous Smoking Team will assist in Steps 4, 5 and 6. Local organisations will be invited to participate. The steps listed below are a guide only and can change depending on community requirements. Consultation will be done with each community prior to engaging local health service providers to participate.

Our goal is to run this event in every community within the Riverina, that is, Griffith, Leeton, Narrandera, Hay, Hillston, Deniliquin, Lake Cargelligo, Murrin Bridge, West Wyalong, Cootamundra, Junee, Young and to assist other Regional Co-ordinators or communities in other areas.



BUILDING CAPACITY TO SUPPORT QUITTING

Quitskills Training

- We had Quitskills training in September 2017. We invited external staff members to join the training so if we were referring in different communities they had trained staff in that area.

Quitline

- We refer to Quit line as often as possible

We're Tobacco Free for New Life

- We refer eligible clients to NSW Health Quit for New Life Program

Smoke-free Environments training

- We provide training prior to implementing a smoke-free environment to the organisations staff to explain the changes to them and clientele and refer anyone wanting to reduce/quit for one-on-one support provided by us.

REFERRALS TO APPROPRIATE QUITTING SUPPORT

Referrals to TIS team from other services within our AMS	
JULY 2017 – December 2017	47
Referrals to Quitline from TIS team	
JULY 2017- December 2017	53
Referrals from Passport to Better Health to TIS team	
JULY 2017- DECEMBER 2017	38

WE'RE TOBACCO FREE FOR NEW LIFE

In 2016 we partnered with NSW health Quit for New Life team to develop a partnership which we call "We're Tobacco Free For New Life".

This program is aimed at Pregnant smokers, immediate family members and carers who smoke and have young children around them. In the last 6 months we have ran 2 in Lake Cargelligo and 1 in Hay. For the next 6 months we also have 3 booked in Deniliquin, Griffith and Lake Cargelligo. In the program the clients are referred on to the NSW health team for further support as they can provide six weeks of free NRTS.

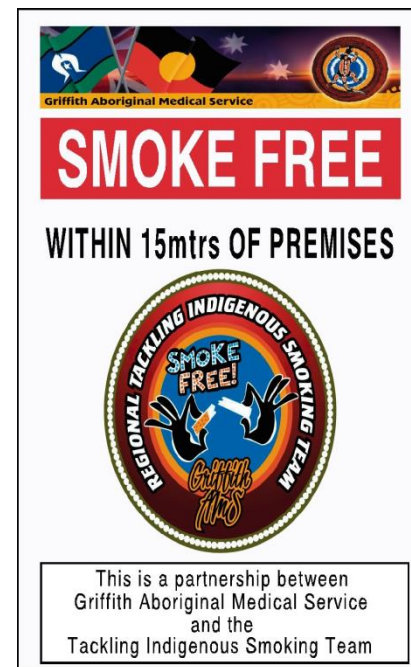


SUPPORTING SMOKE-FREE ENVIRONMENTS

In the last 6 months we have successfully made 6 aboriginal organisations Smoke Free.

They are :

- Tirkandi Inaburra
- Winangakirri Aboriginal Corporation
- Murrin Bridge Aboriginal Health Service
- Griffith Aboriginal Medical Service
- Griffith Lands Council
- Lake Cargelligo Lands Council



SUPPORTING SMOKE FREE ENVIRONMENTS

We supported these events with signage, announcements and pass outs;

- 3 Rivers Touch Carnival
- Wagga Art in the Park
- Deniliquin Family Fun Day
- Lake Cargelligo Service Expo
- Passport to Better Health - (Griffith , Leeton, Narrandera, Darlington Point, Lake Cargelligo, Hay, Hillston)

We had our smokerlyzer and referral forms to our team.

We also handed out Smoke Free House signs and Smoke Free Car Air Fresheners.

