

Introduction to the resources

In 2017-2018 the National Best Practice Unit Tackling Indigenous Smoking (NBPU TIS) undertook to develop a set of resources for community workers and health professionals that would provide relevant information in relation to the Tackling Indigenous Smoking Program. These videos and fact sheets are the result of this activity.

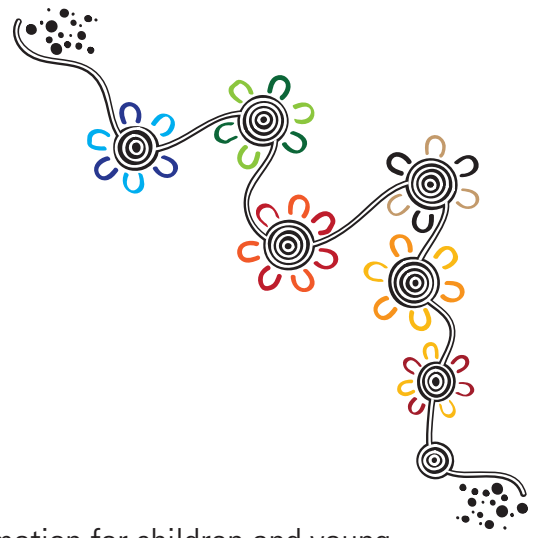
THE VIDEOS COVER:

1. Brief Intervention
2. Activities for children and youth
3. Nicotine Replacement Therapy
4. Smoking and Pregnancy
5. Smoke-free Environments
6. Harmful effects of smoking



Each video showcases the work of a number of different Tackling Indigenous Smoking (TIS) teams from across Australia. Each one is also accompanied by a fact sheet which provides a brief evidence-based overview of the topic and explains how the activities fit into the Population Health Promotion approach adopted by the program.

In addition to this work, NBPU TIS undertook a desktop review of the currently available evidence-based obesity and nutrition resources of relevance to Aboriginal and Torres Strait Islander people. A summary of the activities and information identified, along with a set of downloadable resources is also available on this USB. A fact sheet describing the relationship between nutrition and smoking is provided to accompany these resources.



Key Facts about Activities for Children and Youth

An important part of the TIS teams' work is providing health promotion for children and young people from kindergarten through primary to secondary school age. Youth work is an important health promotion activity which aims to reduce the number of young people taking up smoking and increasing the number of young people who quit smoking. It also reinforces the message in the general community that being smoke-free is better for everyone.

What youth activities work best?

Activities for children and youth have an increased chance of working if they:

- are interactive;
- include social influences and peer leadership;
- use culturally appropriate activities;
- are tailored for the age of the children.

Activities for children and youth that are part of a wider community health promotion program also seem to be more effective.

What youth activities do TIS teams deliver?

TIS teams run a number of successful health education activities for children and young people.

Examples of these include:

- **Deadly Choices** (IUIH, Danila Dilba and others) is an interactive education program which encourages young people to be positive lifestyle role models; QLD
- **Puyu Blaster campaign** (AHCSA) provides an opportunity for students to learn about the risks associated with smoking and poor nutrition through hands-on activities; SA
- Supporting local schools to work with the **Indigenous Hip Hop Project** (e.g. Bega Garbiringu) to write and record a health promotion video about smoking; WA
- **The Amazing Race to Happy** (Bullinah AHS) promotes the smoke-free message, and by collaborating with other health services gives the students exposure to the services available in their area;
- **Koorie Kids Coach Program** (VAHS) is a weekly health and wellbeing program that promotes positive health messages to Kindergarten children.

Programs for children and young people are important, and should be seen as an integral part of tackling smoking in a community. They are a significant component of a Population Health Promotion approach to TIS. **Taking a whole of community approach is the best way to grow healthier smoke-free futures for everyone.**