



NATIONAL BEST
PRACTICE UNIT

TACKLING INDIGENOUS SMOKING

2022



Smoking Triggers

Happy New Year! If your New Year's Resolution is to give up smoking, congratulations – you've already made a very important step in being smoke-free! Identifying and avoiding your smoking triggers will also assist you to break the habit.

Being aware of your triggers and finding other things to focus on will help you keep on track with your New Year's Resolution. Have a great (smoke-free) 2022.

Alcohol

Drinking and smoking often go hand in hand. If you are visiting a bar or licensed premises with friends, sit in an area away from the smoking area. Since alcohol can reduce your willpower, try to minimise your drinking.

Friends who smoke

If any of your friends smoke, let them know you have given up. Ask for their support by not smoking around you. Focus your mind on another activity when they go out to smoke.

Caffeine

If you previously smoked while you were taking a coffee break, consider drinking your coffee in non-smoking areas. Reducing your caffeine intake can also assist in staying smoke-free.

Driving

People who smoke will often light up while driving. Cleaning your car of any smoking-related products can help to remove triggers. Distract yourself from smoking urges by listening to your favourite music or podcasts.

Stress

Feeling stressed or anxious? Instead of picking up a cigarette, consider going for a walk outside, trying breathing exercises or talking to a friend who has given up. You could also call the Aboriginal Quitline on 13 78 48 for support.



TIPS FROM TOM

Welcome to 2022! As we enter the final six months of the current Tackling Indigenous Smoking contract, it's important we keep collating local data and results relating to the TIS program. Are you a newer member of a TIS team, want to brush up on the population health objectives of TIS or how to best report, monitor and evaluate your results? Head to the Tackling Indigenous Smoking website or scan the QR code and have a read through the induction package to ensure you have the best information to assist in your role. Use your networks to encourage the community to stay quit or pledge to quit in 2022.

Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator



JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Term 1 begins (ACT, NSW, SA, Vic, NT and WA)					1 New Year's Day (Public Holiday)
2	3 New Year's Day substitute day (Public Holiday)	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Term 1 begins (Qld)	25	26 Survival Day (Public Holiday)	27	28	29

Smoking and Cancer: Five Facts

World Cancer Day falls on Friday February 4. The links between smoking and cancer are clear, but did you know the following facts?

Find more facts on the Tackling Indigenous Smoking page by scanning the QR code.

1 Tobacco smoking is the largest preventable cause of cancer

2 There are 16 cancers that can be caused by smoking

3 There are 69 different chemicals in a cigarette known to cause cancer

4 Smoking increases the odds of stomach cancer by 61%

5 A large proportion of cancers of the mouth can be attributed to tobacco

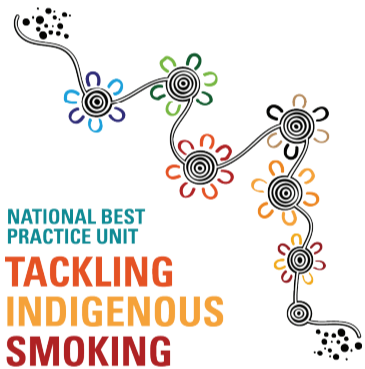
It's never too late to quit smoking. The body begins to repair itself just six hours after the last cigarette, with the risks of smoking continually decreasing after that.



TIPS FROM TOM

Last year NBPU TIS partnered with the Office of the Registrar of Indigenous Corporations (ORIC) to co-design a pilot program promoting smoke-free workplaces. There are 3000 Indigenous organisations registered with ORIC and their reach extends to hundreds of communities. Although the pilot takes place in a small percentage of these organisations, it opens up an exciting opportunity. We've seen TIS success in campaigns for smoke-free cars and smoke-free homes, so now we are excited to translate this knowledge to smoke-free workplaces. Schools are starting back, so engage with teachers and principals around conducting free education activities for students. Start the conversation.

Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator



FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 World Cancer Day	5
6	7	8	9 Term 1 begins (Tas)	10	11	12
13	14 Valentine's Day Royal Hobart Regatta (Public Holiday - Tas)	15 National TIS CEOs Workshop, Canberra	16	17	18	19
20 World Day Of Social Justice	21	22	23	24 TIS Remote Services Workshop, Alice Springs (TBC)	25	26
27	28					

Closing The Gap On Indigenous Smoking

National Close The Gap Day is commemorated this year on Thursday March 17. The origins of Close The Gap Day can be traced back to Tackling Indigenous Smoking National Coordinator, Professor Tom Calma AO. In his role as Aboriginal and Torres Strait Islander Social Justice Commissioner, Tom delivered the Social Justice Report 2005, which called for the Australian Government to commit to achieving Indigenous health equality within 25 years.

- The first National Close The Gap Day was held in 2007.
- The decade-long Tackling Indigenous Smoking program's activities align with a reduction in our mob's smoking rates.
- Between 2004 and 2018, the numbers of Aboriginal and Torres Strait Islander people who smoke dropped by 9.8%.
- There are now 50,000 fewer daily smokers among Aboriginal and Torres Strait Islander people, with many lives saved.

Celebrate National Close The Gap Day by promoting our Tackling Indigenous Smoking achievements and continued push to reduce tobacco prevalence in your community.



TIPS FROM TOM

Whenever your Tackling Indigenous Smoking team holds a community event, consider inviting your region's politicians. This is an important way to increase the TIS profile. We all know politicians love a photo opportunity (particularly during elections), so the invite might result in a local member dropping by and hearing about the good work being done. Reaching out ensures they are aware you're actively working with the community on reducing Indigenous smoking numbers.

Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator



MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Labour Day (Public Holiday - WA)	8 International Women's Day	9	10 World Kidney Day	11	12
13	14 Canberra Day (Public Holiday - ACT) Adelaide Cup Day (Public Holiday - SA) Eight Hours Day (Public Holiday - Tas) Labour Day (Vic)	15	16	17 National Close the Gap Day	18	19
20	21 Harmony Day	22	23	24	25	26
27	28	29	30	31		

The Dangers Of Vaping

National Youth Week takes place every April. As vaping becomes more prevalent among Australian youth, it's important to have up-to-date information on e-cigarettes. Here are five vaping facts you can share with students and young people in your community.

1. Short-term side-effects of vaping include nausea, vomiting, mouth and airway irritation, chest pain and heart palpitations.
2. Studies show e-cigarette use is linked to lung disease.
3. Studies show e-cigarette use impairs blood vessel function and e-cigarette users are more likely to have a heart attack or stroke.
4. While e-cigarettes don't produce the tar found in traditional cigarettes, they do produce toxins and chemicals.
5. People who vape are exposed to heavy metals such as chromium, nickel and lead in greater quantities than in conventional cigarettes. High concentrations of these heavy metals have been linked to health problems such as cardiovascular disease, brain damage and cancer.

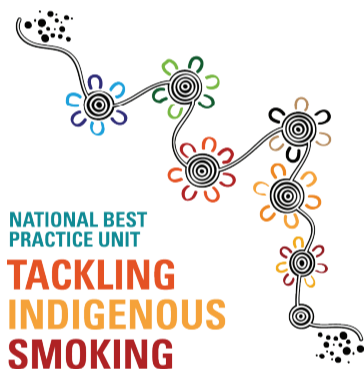
You can learn more about vaping – including the current Therapeutic Goods Administration laws around nicotine in e-cigarettes – by scanning the QR code.



TIPS FROM TOM

A consequence of holding various positions including university chancellor, chair, board member and patron is a lot of opportunities to travel across Australia. Whenever I have spare time during work trips, I enjoy the chance to catch up with TIS teams in their local community and hear about their current population health promotions. The annual TIS Jurisdictional Workshops also provide a great chance to speak one-on-one with our workers, so I look forward to joining you in the special amalgamated jurisdictions events this April and May. Remember, World No Tobacco Day is on May 31 – what events are you planning?

Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator



APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Term 1 ends (Qld)	2
3	4	5 ACT, NSW, SA TIS Teams Workforce Development Day, Adelaide (TBC)	6 ACT, NSW, SA TIS Jurisdictional Workshop, Adelaide (TBC)	7 ACT, NSW, SA TIS Jurisdictional Workshop, Adelaide (TBC) World Health Day	8 Term 1 ends (ACT, NSW, Vic, NT, WA)	9
10	11	12	13	14 Term 1 ends (SA, Tas)	15 Good Friday (Public Holiday)	16 Easter Saturday (Public Holiday – ACT, NSW, NT, SA, Vic), The Day After Good Friday (Qld)
17 Easter Sunday (ACT, NSW, NT, Qld, SA, Vic)	18 Easter Monday (Public Holiday)	19 Easter Tuesday (Public Service Holiday - Tas) Term 2 begins (NT, Qld)	20	21	22	23
24	25 ANZAC Day (Public Holiday)	26 Term 2 begins (ACT, NSW, Vic, WA)	27 Qld, NT TIS Teams Workforce Development Day, Cairns (TBC)	28 Qld, NT TIS Jurisdictional Workshop, Cairns (TBC)	29 Qld, NT TIS Jurisdictional Workshop, Cairns (TBC)	30

World No Tobacco Day

World No Tobacco Day on Tuesday May 31 is an excellent time for Tackling Indigenous Smoking teams to get out in the community and promote being smoke-free in their local area. World No Tobacco Day promotional opportunities previously created by TIS teams include the following:

- Sponsoring a sport event or carnival
- Organising a colour run
- Creating an interactive display in a local public area
- Holding a fun run
- Running school events
- Coordinating a block party
- Organising a live music event
- Holding a local barbecue

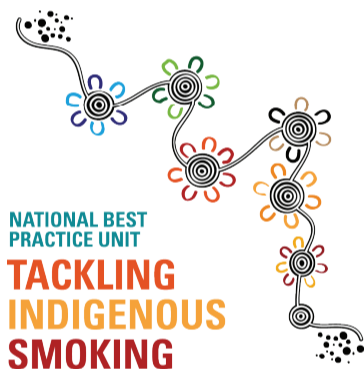
Events such as these create an opportunity to talk with the local community and promote the World No Tobacco Day message. Scan the QR code to find more World No Tobacco Day ideas from Tackling Indigenous Smoking teams across Australia.



TIPS FROM TOM

I love seeing the ways our Tackling Indigenous Smoking teams choose to celebrate World No Tobacco Day each year on May 31. What events does your TIS team have planned for this year? Who are you partnering with to make sure it's a great day? Who from your community have you invited to ensure you are creating local awareness and strong regional impact? Holding public events is a fantastic opportunity for you to show the wider community the impact the TIS program is having on reducing smoking prevalence. Remember, National Reconciliation Week is held from May 27 - June 3, so link up with big community events to promote our TIS objectives.

Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator



MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Term 2 begins (SA, Tas) May Day (Public Holiday - NT) Labour Day (Public Holiday - Qld)	3 World Asthma Day	4	5	6	7
8 Mother's Day	9	10	11 Preventive Health Conference, Brisbane	12 Preventive Health Conference, Brisbane	13 Preventive Health Conference, Brisbane	14
15 International Day Of Families	16	17 WA, Vic, Tas TIS Teams Workforce Development Day, Perth (TBC)	18 WA, Vic, Tas TIS Jurisdictional Workshop, Perth (TBC)	19 WA, Vic, Tas TIS Jurisdictional Workshop, Perth (TBC)	20	21
22	23	24	25	26 National Apology Day	27 Reconciliation Week	28
29	30 Reconciliation Day (Public Holiday - ACT)	31 World No Tobacco Day				

Smoking: Bad for your health, bad for the Earth

Sunday June 5 is World Environment Day. Did you know the world's most littered plastic item is cigarette butts? Around the world approximately 18 billion cigarettes are smoked every day, with only one third of butts estimated to be properly disposed of. Trillions are thrown into the environment every year! Cigarette butts contain a plastic known as cellulose acetate, plus nicotine, heavy metals and other chemicals absorbed through the smoking process. Butts pollute the environment with poisons and microplastics.

E-cigarettes are also a new danger to our planet. Vapes create waste in the form of single-use plastics, increased tech waste (such as lithium batteries) and toxic chemicals when discarded.

Smoking isn't just harming you and your family, it's also terrible for the environment!



TIPS FROM TOM

When you look at the fact a person with a 30 cigarette a day habit spends at least \$350 per week, that's a lot of money which could be put towards something else. The health benefits are an important incentive to quit or not take up smoking, but it's also worth considering smoking's financial burden. People who smoke often say the habit helps them with stress, even though research shows stress levels in people who smoke are actually higher. Maybe the additional stress comes from having to find an extra \$18,000 or so per year to fund their habit?

Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator



JUNE

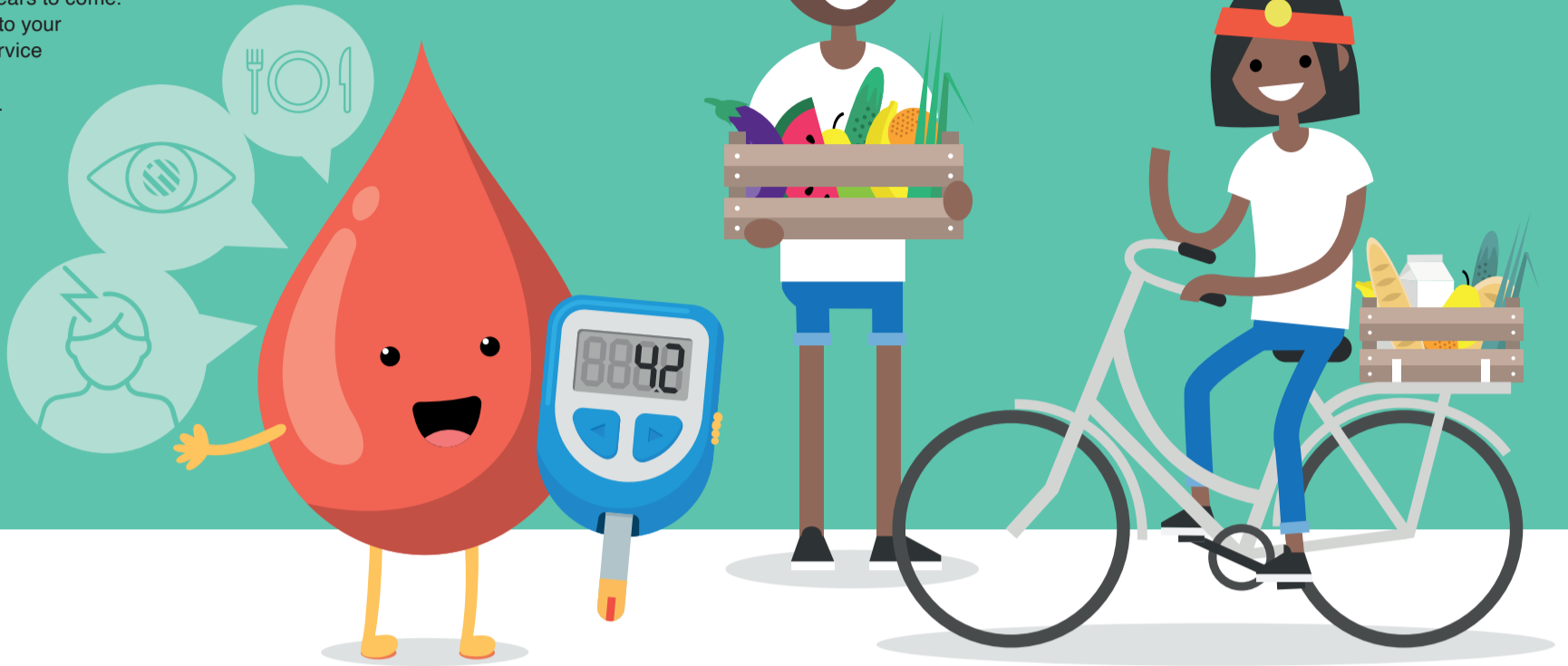
Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1 Bowel Cancer Awareness Month	2	3 Mabo Day	4
5	6	7 Labour Day (Public Holiday - WA)	8	9	10	11
12	13 Queen's Birthday (Public Holiday - ACT, NSW, NT, SA, Tas, Vic) Men's Health Week	14	15	16	17	18
19	20	21	22	23	24 Term 2 ends (Qld, Vic, NT)	25
26	27	28	29	30		

Celebrate NAIDOC Week, celebrate good health

As well as July commemorating NAIDOC Week, this month also marks National Diabetes Week. Did you know Indigenous Australians are almost three times as likely to suffer from diabetes than non-Indigenous Australians? Smoking can lead to Type 2 diabetes, a condition where the body loses the capacity to produce the right amount of insulin. The risk of developing diabetes increases with the number of cigarettes smoked. Symptoms can include headaches, blurred vision and an increased appetite.

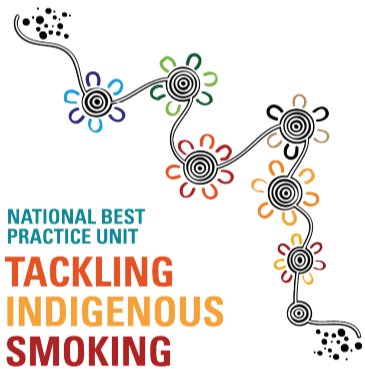
Make sure you're celebrating NAIDOC Week with mob for many more years to come: ditch the smokes and talk to your local Aboriginal Health Service about other positive steps towards avoiding diabetes.



TIPS FROM TOM

NAIDOC Week commences on Sunday July 3. After a couple of years of disruptions to national NAIDOC events, I'm sure all our TIS teams are looking forward to celebrations this year. Investigate if there are local public events where your Tackling Indigenous Smoking team could be represented. While NAIDOC Week is all about celebrating the oldest living culture in the world, it can also provide a chance to celebrate our TIS achievements as well.

Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator



JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1 Coming Of The Light Term 2 ends (ACT, NSW, WA)	2
3 NAIDOC Week	4	5	6	7	8 Term 2 ends (SA, Tas)	9
10 National Diabetes Week	11 Term 3 begins (Qld, Vic)	12	13	14	15	16
17	18 Term 3 begins (ACT, NSW, WA)	19 Term 3 begins (NT)	20	21	22	23
24	25 Term 3 begins (SA)	26 Term 3 begins (Tas) Aunts and Uncles Day	27	28	29	30

Looking after our children

National Aboriginal and Torres Strait Islander Children's Day is held annually on August 4. Since children's bodies are still developing, they are particularly susceptible to third-hand smoke. Third-hand smoke is cigarette smoke absorbed into fabrics and surfaces. It can contain the same toxic and cancer-causing chemicals as a cigarette. Even if kids aren't in cars or homes when someone is smoking, third-hand smoke can be absorbed later through their skin, mouth or lungs. Babies crawling on contaminated surfaces or putting items in their mouth can also be affected by these toxins. While the concept of third-hand smoke is relatively new, experts believe it can lead to a number of adverse health effects in babies and children. Celebrate our future leaders this National Aboriginal and Torres Strait Islander Children's Day by making your home and car smoke-free.

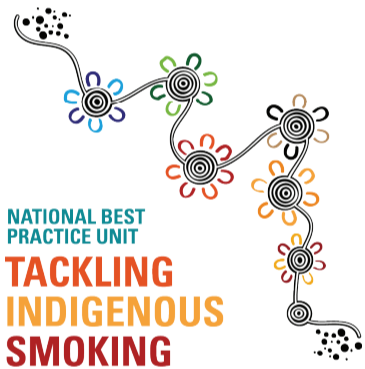
Scan the QR code for more information on creating smoke-free environments.



TIPS FROM TOM

This month we celebrate National Aboriginal and Torres Strait Islander Children's Day on August 4. In the last Australian Census, more than half of the Aboriginal and Torres Strait Islander population was under 14 years of age, so we have to look after our young mob. Studies show if kids see family members smoking they are more likely to take up the habit. By assisting parents and guardians to kick cigarettes, we are giving our future elders and leaders a better chance to make their own deadly choices.

Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator



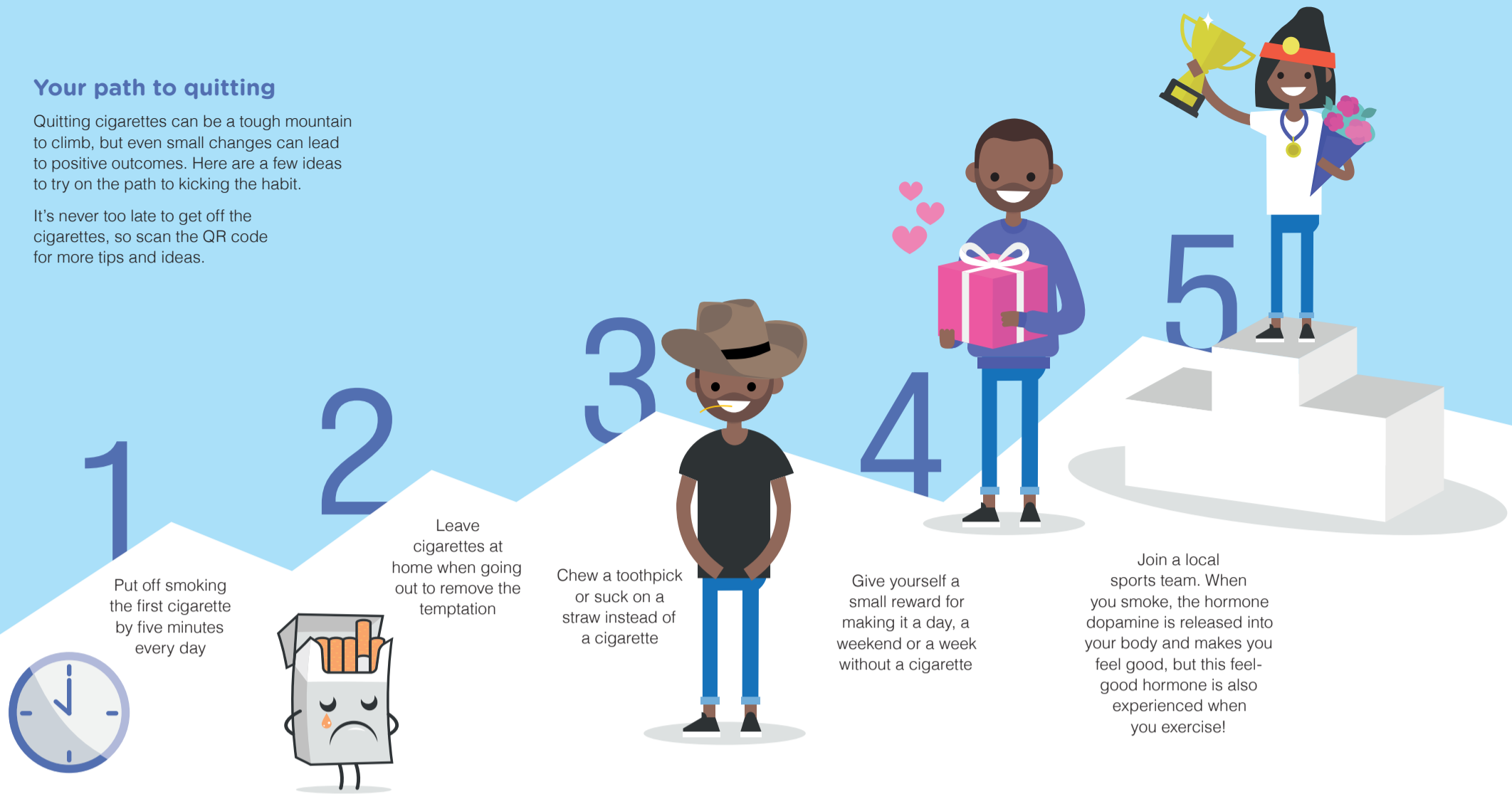
AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Picnic Day (Public Holiday - NT)	2	3	4 National Aboriginal and Torres Strait Islander Children's Day	5	6
7	8 National Stroke Week	9	10 Royal Queensland Show (Public Holiday - Brisbane only)	11	12 Red Nose Day International Youth Day	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Your path to quitting

Quitting cigarettes can be a tough mountain to climb, but even small changes can lead to positive outcomes. Here are a few ideas to try on the path to kicking the habit.

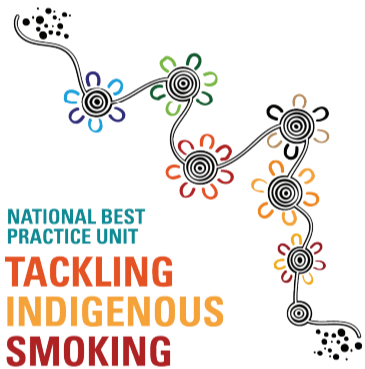
It's never too late to get off the cigarettes, so scan the QR code for more tips and ideas.



TIPS FROM TOM

It's never too late to get off the smokes – what could you possibly regret about making such an important decision? This month marks 45 years since I gave up cigarettes. I haven't had one of those filthy little things since then. If I hadn't quit in September 1977 I would have smoked more than 400,000 cigarettes by now! I'm sure both my doctor and my wallet are happy I quit when I did. Encourage your loved ones to quit – start the conversation.

Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator



SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Prostate Cancer Awareness Month	2	3
4 Father's Day	5 Women's Health Week	6	7	8 RU OK? Day	9	10 World Mental Health Day
11	12	13	14	15	16 Term 3 ends (Qld, Vic)	17
18	19	20	21	22	23 Term 3 ends (ACT, NSW, NT, WA)	24
25	26 Queen's Birthday (Public Holiday - WA)	27	28	29 World Heart Day	30 Term 3 ends (SA, Tas)	

Avoiding health risks

You probably already know smoking is a major cause of heart disease and lung cancer, but here are a few of the other body parts which can be affected by cigarette use.

Kidneys

People who smoke are three times more likely to have reduced kidney function. Since smoking damages blood vessels, the kidneys need to work harder to filter blood.

Liver

Tobacco smoking is a leading driver of liver cancer, accounting for the largest percentage of liver cancer fatalities in Australia.

Muscles

Smoking decreases the number of small blood vessels bringing oxygen and nutrients to muscles, particularly in the legs. This can lead to muscle pain when trying to exercise or play sports.

Mouth

Not only does tobacco stain teeth and cause bad breath, it also kills taste buds, increases the risk of mouth cancers and can result in periodontitis (gum disease) and tooth loss.

Blood vessels

Smoking damages the lining of the blood vessels, which can cause clots to form. Smoking also raises the pressure of blood as it pumps through arteries, increasing the risk of a stroke.

Reproductive system

Men and women who smoke are more likely to experience fertility issues than people who don't smoke. Constricted blood flow due to smoking can also cause erectile dysfunction.

Take care of your body – you've only got one!
Cut out cigarettes, cut down your health risks.



TIPS FROM TOM

Indigenous use of tobacco reflects historical oppression and social control. Many Aboriginal and Torres Strait Islander workers were paid with tobacco rations, instead of money, until the 1960s! This laid the foundation for generations of Indigenous tobacco addicts and a norm of smoking in many of our communities. Yes, some of our mob have traditionally used native tobaccos such as pituri, but this is very different to a pack-a-day cigarette addiction. The TIS program is helping to break a colonialism cycle that dates back more than a century.

Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator



OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Grandparents' Day	31					1 Breast Cancer Awareness Month
2	3 Labour Day (Public Holiday - ACT, NSW, SA) Queen's Birthday (Public Holiday - Qld) Term 4 begins (Vic)	4 Term 4 begins (Qld)	5 Term 4 begins (ACT, NSW, Qld)	6	7	8
7	10 Term 4 begins (ACT, NSW, NT, WA)	11	12	13 World Sight Day	14	15
16	17 Term 4 begins (SA, Tas) International Day for the Eradication of Poverty	18	19	20	21	22
23	24	25	26 World Children's Day	27	28	29 World Stroke Day

Be good to your lungs!

November is Lung Cancer Awareness Month.

- Lung cancer is the fifth most common cancer diagnosed in Australia each year. Globally, it is the leading cause of cancer death worldwide.
- Compared with people who have never smoked cigarettes, a current smoker has a 25-time greater risk of lung cancer.
- Cigarette smoke contains 7000+ chemicals. When you inhale a cigarette, these chemicals enter your lungs and spread through the body.
- In Australia, 81% of lung cancers are attributable to smoking.
- Within six months of giving up smokes, lung function increases by 30% and lungs are better at removing mucus, tar and dust.

Are you ready to breathe easy again?
Give your lungs a break and bin the cigarettes during Lung Cancer Awareness Month!



TIPS FROM TOM

We're seeing the tobacco industry spending millions on e-cigarette promotions. In our 2021 NBPJ TIS jurisdictional workshops we heard a lot of stories from teams who had witnessed a dramatic increase in local vape use, particularly among younger members of their community. While some smokers suggest they moved to vaping to quit cigarettes, research doesn't back this up as a successful strategy to quit. Since we don't have evidence to show it's a harm-reduction exercise, TIS staff must avoid suggesting vaping is an effective smoking cessation method.

Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lung Cancer Awareness Month Melbourne Cup (Public Holiday - Vic)	2	3	4	5
6	7 Recreation Day (Public Holiday - Tas)	8	9	10	11 Remembrance Day	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Giving up - the gift that keeps giving

Quitting cigarettes isn't just important for health reasons, it also makes sense for the wallet! Someone who smokes 30 cigarettes per day spends at least \$350 a week, so giving up will mean there's more money to go around. Here are some items which a former smoker could purchase with the money saved.*

One week

Christmas lunch for the family (approx. \$380)

Four weeks

Smart television (approx. \$1500)

Two months

One-week domestic family holiday (approx. \$3300)

Six months

New aluminium boat (approx. \$10,000)

One year

Two-week international family holiday to Disneyland (approx. \$20,000)

Beyond the positive outcomes for your body, being able to pay for family celebrations, holidays or new items around the home is another great incentive to not smoke. Scan the QR code for Quitline's smoking cost calculator.



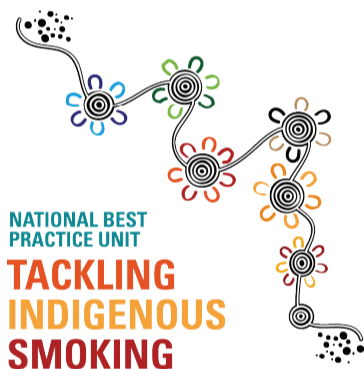
*Estimated using 2021 mean price of \$54 for a 30 pack



TIPS FROM TOM

The festive season is a period when those we've helped give up the smokes can be particularly tempted to pick up a cigarette. Let them know Aboriginal Quitline is available on 137 848 if they want to speak to an Aboriginal or Torres Strait Islander counsellor during this time. As we come to the end of another year, it's important to take stock of what our Tackling Indigenous Smoking teams have achieved in 2022. Thank you for your commitment to keeping our mob strong and tobacco-free. Have a safe and enjoyable festive break with your loved ones.

Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator



DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	5	6	7	8	9 Term 4 ends (Qld)	10 Human Rights Day
	12	13	14	15 Term 4 ends (WA)	16 Term 4 ends (ACT, SA, NT)	17
	19 Term 4 ends (NSW)	20 Term 4 ends (Vic)	21 Term 4 ends (Tas)	22	23	24
25 Christmas Day (Public Holiday)	26 Boxing Day (Public Holiday)	27 Proclamation Day Public Holiday (SA) Additional Christmas Day Public Holiday (ACT, NSW, NT, Qld, Tas, Vic, WA)	28	29	30	31 New Year's Eve

Tackling Indigenous Smoking Success Stories

Each month a success story from a Tackling Indigenous Smoking team is shared in the National Best Practice Unit Tackling Indigenous Smoking newsletter. Here is a brief overview of some of the projects highlighted in the past year. To read more Success Stories on the Tackling Indigenous Smoking website, scan the QR code.



Anyinginyi Health Aboriginal Corporation Northern Territory

Anyinginyi services the Tennant Creek and Barkly regions of the Northern Territory. The Tackling Indigenous Smoking team created a town model featuring health information about the effects of second-hand smoke and its impacts on people's health, pets and their environment. Their activity was delivered at the local primary school and the Marlungku-Kari Child & Family Centre.



Nor Mor Smok Queensland

Torres Health's Nor Mor Smok team is based on Thursday Island and services the Inner and Outer Islands of the Torres Strait. Nor Mor Smok staff travelled to Erub and promoted Tackling Indigenous Smoking with a stall and a visit from their mascot, Malu the turtle. Named after the local word for the ocean, Malu received lots of hugs, fist-bumps and high fives on his visits to spread important health messages.



Solid Mob New South Wales

Solid Mob are based in Ballina, northern New South Wales. The Solid Mob team delivered a 'Protect your home, make it a Smoke Free Zone' doormat program. The campaign raises awareness of the effects of smoking, as well as exposure to second- and third-hand smoke in the home. The program has encouraged community members to become TIS 'Smoke Free Home' ambassadors and to share their stories.



Aboriginal Health Council of South Australia Limited South Australia

Aboriginal Health Council of South Australia Limited (AHCSA) service all of South Australia apart from Adelaide, Anangu Pitjantjatjara Yankunytjatjara (APY Lands) and Mount Gambier. The AHCSA TIS team partnered with Aboriginal Basketball Academy (ABA) to deliver community basketball clinics Port Lincoln, Whyalla, Port Augusta, Port Pirie and Kadina during school holidays. The program was structured with basketball skills sessions being followed by a tobacco-related activity. The tobacco education content was brought to life through basketball-specific activities, with the TIS team also used graphic cards to ensure the youth understood the content.



Awabakal New South Wales

The Awabakal TIS Team services the Newcastle, Lake Macquarie, Port Stephens and lower Hunter Valley region of New South Wales. The I'm Quitting program has been their primary TIS call to action campaign for the last five years and is largely a social media-driven campaign with a strong, recognisable brand. Awabakal has used Jack Wilson (Deadly Ninja Warrior), Gema Simon (Newcastle Jets), Newcastle Knights and actor/comedian Steven Oliver to promote their campaign, with their Facebook followers now at more than 8000.



Dandenong & District Aborigines Co-operative Ltd Victoria

Last year Victoria's Dandenong and District Aborigines Co-operative Limited (DDACL)'s Tackling Indigenous Smoking team held their sixth World No Tobacco Day (WNTD) Family Fun Run event. Eight organisations providing services to the Aboriginal community partnered with DDACL in holding stalls, with community engagement created via a passport competition. Participants attended each stall and answered health-related questions to go in the running to win a prize.



2023 Calendar

January

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
20	23	24	25	26	27	28
29	30	31				

February

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

Su	Mo	Tu	We	Th	Fr	Sa
						1
	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Public holidays

1 January New Year's Day
26 January Survival Day

7 April Good Friday
9 April Easter Saturday
10 April Easter Monday

25 April ANZAC Day

25 December Christmas Day
26 December Boxing Day



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