

NATIONAL BEST  
PRACTICE UNIT

TACKLING  
INDIGENOUS  
SMOKING

2023



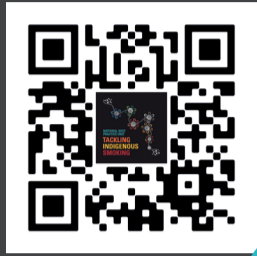
Kick the HaBit 2023

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## Telling TIS stories in language

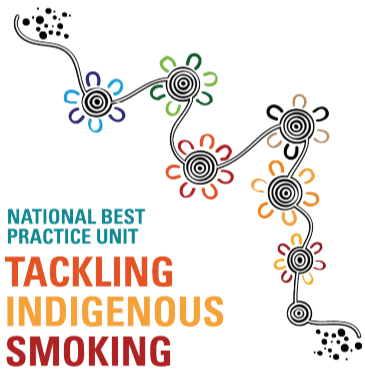
The United Nations has designated 2022 to 2032 the International Decade Of Indigenous Languages. In Australia there are more than 250 living Indigenous languages and around 800 dialects. A number of Tackling Indigenous Smoking teams use local words and phrases in campaigns. By talking about the dangers of smoking in language, TIS campaigns can highlight connections to culture and community. The website [50words.online](http://50words.online) is an excellent starting point resource for anyone exploring regional translations. As an example, here is the word 'smoke' in 15 languages from across Australia's states and territories. Scan the QR code on this page to begin your own language journey.



### TIPS FROM TOM

Welcome to 2023! This National Best Practice Unit calendar provides a great chance for TIS teams to go through upcoming dates – such as World No Tobacco Day on May 31 – and work out your plans for the next 12 months. The colourful pages contain information around the Tackling Indigenous Smoking program's population health objectives and priorities. Consider using the calendar's topics, tips and key dates to provide inspiration for local campaigns and events. Scan the QR code for the e-calendar link to add to your email signature block and share with community and stakeholders. We look forward to hearing about your local successes throughout the year.

*Prof Tom Calma AO FANZSOG FAA FASSA, Tackling Indigenous Smoking National Coordinator*



# JANUARY

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

## Don't cake your lungs!

Sugar, honey, spices, cocoa... No, this isn't a cake recipe, it's a list of some of the ingredients added to cigarettes and roll your own tobacco. The tobacco industry masks the bitter taste of tobacco and nicotine using a range of familiar flavours: a cigarette can even contain up to half a teaspoon of processed sugar! The inclusion of 4% sugar in every cigarette increases the toxic chemicals of cigarette smoke. In vapes, artificial sweeteners used in vape juice can also release harmful chemicals when heated.

When someone quits smoking, they often crave sweet foods. This is because the nicotine in cigarettes increases blood sugar levels, so when you quit your blood sugar levels plummet. Eating something with a high sugar content will help those cravings, but try to choose healthy sweet foods. One option is to replace processed sugars in cakes and lollies with the natural sugars in fresh fruit. Bananas, grapes, apples and pears will satisfy the body's needs and keep your blood sugar levels higher for longer. They're far tastier than toxic chemicals, too...



### TIPS FROM TOM

Twenty years ago Aboriginal and Torres Strait Islander smoking rates were more than 50%. This had declined to 43% by 2018-19, but there is still plenty of work to be done to get our mob off the smokes. Smoking is still the leading contributory risk factor to the gap in health outcomes between Indigenous and non-Indigenous Australians. Tackling Indigenous Smoking's population health approach has been an important factor in bringing down Aboriginal and Torres Strait Islander smoking rates, but we can't take our foot off the pedal. We estimate there are over 150,000 Aboriginal and Torres Strait Islander people still smoking in urban regions and almost 50,000 in remote and very remote areas, so spreading the TIS message is just as important now as it was a decade ago. Scan the QR code to read the most up-to-date publications linked to smoking and vaping research.

*Prof Tom Calma AO FANZSOG FAA FASSA, Tackling Indigenous Smoking National Coordinator*



## FEBRUARY

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1 Term 1 begins (WA)	2	3 Term 1 begins (Western NSW)	4 World Cancer Day
5	6	7	8 Term 1 begins (Tas)	9	10	11
12	13 National Apology to the Stolen Generations anniversary	14 Valentine's Day Performance Report due to FAMS	15	16	17 Random Acts of Kindness Day	18
19	20 World Day of Social Justice	21 Mother Language Day	22	23	24	25
26	27	28				

## Supporting others on their quit journey

People who smoke are generally aware of the dangers of cigarettes, so having family, friends and colleagues dwell on the health risks linked to smoking isn't always helpful. It can be stressful to be lectured, which can lead to people smoking more rather than less!

It's World Compliment Day on Wednesday March 1, so consider how you can compliment a family member, friend or colleague who is working towards quitting. A focus on positives rather than negatives could help them on their quitting journey. Celebrate their milestones with them, acknowledging each day they don't smoke is a positive outcome. Most Australians who smoke have made at least one attempt to give up their addiction, so your encouragement can be a constructive way of offering support and ensuring they stick at it.

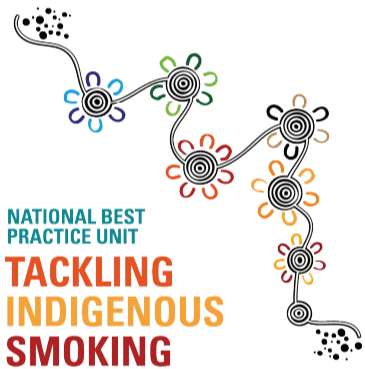
Scan the QR code for tips and ideas on helping someone quit.



### TIPS FROM TOM

Tackling Indigenous Smoking teams from across Australia will be gathering in Darwin/Garramilla this month for the first National TIS Workers Workshop since 2019. It will be a great opportunity to catch up, plan the future of the TIS program and discuss important emerging issues such as vaping. If there are noticeable groups using vapes in your communities, TIS staff need to remind people vaping isn't a safe means of giving up smoking. Don't be fooled by the pro-vaping messages, since they are mainly spread by the companies who manufacture vaping devices. I look forward to being back on Larrakia Country for the National TIS Workers Workshop, meeting new TIS players as well as seeing the old hands. Remember, World No Tobacco Day is in two months' time, so start planning events now. Scan the QR code for more details on this year's World No Tobacco Day theme, 'We need food, not tobacco'.

*Prof Tom Calma AO FANZSOG FAA FASSA, Tackling Indigenous Smoking National Coordinator*



## MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 World Compliment Day	2	3 World Wildlife Day	4 World Obesity Day
5	6 Labour Day (WA)	7 National TIS Workers Workshop, Darwin	8 National TIS Workers Workshop, Darwin International Women's Day	9 World Kidney Day	10	11
12	13 Canberra Day (ACT) Adelaide Cup Day (SA) Eight Hours Day (Tas) Labour Day (Vic)	14	15	16 National Close the Gap Day	17	18
19	20 International Day of Happiness	21 Harmony Day	22	23	24	25
26	27	28	29	30	31 Term 1 ends (Qld)	

## Vaping - Don't Let Our Youth Get Sucked In

Youth Week, which takes place every April, provides an opportunity to celebrate our Aboriginal and Torres Strait Islander youngsters. As our future Elders, we need to ensure the young people in our lives have a solid understanding of the dangers of smoking and e-cigarette use. Conducted in collaboration with the University of Sydney, a 2022 study revealed more than three quarters of young people surveyed found it easy to access vapes, with more than 70% not directly purchasing their last vape from a retailer. A positive conclusion from the study was the majority of youth don't vape or smoke. Tackling Indigenous Smoking teams need to keep up their focus on working with schools and community groups to educate kids about the dangers of vaping.

### Five vaping facts

- Vapes can contain up to 50 times more nicotine than a cigarette.
- Vapes contain toxic, harmful substances also included in nail polish remover, weed killer and insecticide.
- Vaping is linked to serious lung disease and some of the chemicals in vapes are known carcinogens, which can damage human cells and DNA.
- Using vapes increases the likelihood that a person who doesn't smoke will take up cigarettes.
- Adverse health outcomes from vaping can include poisoning, seizures, burns and lung injuries.

Keep updated on vaping information by scanning the QR code.

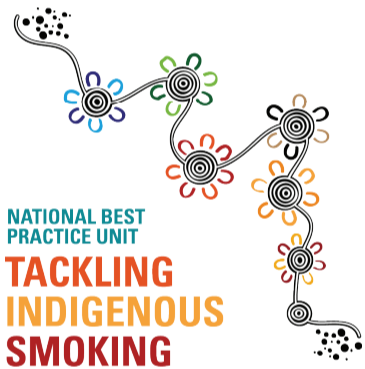
Check with your state or territory authority for details on when your local Youth Week is scheduled.



### TIPS FROM TOM

A few years ago we received feedback from TIS teams suggesting vaping hadn't yet reached some rural and remote areas. I don't think we can believe that is still the case. The insidious vaping industry has got a stranglehold across the country while our back was turned, with kids being easy prey to the colourful marketing and exciting flavours promoted by the companies behind them. Schools around the country are now reaching out to Tackling Indigenous Smoking teams to discuss the issue with students. School and community group presentations alerting our youth to the genuine risks of vapes present an important opportunity for TIS teams, so create strong connections with education centres in your region wherever possible.

*Prof Tom Calma AO FANZSOG FAA FASSA, Tackling Indigenous Smoking National Coordinator*



## APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30						1
2	3	4	5 Term 1 ends (Tas)	6 Term 1 ends (ACT, NSW, NT, Vic, WA)	7 Good Friday (Public Holiday) World Health Day	8 Day Following Good Friday (Public Holiday - ACT, NSW, NT, Qld, SA, Vic)
9 Easter Sunday (ACT, NSW, Qld, Vic)	10 Easter Monday (Public Holiday)	11 Easter Tuesday (Public Service Holiday - Tas)	12	13	14 Term 1 ends (SA)	15
16	17 Term 2 begins (NT, Qld)	18	19	20	21	22 Earth Day
23	24 Term 2 begins (ACT, NSW, Vic, WA)	25 Anzac Day (Public Holiday)	26 Term 2 begins (Tas)	27	28	29

## Swap boxes of smokes for boxes of groceries

It's International Day of Families on May 15. The family of a person who smokes can be affected by their habit beyond being exposed to second- and third-hand smoke.

People who smoke a pack of 30 cigarettes a day could be spending around \$350 per week on their habit.

Money for little boxes of addiction could be replaced with big boxes of groceries.

Expensive cigarettes or keeping your mob stocked up on delicious meals all week... Which choice makes more sense?

Want to work out how much you can save by cutting cigarettes out of your life? Scan the QR code for Quitline's smoking cost calculator.



### TIPS FROM TOM

World No Tobacco Day on May 31 is an essential day to celebrate on the Tackling Indigenous Smoking calendar. I always look forward to getting involved, as well as hearing from TIS teams about their own events. Don't forget to also invite your federal, state and local government representatives to your events. Post-celebrations, it's important how you document your involvement in World No Tobacco Day. Ensure your images, stories and information are uploaded to the TIS Resource and Information Centre (TISRIC) website. Not only does this assist other TIS teams by sharing ideas, it also creates a reliable record of your work for the community, Department of Health and Aged Care staff or other decision-makers to review. You never know who might be taking an interest... and the important role this documentation could play in Tackling Indigenous Smoking's future.

*Prof Tom Calma AO FANZSOG FAA FASSA, Tackling Indigenous Smoking National Coordinator*



## MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labour Day (Public Holiday - QLD) May Day (Public Holiday - NT) Term 2 begins (SA) Heart Week begins	2 World Asthma Day Preventive Health Conference, Adelaide	3 Preventive Health Conference, Adelaide	4 Preventive Health Conference, Adelaide	5	6
7	8	9	10	11	12	13
14 Mother's Day	15 International Day of Families	16	17	18	19	20
21	22	23	24	25	26 National Sorry Day National Reconciliation Week begins	27
28	29 Reconciliation Day (Public Holiday - ACT)	30	31 World No Tobacco Day			

## Where there's smoke...

It doesn't matter whether a person who smokes chooses menthol or mild cigarettes: all tobacco smoke contains upwards of 7000 different chemicals. More than 200 poisonous chemicals are released when tobacco is burned, with at least 70 of these chemicals known to cause cancer. Side-effects of inhaling these toxic substances also include heart disease, lung damage and stroke.

Cigarette use around people who don't smoke increases their risks of also suffering from smoking-related illnesses. Bystanders who breathe in tobacco smoke are at increased risk of respiratory issues, heart disease and lung cancer. Young children are particularly vulnerable, with second-hand smoke a cause of Sudden Infant Death Syndrome (SIDS).

Babies and toddlers are also particularly at risk from third-hand smoke, which can contain toxins including nicotine and chemicals known to cause cancer. Third-hand smoke may be present in everyday items such as car seats, carpets, bedding, clothes and home furniture long after tobacco smoke exposure. Third-hand smoke can build up on these surfaces and remain harmful for days, weeks, months or even years.

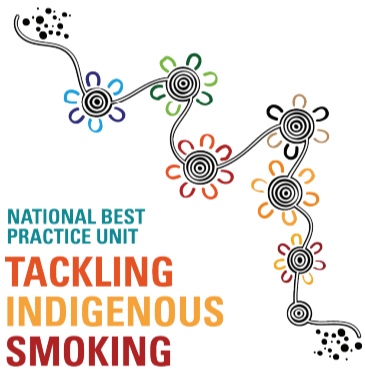
Making homes, cars, sports grounds and play areas smoke-free assists in limiting non-smokers' exposure to second- and third-hand smoke. Scan the QR code to learn more.



### TIPS FROM TOM

We all know a great number of Aboriginal and Torres Strait Islander people love sport. If you've got a local team with a big mob following, look at your options to create strong Tackling Indigenous Smoking alliances. Consider being involved in smoke-free and vape-free sports events, setting up TIS stands at key matches/games or organising promotional opportunities with Indigenous players. If any local sports individuals have made an impact on the national – or even international – stage, reach out and see if they could also be involved as an ambassador in promoting TIS to their home community. It is my observation and firm opinion that smoke-free events don't discourage people from attending and they can have a real impact. While TIS grant recipients can't sponsor sports teams, there are still opportunities for strong partnerships in your community.

*Prof Tom Calma AO FANZSOG FAA FASSA, Tackling Indigenous Smoking National Coordinator*



## JUNE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 Bowel Cancer Awareness Month	2	3 Mabo Day
4	5 Western Australia Day (Public Holiday - WA) World Environment Day	6 World Ocean Day	7	8	9	10
11	12 King's Birthday (Public Holiday - ACT, NSW, NT, SA, Tas, Vic) Men's Health Week National Blood Donor Week begins	13	14 Indigenous Health & Wellbeing Conference, Cairns	15 Indigenous Health & Wellbeing Conference, Cairns	16 Indigenous Health & Wellbeing Conference, Cairns	17
18	19	20	21	22	23 Term 2 ends (NT, Qld, Vic)	24
25	26	27	28	29	30 Term 2 ends (ACT, NSW, WA)	

## Tobacco in remote communities

The Tackling Indigenous Smoking program is committed to reducing Aboriginal and Torres Strait Islander smoking rates across all sexes, age groups and locations.

The good news is smoking rates are declining for Aboriginal and Torres Strait Islander peoples. There are now more Aboriginal and Torres Strait Islander people who do not smoke than do smoke. However, this decline in smoking has not been uniform across regions. The reduction in smoking prevalence is very evident in urban areas, but there has been little change in rates of daily smoking among Aboriginal or Torres Strait Islander people living in remote or very remote areas. Almost 50,000 Aboriginal and Torres Strait Islander people who smoke daily live in remote areas. That's around 25% of Aboriginal and Torres Strait Islander people who smoke.

Reducing the prevalence of tobacco use in remote areas is a priority focus for the TIS program. There has been an increase in quit attempts in remote Australia, so it's important for TIS to provide additional activity in these areas to support people keen to break the habit.

More details on smoking in remote regions can be found by scanning the QR code.



### TIPS FROM TOM

This month sees an important change in Tackling Indigenous Smoking borders, with July 2023 marking the inception of 37 TIS regions to bring us into line with the Indigenous Regions (IREG) boundaries used by the Australian Bureau of Statistics. This change in regions presents opportunities to extend the reach of the program into remote and regional areas which haven't previously been serviced. With the instatement of IREG boundaries, the entire country is now covered by one of the 37 TIS grant recipients. These boundaries are set through to the end of the current TIS contract in 2026, so I'm excited by our new opportunity to extend the TIS presence in a number of remote and regional areas across Australia.

*Prof Tom Calma AO FANZSOG FAA FASSA, Tackling Indigenous Smoking National Coordinator*



## JULY

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

## Give up the smokes for bub!

On August 4 we celebrate National Aboriginal and Torres Strait Islander Children's Day. Tobacco can pose a significant health threat to babies before they are even born. Smoking, or being around others who smoke when pregnant, can cause your baby to be born with a low birthweight, poor lung development or sickness at birth.

The 2022 Which Way? study of Aboriginal and Torres Strait Islander women of reproductive age who smoke found 90% had tried to quit smoking at some point. Having a partner who smokes is one of the strongest predictors of continued smoking among new mothers. Couples who support each other in giving up smoking together have a better chance of successfully quitting. Creating smoke-free homes is another important way for pregnant families to ensure their unborn baby has the best start to life. Establishing smoke-free spaces also ensures other children in your home – who have smaller, more delicate lungs than adults – will be protected from passive smoking.

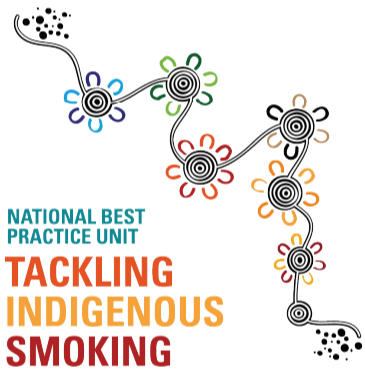
Quit smoking ahead of National Aboriginal and Torres Strait Islander Children's Day and make a positive change for you and your children. Scan the QR code to learn more about smoking and pregnancy.



### TIPS FROM TOM

Last year the Australian Government announced the Tackling Indigenous Smoking program would be extended until 2026. It was great news to be provided additional funding for TIS, but now we need to ensure grant recipients effectively use those funds. The grant guidelines are specific about what can and cannot be funded by TIS money, so clarify with your management team or speak with the NBPU if you have any questions. We also want to avoid giving back allocated funds at the end of each financial year. Last year there was an estimated one million dollars plus of unspent money in the TIS program handed back to consolidated revenue. Giving back unspent funds is a loss to Aboriginal and Torres Strait Islander affairs, so teams need to plan how to effectively utilise their TIS dollars in an efficient, impactful and approved manner. Be smart with TIS money to maximise what we can achieve and, if you are short of ideas, check out the TISRIC page on the Tackling Indigenous Smoking website.

*Prof Tom Calma AO FANZSOG FAA FASSA, Tackling Indigenous Smoking National Coordinator*



# AUGUST

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

		1 World Breastfeeding Week begins	2	3	4 National Aboriginal & Torres Strait Islander Children's Day	5
6	7 Picnic Day (Public Holiday - NT) National Stroke Week	8	9 International Day of the World's Indigenous Peoples	10	11 Red Nose Day	12 International Youth Day
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## Smoke-free workplaces

Work environments play a significant role in the prospects of a person who smokes being able to quit the habit. The Tackling Indigenous Smoking program has been working with the Office of the Registrar of Indigenous Corporations (ORIC) to support Aboriginal and Torres Strait Islander businesses in creating smoke-free workplaces. Increasing the number of smoke-free environments in the community improves everyone's health and is linked with a drop in community smoking rates.

Successful smoke-free policies:

- provide a more supportive environment for people quitting or those who have recently quit, since smoking is no longer seen as 'normal'
- encourage people who smoke to think about how smoking impacts on them and their family
- lead to smoke-free spaces in other areas, such as smoke-free homes and cars
- result in more workers attempting to quit
- reduce the harms of second-hand smoke.

Businesses taking part in the smoke-free initiative are provided Tackling Indigenous Smoking support, tailored staff education options, project resources and Keep Our Place A Smoke-Free Space merchandise.

Aboriginal and Torres Strait Islander organisations interested in the Tackling Indigenous Smoking smoke-free workplace initiative can scan the QR code to learn more.



### TIPS FROM TOM

This year marks 35 years since all Australian Commonwealth departments became smoke-free. Public and private sector offices implemented their own smoke-free policies in the mid-1990s. Why is it that many Aboriginal and Torres Strait Islander organisations, corporations and workplaces still do not enforce similar smoke-free policies? Smoke-free workplace policies are not token gestures. TIS teams should encourage all Aboriginal and Torres Strait Islander businesses they engage with to follow the lead of NBPU's ORIC partners in creating smoke-free workplaces. With the festive period just three months away, promote how many dollars can be saved if a smoker quits this month. A packet a day smoker can save about \$5000 to spend on family and friends over the festive period if they quit in September. Over a whole year they can save about \$18,000 a year.

*Prof Tom Calma AO FANZSOG FAA FASSA, Tackling Indigenous Smoking National Coordinator*



## SEPTEMBER

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

## Aboriginal Quitline is just a phone call away

October is Mental Health Awareness Month. Did you know people living with mental illness are at least twice as likely to smoke than the rest of the community? In fact, smoking rates tend to increase with the severity of mental illness. Recent research even suggests higher rates of smoking is a cause of poorer mental health. Mental health issues can make quitting more challenging, but the benefits can include:

- less financial stress dealing with the high costs of smoking
- less anxiety and depression
- a better chance of also abstaining from alcohol and non-prescribed drugs
- potentially requiring less prescribed medication
- a better personal outlook and improved quality of life.

If you know someone who is ready to quit, Aboriginal Quitline staff are trained to talk through the process with them over multiple calls. To use this free, confidential counselling service, call Quitline on 137 848 and ask to speak with an Aboriginal or Torres Strait Islander counsellor.

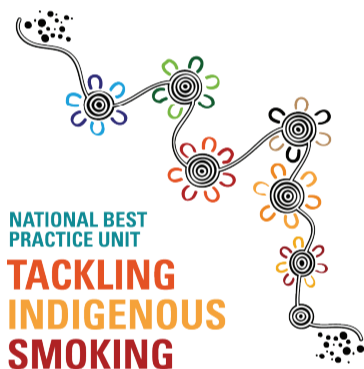
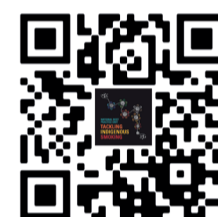
Learn more about Aboriginal Quitline by scanning the QR code.



### TIPS FROM TOM

It can take much determination – and often a number of attempts – for people who smoke to finally break free from tobacco’s grip. After finally kicking the habit, former smokers often describe “gaining a new zest for life” and can notice this within a matter of weeks. This is supported by the research which shows that compared to people who keep puffing, quitters report having better moods, less anxiety, less stress and a better quality of life. I strongly encourage you to promote these benefits when yarning with your community, and refer smokers to Quitline or their health provider for personalised guidance on how to quit and stay quit.

*Prof Tom Calma AO FANZSOG FAA FASSA, Tackling Indigenous Smoking National Coordinator*



## OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Breast Cancer Awareness Month International Day of Older Persons	2 Labour Day (Public Holiday – ACT, NSW, SA) King’s Birthday (Public Holiday – Qld) Term 4 begins (Vic)	3 Term 4 begins (Qld)	4	5	6	7
8	9 Term 4 begins (ACT, NSW, NT, WA)	10	11	12 World Sight Day	13	14
15 Pregnancy & Infant Loss Awareness Day	16 Term 4 begins (SA, Tas)	17 International Day for the Eradication of Poverty	18	19	20	21
22	23	24	25 Children’s Week	26	27	28
29 World Stroke Day	30 Grandparents’ Day	31				

## Locals helping locals

Aboriginal and Torres Strait Islander communities don't need to enlist a Hollywood superstar or a pop music icon to spread important messages about reducing smoking rates in their region. Locals telling their own quit stories play an important part in spreading the message within communities. Tackling Indigenous Smoking teams have seen positive results in using local ambassadors to promote smoke-free campaigns. Elders, sports players and well-known Aboriginal and Torres Strait Islander people from the area sharing their story produces positive engagement. A number of Tackling Indigenous Smoking teams have also created fantastic public education campaigns involving pregnant women and new mums in their region. One of the outcomes of using local ambassadors is the encouraging message it promotes. The personal connection to someone who has managed to bin the cigarettes or vapes can encourage others to do the same: "If they can quit, so can I!".

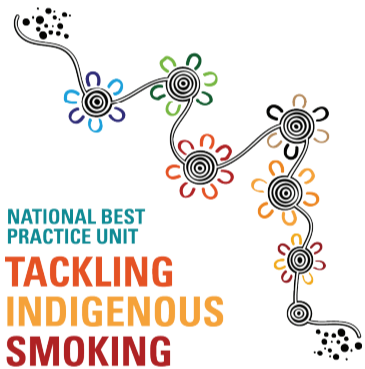
You can see examples of local ambassador campaigns from Tackling Indigenous Smoking teams by scanning the QR code.



### TIPS FROM TOM

It's great when we're able to involve celebrities from the sports or entertainment worlds to promote the Tackling Indigenous Smoking message with us, but sometimes the message can be even stronger when delivered by someone closer to home. As mentioned above, local smoke-free ambassadors who have a profile in your community provide an excellent opportunity for getting the TIS message across. Engaging ambassadors in videos, posters, online material or other marketing can encourage locals to follow in their footsteps. Since they are so relatable, their quit stories can be effective in convincing others it's possible to kick the habit. Now's another great time to promote quitting and referrals to people who smoke or vape who might be considering a New Year's Eve pledge to quit.

*Prof Tom Calma AO FANZSOG FAA FASSA, Tackling Indigenous Smoking National Coordinator*



# NOVEMBER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

## Starting the year afresh

With so many gatherings and celebrations to attend, the festive season can be a difficult time for people who have only recently given up smoking. Smoking and drinking alcohol often go hand in hand, so minimising alcohol intake can help reduce the urge to pick up a cigarette during these times. Aboriginal Quitline can also be contacted on 137 848 to talk through any nicotine cravings which strike over the Christmas and New Year period.

The new year is a perfect time for people who smoke to be motivated to quit. Many Tackling Indigenous Smoking teams create smoke-free pledges to assist people who smoke in kicking cigarettes. Making a public pledge not only helps to maintain the personal motivation to quit, it can also promote the commitment to family, friends and the community. Pledging not to smoke can inspire those around the person quitting to provide support and encouragement – or even take up the pledge together. Read more about Tackling Indigenous Smoking pledges by scanning the QR code.



### TIPS FROM TOM

If you've made it to here in the calendar, we must be just about ready to wrap up another year of the Tackling Indigenous Smoking program. Thanks for your hard work throughout 2023 in keeping our mob strong and tobacco-free and vape-free. I'd like to wish you all a safe and enjoyable festive break and look forward to another year of important Tackling Indigenous Smoking outcomes in 2024.

*Prof Tom Calma AO FANZSOG FAA FASSA, Tackling Indigenous Smoking National Coordinator*



# DECEMBER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

31 New Year's Eve (Public Holiday - NT, SA)						1	2
3	4	5	6	7	8 Term 4 ends (Qld)	9	
10 Human Rights Day	11	12	13	14 Term 4 ends (WA)	15 Term 4 ends (ACT, NSW, NT, SA)	16	
17	18	19	20 Term 4 ends (Vic)	21 Term 4 ends (Tas)	22	23	
24	25 Christmas Day (Public Holiday)	26 Boxing Day (Public Holiday) Proclamation Day (SA)	27	28	29	30	



Thanks to all Contributing TIS grant recipients!

## 2024 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
19	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	29		

### 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	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				

### 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
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
19	20	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		

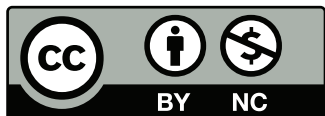
### November

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	31				

1. Bega Garnbirringu Health Service
2. Anyinginyi Health Aboriginal Corporation
3. Central Australian Aboriginal Congress
4. Miwatj Health Aboriginal Corporation
5. La Perouse Local Aboriginal Land Council
6. Nganampa Health Council
7. Flinders Island Aboriginal Association Inc
8. Katherine West Health Board
9. Lakes Entrance Aboriginal Health Association
10. Griffith Aboriginal Medical Service
11. Wellington Aboriginal Health
12. Wurli-Wurlinjang Health Service
13. Dandenong & District Aborigines Co-operative Ltd
14. North Coast Aboriginal Corporation for Community Health
15. Kimberley Aboriginal Medical Service
16. Victorian Aboriginal Community Controlled Health Organisation
17. Geraldton Regional Aboriginal Medical Service
18. Institute for Urban Indigenous Health
19. Victorian Aboriginal Health Service
20. Torres Health
21. Nunkuwarrin Yunti
22. National Best Practice Unit Tackling Indigenous Smoking



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