



NATIONAL BEST PRACTICE UNIT
TACKLING INDIGENOUS SMOKING

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NATIONAL BEST PRACTICE UNIT
TACKLING INDIGENOUS SMOKING

2024

SMOKE-FREE
VAPE-FREE
EVENT

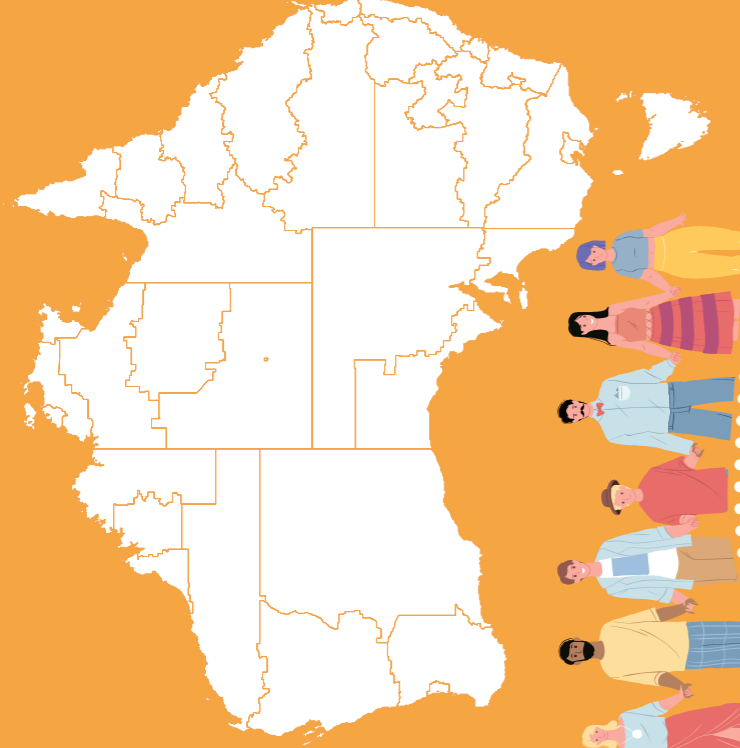
PEACH ICE

SMOKE & VAPE-FREE EVENT

Tackling Indigenous Smoking – reaching and teaching across the country

This year marks the first calendar year the Tackling Indigenous Smoking program covers all of Australia. From the Torres Strait down to Tasmania, from Port Hedland across to Port Macquarie, there is now a Tackling Indigenous Smoking team available to support Aboriginal and Torres Strait Islander people in every community. You can check the website for more information on who looks after each region so friends and family can keep up-to-date on what is happening where they are. The Tackling Indigenous Smoking program aims to improve the health of Aboriginal and Torres Strait Islander peoples by reducing the prevalence of tobacco and recreational e-cigarette use (vaping) through population health promotion activities. Findings from the Mayi Kuwayu study provide strong evidence these activities are working to encourage positive changes to smoking behaviours in Aboriginal and Torres Strait Islander communities. The program provides community with information on smoking and vaping and their health, as well as offering options of where to get support to be smoke- and vape-free.

Scan the QR code if you want to learn more about a Tackling Indigenous Smoking team looking after a specific region. Our national reach now means we have the opportunity to make a difference to even more Aboriginal and Torres Strait Islander people's lives!



TIPS FROM TOM

Welcome to the 2024 National Best Practice Unit Tackling Indigenous Smoking Calendar! The Tackling Indigenous Smoking program brings together Aboriginal and Torres Strait Islander and non-Indigenous people from a broad range of backgrounds. If you're a new TIS staff member, I look forward to meeting you during the year. A number of TIS workers have been with us on the journey since the very beginning in 2010. Long tenures highlight the dedication of some of our workers, which can inspire newer colleagues to consider the big difference we're making. TIS is a good example of community workers talking to government officials to ensure policies and programs best meet local needs. It is also a program that's been successfully influenced by the community. The more effective the co-design, the better we can address systemic discrimination issues.

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



2025 Calendar

January							February							March							April							May							June							July							August							September							October							November							December																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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NATIONAL BEST PRACTICE UNIT
TACKLING INDIGENOUS SMOKING

JANUARY

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

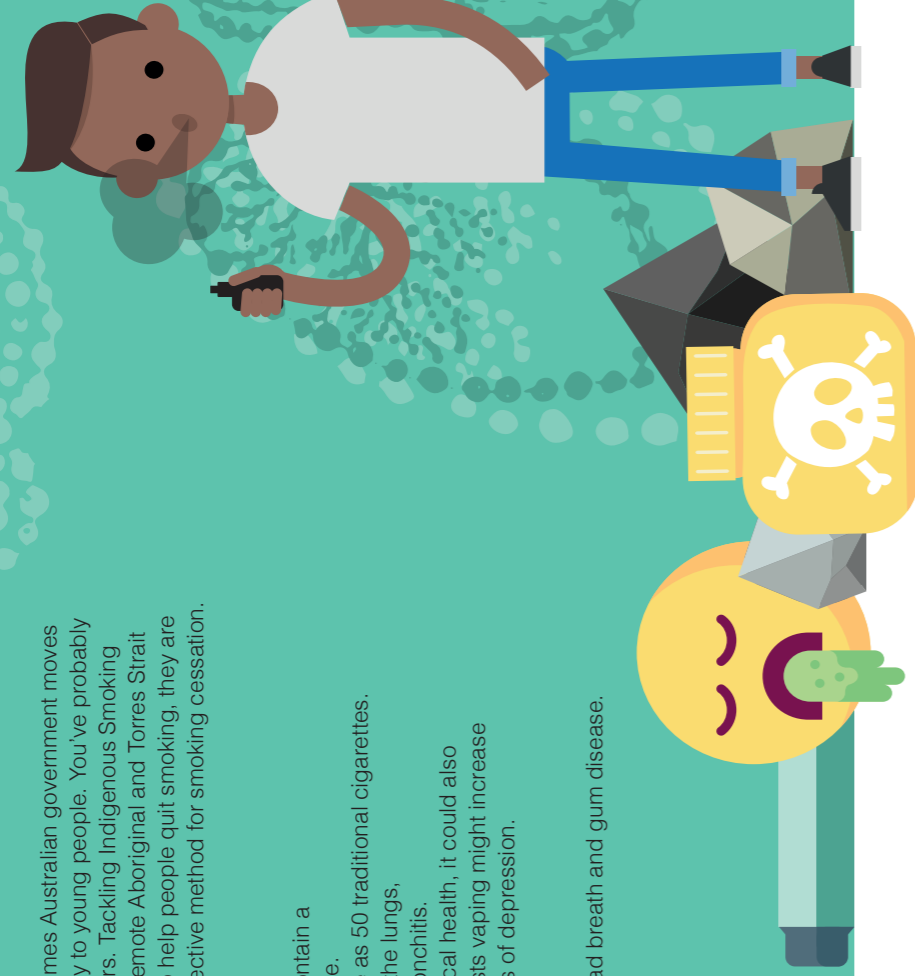
Vaping

The National Best Practice Unit Tackling Indigenous Smoking welcomes Australian government moves to crack down on the illegal sales of e-cigarettes (vapes), particularly to young people. You've probably noticed vaping in Australia has increased dramatically in recent years. Tackling Indigenous Smoking teams' feedback suggests vaping is now present in even our most remote Aboriginal and Torres Strait Islander communities. While vapes have been marketed as a way to help people quit smoking, they are not harm-free and there is little evidence suggesting they are an effective method for smoking cessation.

Vaping risks

- The liquids in vapes, as well as the aerosol produced by them, contain a range of toxic chemicals known to cause cancer and lung damage.
- A single disposable vaping product can contain as much nicotine as 50 traditional cigarettes.
- Breathing in vape aerosol could lodge fine metal particles inside the lungs, increasing the risk of breathing problems, asthma attacks and bronchitis.
- In addition to the damage vaping can do to young people's physical health, it could also impact their mental health. Growing international research suggests vaping might increase the risk of mood and anxiety disorders and can worsen symptoms of depression.
- Emerging evidence suggests vaping may result in severe lung disease and an increased risk of heart attack.
- Use of vapes impacts on oral health and can cause dry mouth, bad breath and gum disease.

Find more facts about vaping by scanning the QR code below.



TIPS FROM TOM

Tackling Indigenous Smoking was provided additional funding in the 2023-24 Federal Budget to take a stronger approach to vaping in addition to our work around smoking. Tobacco use was entrenched in society for many decades before governments began backing widespread public health interventions. The Federal Government is getting in earlier on vaping to discourage people from taking it up, as well as introducing more regulation reforms this year. Even so, the numbers of youth and young people vaping is a major issue. Australian data from 2023 showed an increase in tobacco use among 14- to 17-year-olds for the first time in two decades; vaping was identified as the strongest factor in predicting future smoking. It's easy to see why Big Tobacco has invested in the vaping industry. We welcome TIS teams developing local strategies to help our mob understand vaping is neither a positive recreational activity nor a reliable means of smoking cessation.

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



DECEMBER

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

Ready to quit? Call Aboriginal Quitline today

If you or someone you know is ready to quit the cigarettes or vapes, Aboriginal Quitline staff are available to talk you through the process. Aboriginal or Torres Strait Islander counsellors are professionals with specialist training to assist people with their questions about smoking and quitting. They offer free, confidential support to people who require information on quitting smoking. Counsellors can provide callers with a tailored quit plan, provide information on quitting methods and recommend local support options. They can also ring callers back to provide further support and check how their quit smoking journey is progressing. Studies show Quitline greatly increases the chance of quitting. Quitline operates at different times in each state or territory. To use this free, confidential counselling service, call Quitline on 137 848 and ask to speak with an Aboriginal Quitline counsellor. Learn more about Aboriginal Quitline by scanning the QR code.



TIPS FROM TOM

The end of the year is a great time to take stock of what we've achieved over the last 12 months. If your Tackling Indigenous Smoking team has a good news story to share, your fellow TIS workers, the National Best Practice Unit and I all want to hear it! Good news stories play a vital role in showcasing the success of the TIS program and encouraging other community members to say no to tobacco and vapes. Send updates to your National Best Practice Unit project officer, post on the TIS Workers Yarning Group on Facebook or scan the QR code for the NBPU TIS newsletter link to share your successes. It is likewise important for TIS teams to keep the National Best Practice Unit informed if you notice smoking and vaping behaviours changing in your community. Whether it's stories about chop chop on the local market or vapes being sold to under-age teens, updating us with information builds our knowledge and ability to tackle these issues. Thank you all for your dedication to the TIS program this year – you play a pivotal role in achieving better health outcomes for our mob.

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



FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Term 1 begins (NSW Eastern Division)	2	3
4 World Cancer Day	5	6 Term 1 begins (NSW Western Division, Tas)	7	8	9	10
11	12 Royal Hobart Regatta (Tas)	13 National Apology Day	14 Valentine's Day	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 Performance Report due to FAM	29		

Babies and pregnancy

We know Aboriginal and Torres Strait Islander women who smoke have strong protective feelings for their unborn babies and a desire to quit in pregnancy. The Which Way? Study by Indigenous researchers found 90% of Aboriginal and Torres Strait Islander women have tried to quit smoking and that quitting suddenly was associated with staying smoke-free. Having support from family, friends or health workers increases the chance of success and decreases the chance of giving in to cravings.



Pregnant women who give up the smokes will:

- Reduce the likelihood of labour complications during birth
- Increase the amount of breast milk for bub
- Reduce the chance of a premature birth. Premature babies are more likely to suffer from health complications
- Improve birth weight, which in turn decreases the risk of chronic diseases
- Stop nicotine being passed to bub through breast milk.

Tackling Indigenous Smoking teams can not only provide additional information on quitting to pregnant women and their families, but also put them in touch with support. Pregnant mums should be encouraged to talk to their Aboriginal Health Worker, GP or midwife for more advice about the local support available to help them quit during pregnancy.

Scan the QR code to read the Tackling Indigenous Smoking page on Pregnant Women and Families.



TIPS FROM TOM

It's International Women's Day on Friday March 8. If TIS teams have the opportunity to participate in local International Women's Day events, it's a good chance to celebrate our womenfolk and spread the message about Tackling Indigenous Smoking. Pregnant women and families are a Tackling Indigenous Smoking priority due to the effects smoking can have on unborn babies and youngsters. One of the long-term outcomes linked to pregnant mothers who smoke is their children having higher asthma rates. Smoking is still the leading contributory risk factor to the gap in health outcomes between Indigenous and non-Indigenous Australians. The earlier in the life cycle we can make substantial health changes, the greater the benefits.

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



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Recreation Day (Tas)	5 Melbourne Cup (Public Holiday Vic)	6	7	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
					1 Lung Cancer Awareness Month begins Mouth Cancer Awareness Month begins	2

The environmental impacts of cigarette and vape waste

According to the most recent Clean Up National Rubbish Report, cigarette butts make up more than 13% of all discarded litter in Australia. It is estimated that up to 8.9 billion butts – half of all cigarettes smoked in Australia – are littered in our country every year. The microplastics of cigarette filters pollute oceans, rivers, city streets, parks, soil and beaches.

E-cigarettes (or vapes) are a relatively 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. The Clean Up Australia organisation highlighted the increasing volumes of vape litter was a "new and serious environmental issue". With an estimated 500 tonnes of e-waste from disposable vapes created in Australia every year, the Australian Government's 2023 announcement of a future ban on single-use vapes was welcomed by both environment groups as well as health experts.

Care for Country – and your health – by avoiding cigarettes and vapes.
Scan the QR code for more information on environmental impacts.



TIPS FROM TOM

I sometimes hear feedback from Tackling Indigenous Smoking teams about how much data they need to submit in their performance reports, but it's all put to good use. By collecting and collating this information, we are able to create a strong evidence-based picture of the Tackling Indigenous Smoking program's national impact. The Cultural & Indigenous Research Centre Australia (CIRCA) assesses TIS activities, analyses how we are meeting our objectives and where improvements can be made. This information is provided to the Department of Health and Aged Care, who are able to use CIRCA's reports when planning future financial commitments. TIS grant recipients must also be sure to follow the guidelines closely, since they are very specific about what can and cannot be funded by TIS money. Be smart with TIS funds to maximise what we can achieve. Speak to your National Best Practice Unit project officer if you have any questions.

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



MARCH

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

Smoke-free homes, businesses and cars

Whether it's in your home, in vehicles, workplaces or at recreational events, establishing smoke-free environments within the community creates positive outcomes including:

- No second-hand smoke for your friends and family to breathe in. Smoking around people who don't smoke increases their risk of suffering from smoking-related diseases.
- Young people being less likely to start smoking.
- Supporting people who are quitting or have recently quit, since smoking is no longer seen as 'normal'.
- Encouraging people who smoke to think about how smoking impacts on them and their family.

Since smoke-free environments are linked to a community drop in smoking rates, any opportunity to increase smoke-free areas is a good investment in family and community health! Scan the QR code for more information on the positives of smoke-free environments.



TIPS FROM TOM

We know our Tackling Indigenous Smoking work saves lives. In fact, we're one of the few national programs with a direct relationship with an intervention preventing early death. TIS workers are playing an important role in extending life expectancy by helping people give up smoking. Research also tells us increasing tobacco prices lead to more people seeking support to give up. Increasing tobacco taxes over the next three years will see an average pack of 20 cigarettes cost close to \$50 in just two years! Did you know the Tackling Indigenous Smoking program will be completely funded by tobacco taxes by 2026? As the prices rise and people make the decision to give up smoking, it's our role as TIS workers to assist the community in knowing where to get support.

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 begins International Day of Older Persons	2	3	4	5
6	7 Term 4 begins (NT, Vic, WA) Labour Day (Public Holiday ACT, NSW, SA), King's Birthday (Public Holiday Qld)	8	9	10 World Sight Day	11	12
13	14 Term 4 begins (ACT, NSW, SA, Tas)	15 Pregnancy and Infant Loss Awareness Day	16	17 International Day for the Eradication of Poverty	18	19
20	21 Children's Week	22	23	24	25	26
27	28	29 World Stroke Day	30	31		

Smoking triggers

It can be helpful for people giving up cigarettes to understand their individual smoking triggers. Being aware of these can assist in controlling urges during the quitting process.

Habits

Routines such as drinking a coffee, taking a work break or being with friends may trigger a cigarette craving. To avoid these situations, try drinking coffee in a smoke-free space, ask friends for support by not smoking in the same area or perhaps adjust your routine by trying a caffeine-free drink.

Emotions

Experiencing strong emotions such as happiness or sadness can trigger an urge to smoke. Recognising the connection between smoking and emotional highs or lows can help to break the link. Identify the emotions likely to trigger an urge to smoke and create distractions, such as listening to your favourite music or going for a walk.

Social situations

Since some people find drinking alcohol and smoking go hand in hand, visiting bars or parties can be difficult for someone giving up cigarettes. Alcohol can reduce willpower, so try to minimise drinking. Sit away from smoking areas in licensed premises to limit cravings.

Identifying the situations and emotions that trigger a desire to smoke can help manage cravings. Don't forget to call the Aboriginal Quitline on 137 848 if you need additional support.



TIPS FROM TOM

I love seeing Tackling Indigenous Smoking teams create positive, highly visible and recognisable TIS brands in their region. Whether it's a catchy slogan, a colourful logo or an engaging mascot, smart branding can drive increased awareness of Tackling Indigenous Smoking work. Strong and consistent messaging in printed materials, on your website or in community ad campaigns assists to sell the TIS message. It's great when we're able to involve celebrities in promoting Tackling Indigenous Smoking, but sometimes the TIS message can be even stronger when delivered by someone closer to home. Local smoke-free or vape-free ambassadors who have a profile in your community can encourage others to follow in their footsteps. Since they are so relatable, telling their quit stories in videos, posters or in other promotional material can help community members kick the habit.

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



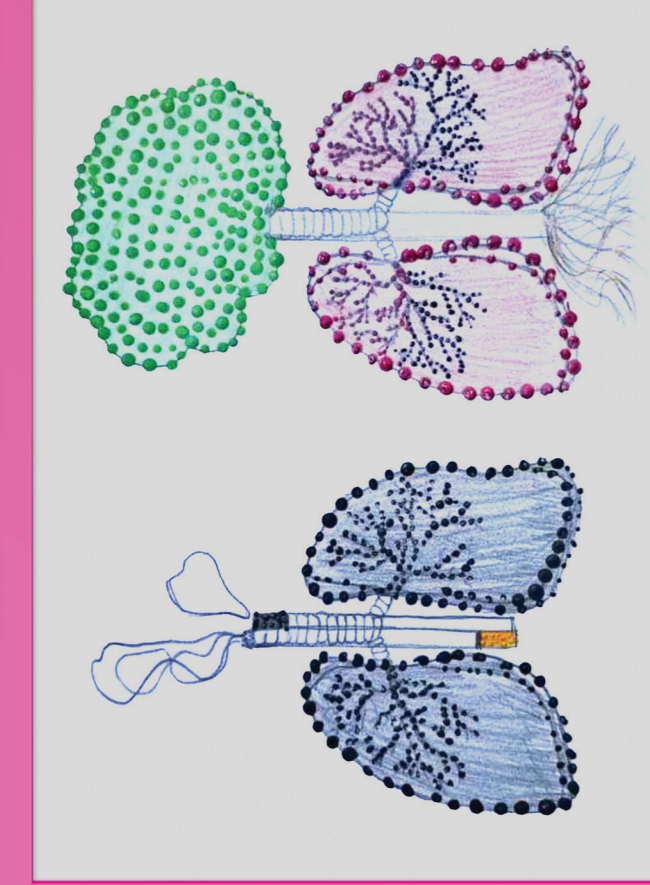
APRIL

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

World No Tobacco Day

The artwork included on this page was designed by Queensland's Teyahnee Kingi around the theme 'Why life is better without smoking and vaping'. Teyahnee was the winner of a National Best Practice Unit Tackling Indigenous Smoking competition in recognition of World No Tobacco Day.

World No Tobacco Day is held annually on 31 May to promote the dangers of tobacco use. You can learn more about World No Tobacco Day by scanning the QR code on this page. Talk to your local Tackling Indigenous Smoking team about any World No Tobacco Day community events set to be held in your region this month.



Teyahnee Kingi
Kill the smoking before the smoking kills you

Be sure to check to check tacklingsmoking.org.au later in the year for information on 2025's calendar art competition for Aboriginal and Torres Strait Islander children aged 12 and under.



TIPS FROM TOM

World No Tobacco Day on Friday May 31 creates an excellent opportunity for important conversations. Tackling Indigenous Smoking teams holding local WNTD events can create engaging community talking points, spread the word about the TIS program and distribute information about quitting smoking and vaping. A WNTD event also provides a chance to partner with aligned organisations, get in touch with media organisations, invite local politicians and raise awareness of what Tackling Indigenous Smoking workers are doing in the community. When the community sees what has been achieved, it can encourage more people to jump on board and begin their own quit journey. Like the WNTD artwork competition on this page, it's also great to get the kids involved in your World No Tobacco Day activities. Children are our future Elders and leaders, so we must teach them about smoke- and vape-free environments to keep them strong and healthy.

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



SEPTEMBER

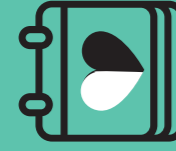
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Prostate Cancer Awareness Month begins Father's Day	2	3	4 Indigenous Literacy Day	5	6	7
8	9	10 World Mental Health Day	11	12 R U OK? Day	13 Term 3 ends (Qld)	14
15	16	17	18	19	20 Term 3 ends (NT, Vic, WA)	21
22	23 King's Birthday (Public Holiday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

Smoking facts and figures

Here are 10 eye-opening numbers relating to smoking



Within **10 seconds** of the first puff, poisonous chemicals in tobacco smoke reach vital organs including the heart and brain. That's bad!



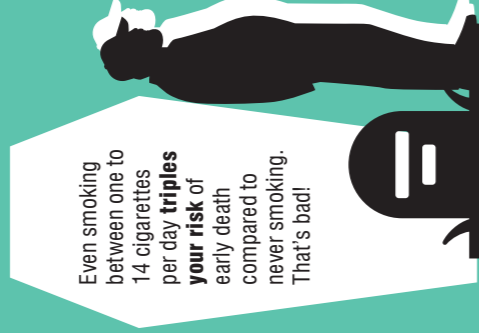
One year after giving up, for someone who used to smoke the **risk of heart disease is halved**. That's good!



Quitting smoking reduces the risk of **12 types of cancer**. That's good!



One day after your last cigarette, your immediate risk of heart attack starts to fall. That's good!



Even smoking between one to 14 cigarettes per day **triples your risk** of early death compared to never smoking. That's bad!



Projections suggest **23,000** Aboriginal and Torres Strait Islander lives have been saved by this drop in smoking rates. That's good!



There has been a **10% absolute decrease** in the number of Aboriginal and Torres Strait Islander people who smoke between 2004-05 and 2018-19. That's good!



Smoking causes **50 per cent** of deaths among Aboriginal and Torres Strait Islander adults aged 45 years and over. That's bad! But the good news is we can change this....

There are almost **50,000 fewer** Aboriginal and Torres Strait Islander adults who smoke daily today than if smoking prevalence had remained at 2004-05 levels. That's good!

On average, Aboriginal and Torres Strait Islander people who never smoke live an **extra 10 years** compared to those who smoke. That's good!



TIPS FROM TOM

Vaping devices are a health issue, an economic issue and an environmental issue wrapped up in one horrible package. As well as vape aerosol being harmful to users' health, the e-waste created by vaping devices is also shocking for our planet. The lithium batteries and nicotine in vapes can leach toxic chemicals when discarded, creating significant environmental impact. We've seen the tobacco industry spend millions on vaping promotions and get a stranglehold across the country while our back was turned, with kids falling easy prey to the colourful marketing and exciting flavours being promoted. Significant research is currently being conducted to refine our knowledge of vaping dangers. While some people who smoke suggest they moved to vaping to quit cigarettes, vapes are not an evidence-based approach to stopping smoking.

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



MAY

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

What's in a vape?

Vape stores filled with vast juice ranges
All mask many user dangers.

The vaping A-B-C will show
There's nothing safe or fun, oh no...

A

is for acrolein,
in weed control sprays;



B

is for benzene,
in car exhaust haze;



C

is for cadmium,
a toxin in dye;



Just three
nasty extras you
don't want to try.

This A-B-C
lurks in vape juices

Or aerosol each vape produces.
Avoid these poisons,
don't get sucked in.

Look after your health, throw vapes in the bin.



TIPS FROM TOM

Data released in 2023 revealed the first rise in Australian teens who smoke in 20 years. The increase has been linked to vaping acting as a nicotine gateway. This month we celebrate National Aboriginal and Torres Strait Islander Children's Day on Sunday August 4. One third of the Aboriginal and Torres Strait Islander population was under 15 years of age in the most recent Australian census data, 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 a better chance to make their own deadly choices. Our kids are some of our best ambassadors to be change agents for a better future. TIS teams are encouraged to visit schools and engage with local groups who work with kids and youth to provide educational anti-smoking and anti-vaping tools.

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



JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30						1 Bowel Cancer Awareness Month
2	3 Mabo Day Western Australia Day (Public Holiday WA)	4	5 World Environment Day	6	7	8 World Ocean Day
9	10 King's Birthday (Public Holiday ACT, NSW, NT, SA, Tas, Vic) Men's Health Week begins National Blood Donor Week begins	11	12	13	14 Activity Work Plan due to FAM World Blood Donor Day	15
16	17	18	19	20	21 Term 2 ends (NT, Qld)	22
23	24	25	26	27	28 Term 2 ends (Vic, WA)	29

Swap smokes for exercise

When you smoke, the hormone dopamine is released into your body and makes you feel good. Dopamine is also released when you exercise. People who quit smoking can lessen cigarette cravings by increasing their physical activity. Exercise is a powerful tool in kicking a nicotine habit, since it can reduce the physical and mental elements of addiction. Other benefits of exercising during your quit journey include:

- limiting any weight gain associated with quitting, since exercise reduces hunger and burns kilojoules
- reducing withdrawal symptoms both during exercise and for up to 50 minutes after
- improving your resting heart rate, blood circulation and lung function
- reducing the urge to smoke by focusing your mind.

Even small changes in fitness can lead to positive outcomes. Scan the QR code for more information on quitting or give Aboriginal Quitline a call on 137 848.



TIPS FROM TOM

The Paris Olympics and Paralympics kick off this month, so I'm sure we'll see plenty of Aboriginal and Torres Strait Islander athletes doing Australia proud. We all know a great number of Aboriginal and Torres Strait Islander people love sport. If you've got a local sports team or well-known sports person in your area with a big mob following, investigate options to create Tackling Indigenous Smoking alliances. If any locals have made an impact on the state, national or international stage, reach out about becoming involved as a TIS ambassador in their home community. Aligning TIS teams with local sports stars can be a great way to promote the smoke-free message. While TIS grant recipients can't sponsor sports teams, you can still get involved in local sports events by running marquees, providing butt bins and developing smoke-free and vape-free signage. Creating positive connections with your sporting community can have a real impact.

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



JULY

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