

Introduction to the resources

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

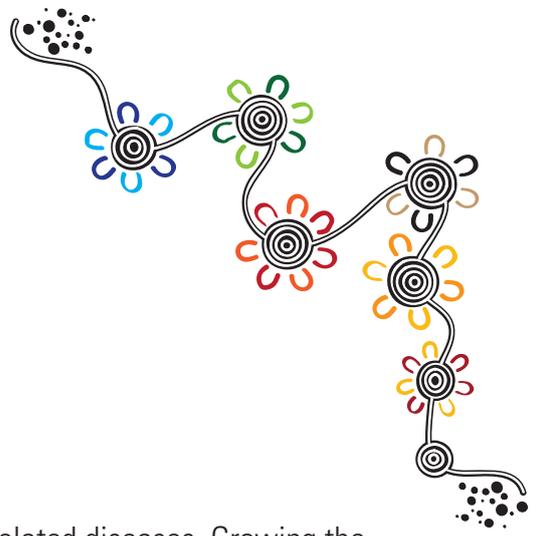
THE VIDEOS COVER:

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



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

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



Key Facts about Smoke-free Environments

Smoking around other people increases their risk of getting smoking-related diseases. Growing the number of environments that are smoke-free in the community improves everyone's health and is linked with a drop in community smoking rates.

Smoke-free Environments are good because they:

- Reduce the harms of **second and third-hand smoke**;
- Are more supportive for people quitting or recently quit since smoking is no longer seen as 'normal';
- Mean young people are less likely to start smoking;
- Encourage smokers to think about how smoking impacts on them and their family.

How can we all support Smoke-free Environments?

We can all help grow Smoke-free environments by running campaigns to encourage people to keep the places they live, work and play smoke-free. Many TIS teams have developed branded resources such as information brochures and smoke-free stickers/posters to help people reinforce the message either at home or in the workplace:

Encourage people to keep a **smoke-free Home and Car** by:

- Taking a pledge to have a smoke-free home and car;
- Getting some support to make this work by taking the pledge with family and friends;
- Letting everyone know your home and car are smoke-free and asking them to respect this (TIS Smoke-Free stickers can reinforce this message, or you can get the kids to make some Smoke-Free posters);
- Letting other people know your home and car are smoke-free and explaining why (TIS information brochures may be useful for reinforcing the benefits of being smoke-free).

Encourage people to keep a **Smoke-free Workplace** by:

- Keeping up to date with their organisations smoke-free policy, and the location of any smoking areas;
- Asking smokers to avoid smoking when in uniform and encouraging others to do the same;
- TIS teams can partner with local organisations to support them to develop, update and maintain smoke-free policies that everyone can agree on.

Smoke-free venues and events

State and Territory laws mean that many enclosed spaces such as restaurants, shops and indoor malls are already smoke-free environments. TIS teams can help organisations to support these laws. TIS teams can also help ensure that community events and clubs are also smoke-free. They do this by:

- Working with the event organiser to develop a smoke-free policy for the event which includes clear messaging around the benefits of smoke-free;
- Encourage attendees to leave cigarettes, lighters and matches at home – this makes good sense for fire safety and security reasons;
- Working with local sports clubs or other groups that are not smoke-free, to consider the benefits of taking this step.

Everyone has a right to good health. There is no safe level of exposure to second-hand or third-hand smoke. Growing smoke-free environments is an important part of a Population Health Promotion approach to TIS. **Any opportunity to increase smoke-free environments is a good investment in family and community health.**