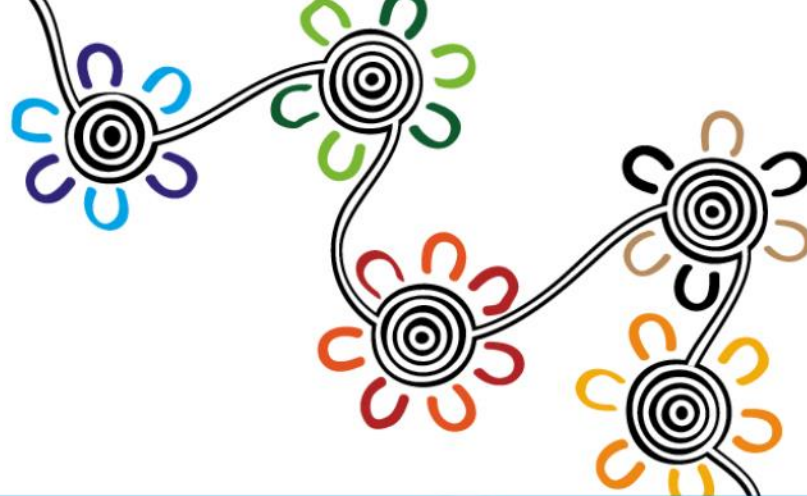


NATIONAL BEST
PRACTICE UNIT

**TACKLING
INDIGENOUS
SMOKING**




Best Practice Resources for TIS



What does 'success' look like for a resource?

- Change in knowledge and attitudes?
- Number of pledges to quit/be smoke free?
- Quit rate?
- Something else.....?



What about how you report outcomes?

Reporting can make a difference to how successful your resources appear to be. Give as much information as possible and follow 'good practice' guidelines for reporting:

- Number, proportion, change
- N activities (proportion) – has this grown?
- Surveys – what did people say?
- Simple message
- Provide context (stories)



What is a Resource?

Any asset that can be drawn upon by individual or organisation to function effectively :

- Material goods
- Websites
- Messages
- Activities
- Money
- People – team members, community members
(YOU are the most important resource for TIS!)

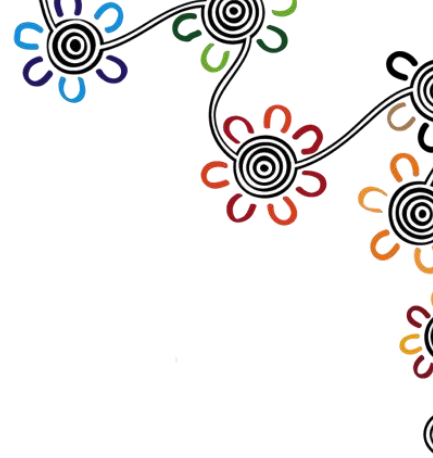


Education programs

What are the resources included in successful prison programs run by TIS Grant Recipients?

Resources:

- Information/education sessions
- Motivation to change
- Practical advice on coping with triggers
- Staff training
- Collaboration: working with staff and inmates to provide/maintain smoke free spaces
-

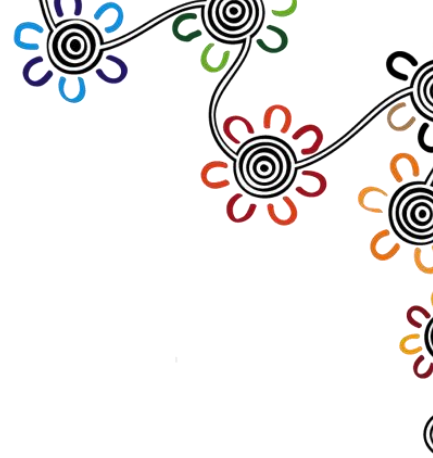


Data collection resources

- Prisoner self report
- Prison officer reports
- Observation of behaviour
- Focus Group feedback



Outcomes



GR Organisation A:

- completed with 26 inmates
- Happier, breathing better, fewer asthmatic symptoms
- 17/26 (65%) smoking 50% fewer cigarettes
- 7/26 (27%) on NRT
- 2/26 (8%) had quit

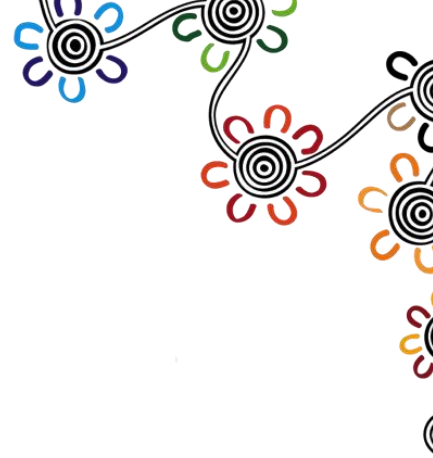
GR Organisation B:

- program completed with 49 inmates
- 6/49 (12%) quit
- 15/49 (30%) actively cutting down



Support groups

What are the resources included in successful quit support group activities run by TIS Grant Recipients?



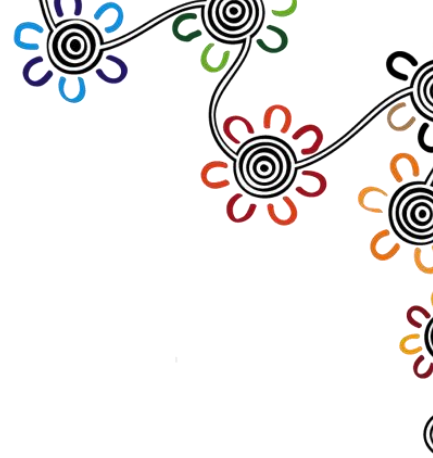
Resources

- Weekly sessions
- Focus on smoking education only
- Embedded in general health
- Tap into existing groups
- External experts

- Topics include:
 - Physical effects of smoking
 - how to change your environment
 - How to change your behaviour
 - Coping with emotions and withdrawal

Data collection resources

- Pre-post questionnaire
- Smokalyzer data
- Focus groups



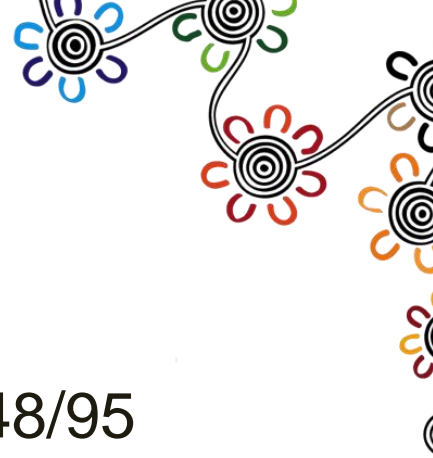
Outcomes:

Organisation C:

- 5/95 (5.3%) had quit at the end of the course
- 67/95 (70.5%) reduced number of cigarettes 48/95 (50.5%) increased time to first cigarette
- 47/95 (49.5%) had reduced CO levels

Organisation D:

- 8/12 (67%) quit
 - 3/12 (25%) contemplating quitting
 - 1/12 (8%) no change in status
-
- Increased knowledge and confidence in both groups



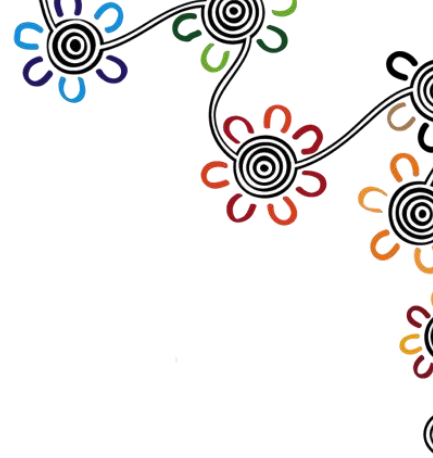


Community events

What are the resources used by TIS Grant Recipients resulting in successful smoke free community events?

Resources

- Information stall
- Interactive activities/tools
- Pre event publicly
- Competition
- Treasure trail



Data collection resources

- Written and verbal surveys
- Quick question asked at stall
- Show of hands
- Beans in jars



Outcomes

Organisation E:

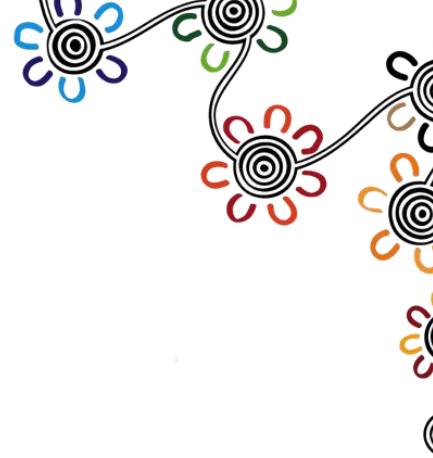
- 83- 91% increased knowledge of tobacco harms
- 71% understading of quit pathwyas

Organisation D:

- 40 brief interventions
- 4 referrals (10% of those engaged with)

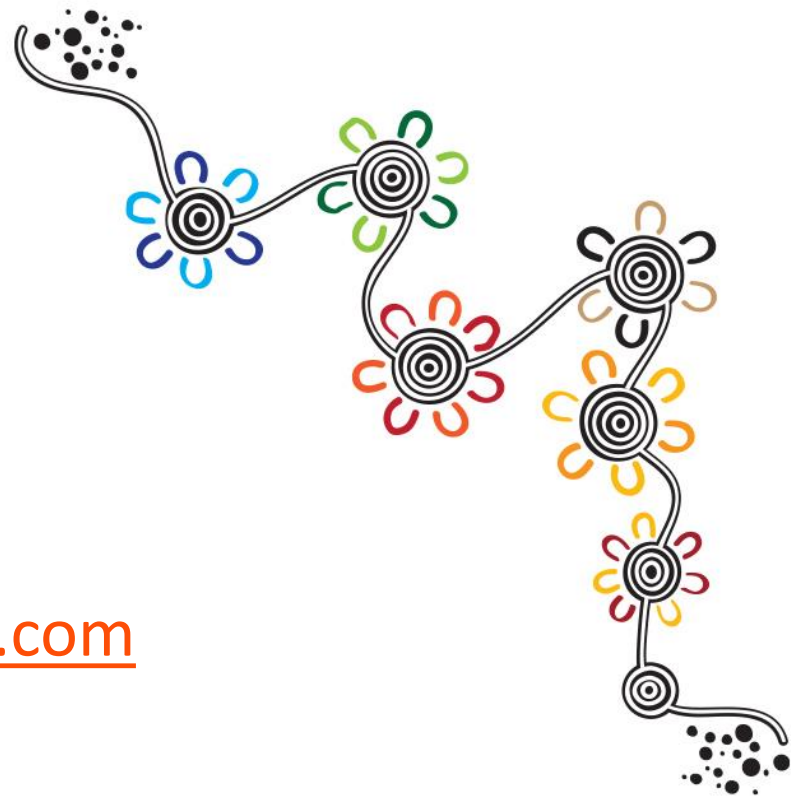
Organisation F:

- 78% of respondents identified as being a lot more informed of risks and benefits
- 89% of respondents identified as being a lot more informed on support services
- 80% of respondents identified as a lot more likely to quit
-



Please share your best practice with us:

1. What local need/smoking issues was the program aiming to address?
2. What theory, model or evidence was used to inform the program (if any)?
3. What activities did you use to tackle smoking issues?
4. What impact did the program have on the community?
On individual smoking behaviours?
5. What evaluation methods were used to measure the outcomes of the program (how did you measure change)?



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