



# Nunkuwarrin Yunti

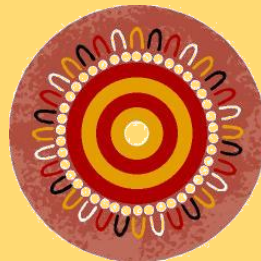
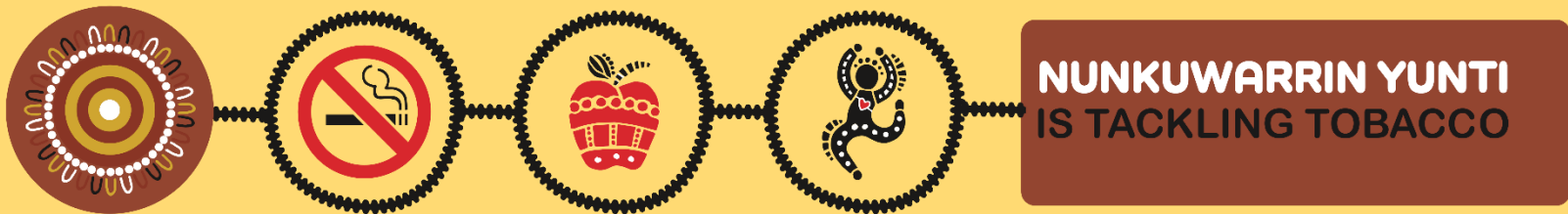
w o r k i n g   t o g e t h e r

for the benefit of Aboriginal Health



# Tackling Tobacco Team

- Lauren Hill– Communication and Promotions Officer/ Community Engagement Officer
- Dean Hodgson –Community Engagement Officer
- Daniel Sumner– Community Engagement Officer
- Andrew Schultz – Team Manager
- Melita Hill– Tobacco Action Worker (State Funded)
- Kirsten Kennington – Tobacco Care Coordinator (State Funded)





# *Quality and reach of community engagement*

## Aboriginal Spirit Colour Fun Run



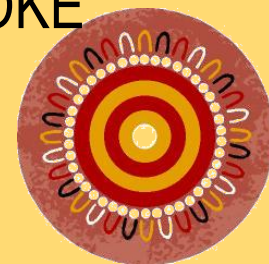


# Aboriginal Spirit Colour Fun Runs

	2017	2018
Participation	170	250
Take home message of being Healthy and Smoke-free	70%	70%
Referrals for quit support	2	9
Smoke Free Event	Yes	Yes

## Sample of feedback from this year

- “I absolutely loved the event! It’s amazing to promote health and smoke free lifestyles with such positivity and family fun supports”
- “Great Day out with my family, 10 laps carried my Neice over the finish line. FANTASTIC EVENT, great work. Wonderful encouragement to get fit, have fun and most of all NOT SMOKE”



# *Quality and reach of community engagement*

- 262,000 Impressions on Social Media, with 6,000 engagements Jan- Dec 2017.

Facebook - Tackling Tobacco Team – Nunkuwarrin Yunti

Instagram - notupinismokes **JOIN THE MOVEMENT**

- 2,640 Fans/ Followers receiving messages from us



## *Quality and reach of community engagement*

	Facebook Analytics			
	Followers	Total Posts	Impressions	Post Engagements
Jan –June 2016	587	64	20,706	400
July – Dec 2016	688	97	56,033	1379
Jan – Jun 2017	1140	89	163,262	3,205
Jul- Dec 2017	1292	75	86,484	2,271

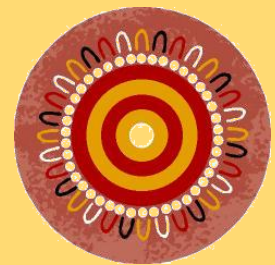
### **August 2017, Facebook – What quitting the smokes means to you**

My mum quit smoking nearly 2 years ago now, I never thought I'd see the day she would quit smoking as she was a heavy smoker. Just to see her lifestyle change from quitting smoking amazes me. She is a lot happier and spends more time with the family now instead of outside smoking. She now exercises a lot more without coughing and her breathing is a lot better. She's an inspiration to me and so proud she did it."

## *Organisations involved in tobacco reduction in the region*

- Partnership with AHCSA associated with pledge shirts
- NAIDOC and other activities

Answer Choices	Responses
Never start smoking	51.50% 86
Protect my siblings/parents/family from passive (second hand) smoking	38.32% 64
Try to give up or not smoke before deciding to get pregnant	11.38% 19
Try to give up or not smoke around my partner when she is pregnant	7.78% 13
Speak up and ask others not to smoke in front of me	22.75% 38
Make the home I live in smoke free	26.95% 45
Make the car I travel in smoke free	24.55% 41
Remove my children from areas where people are smoking	25.75% 43
Encourage others to take the pledge	25.75% 43
Begin my journey to quit smoking	16.17% 27
Become a Puyu Blasters hero for my community, choosing smoke free living and happiness for my community, be a positive role model in the lives of my family and those in my community.	12.57% 21
Total Respondents: 167	





# *Building capacity to support quitting*

- Aqua, gym and quit support sessions
- Partnered with various Organisations
- Participants asked about readiness and confidence to quit at the sessions



## Feedback

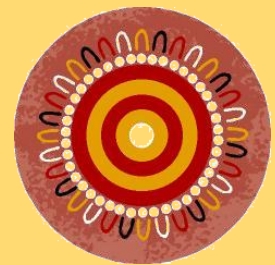
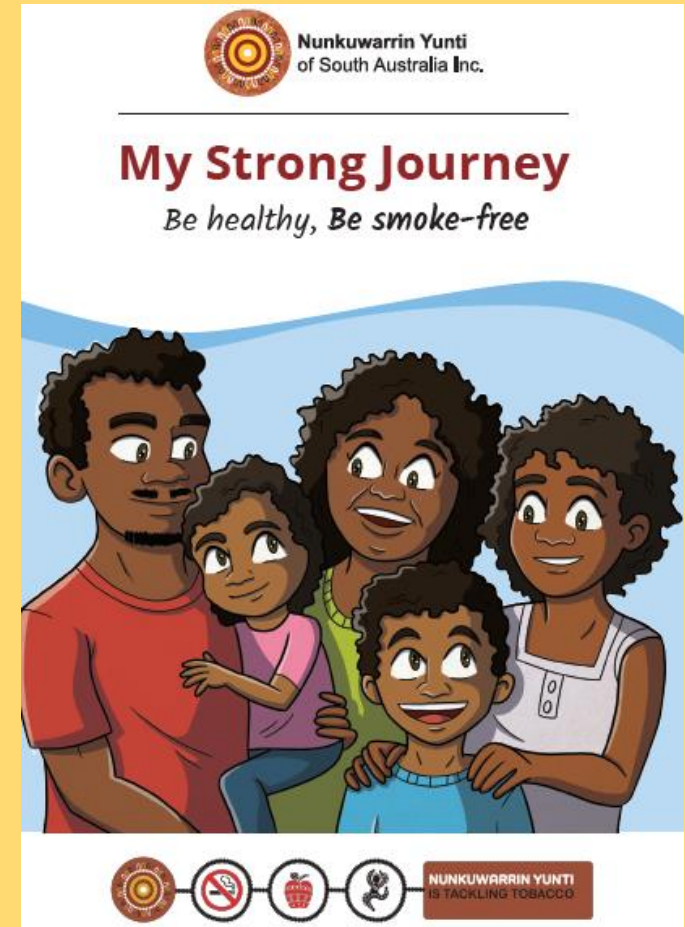
Darrell myself & everyone involved in the Aqua / Gym & walking programs and everything else that you have provided us with over the year has been nothing but amazing

It has provided us a total fitness programme that has not only helped keep us fit and healthy but helped with our Mental wellbeing also Tackling Tobacco showing great support to Darrell to help him quits smoking and provided an absolute amazing Social group where we have made amazing friends.



# *Building capacity to support quitting*

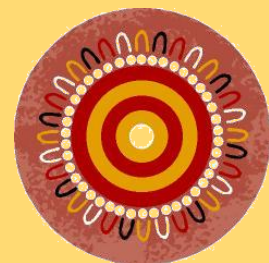
- My Strong Journey Quit Book recently completed
- Resource to promote quit support from health workers and us in the TIS team
- Utilises a Narrative Therapy and Motivational Interviewing approach



# *Building capacity to support quitting*

## Health Check and Tackling Indigenous Smoking Engagement Shirts

- Newly commenced project
- Encourages engagement with our activities
- Encouraging referrals and contact
- Helping the discussion of Quitting smoking from non-clinic staff

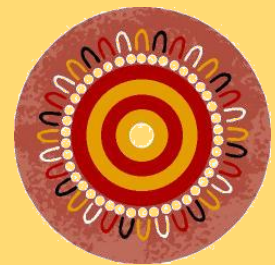




## *Referrals to appropriate quitting support*

	Referrals from Nunkuwarrin Yunti to the Quitline *Provided by Quitline	Nunkuwarrin Yunti Quit Smoking Referrals
Jan-June 2016	10	38
July-December 2016	21	50
January – June 2017	12	123
July – December 2017	29	120

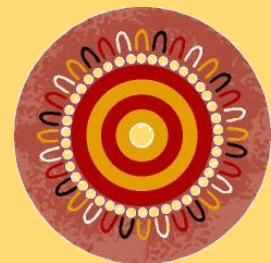
- We refer to Quitline as often as possible
- Nunkuwarrin Yunti referrals come from clinics, community events and activities



# *Supporting smoke-free environments*

## **Aboriginal Football and Netball Carnival**

- We supported signage, announcements, pass outs and security
- 88% were aware that the event was smoke-free
- Everyone agreed that the event should be smoke-free with the following reasons:
  - Protecting everyone from 2nd hand smoke
  - Supporting people that may be looking to quit smoking
  - Helping to discourage negative role modelling to young people
  - Some people did still see people smoking inside the venue
  - More signage, more announcements and more social media posts were considered as ways to support the event to be smoke-free
  - We received 4 referrals to help people quit smoking.





# *Supporting smoke-free environments*

- Tauondi Aboriginal College has gone smoke-free
- Helped by various meetings and ideas
- Supported with signage and referral opportunities for quit support

