

# Tackling Indigenous Smoking in the ACT



**A healthy and smoke free life** *it's your call!*



## Winnunga Nimmityjah

Aboriginal Health Service





# Our achievements

- The expansion of the 'No More Boondah' quit smoking program including quit packs, pamphlets, postcards and the creation of 'No More Boondah Bubz' with z-card and information bags targeting smoking in pregnancy
- Delivery of health promotion sessions delivered at schools, prison and workplaces and events
- Research participation – TATS and SIP Winnunga research
- Logo designed for the TIS program
- Three advertisements created for TV and radio
- 15 smoke free signs placed around Winnunga and implementation of smokefree workplace policy
- Brief intervention training for staff and Gp's delivered by cancer council
- Winnunga tackling smoking face book page
- Smoking harms education banner project - partnering with schools
- Comprehensive clinical item development to ensure accurate data collection

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# Involvement in Research Projects



**Talking About The Smokes**



**The Smoke Ring**

**No More Boondah**

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# Tobacco staff training

- Quitskills
- No smokes campaign
- QUIT counselling
- Motivational Interviewing
- Brief Intervention
- On site Quitline training
- Smoking cessation counselling for smoking in pregnancy
- Nicotine addiction and smoking cessation workshop

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# No More Boondah Quit Smoking Program

## Providing support in 3 ways;

\*Weekly drop in session

\*Phone follow up and support

\*Outreach - we can come to you at work or home



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# No More Boondah Quit Smoking Program



- Been going since 2002
- FT trained tobacco worker co-ordinating the program
- Education, skills and knowledge for our clients and community on nicotine addiction, effects of smoking and options to quit
- Transport & free NRT



Make Tobacco  
**HISTORY**  
Ending the epidemic for good.



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# Out and about



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# OUR FOCUS

Vehicle  
purchased for  
program will  
advertise TIS  
with a car wrap

Sharing our  
activities via  
facebook

Facebook: tackling Indigenous  
smoking and promoting a  
healthy lifestyle at Winnunga

Artwork  
commissioned  
for TIS program

\* Branding \*

New TV &  
radio ads

Creating new  
TIS stall setup

- Banners
- Marquee
- Tablecloth
- Program flyers



**SCHOOL VISITS  
EVENTS  
WORKPLACES**

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# *Thanks for listening*

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[www.winnunga.org.au](http://www.winnunga.org.au)

Like our face book page tackling indigenous smoking and promoting healthy lifestyles

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