



Central Australian
Aboriginal Congress

ABORIGINAL CORPORATION | ICN 7823



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Tackling Indigenous Smoking

Health Promotion Team

Glenn Clarke

Senior Tobacco Action Coordinator

Talking Tobacco

TALKING TOBACCO

MALE ONLY
TOBACCO SMOKING
SUPPORT SESSIONS

EVERY
wednesday
10.30-11.30am

CONGRESS
INGKINTJA
19 Gap Rd



SMOKE FREE
THE WAY TO BE

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**We yarn about smoking cigarettes
and give each other help and support**

- ✓ Share your tobacco smoking story
- ✓ Learn about what smokes do to you and your family
- ✓ Understand why you should quit smoking
- ✓ Hear how we can help each other to quit, and what other help is available.

Need more information?

Call Glenn on 0437 223 001

Or email glenn.clarke@caac.org.au



SMOKE FREE
THE WAY TO BE



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Clients

Prisoner's

Workforce

Who is it
for ?

Visitors

Rehabilitation
Centre's

Men's Shed

Young Men



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Why?

- Shame
- Understanding NRT
- No education on the Harms of Cigarette Smoke
- No Support



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Where are you with Tobacco?

Pre-contemplation

☐

Contemplation

☐

Preparation

☐

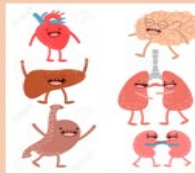
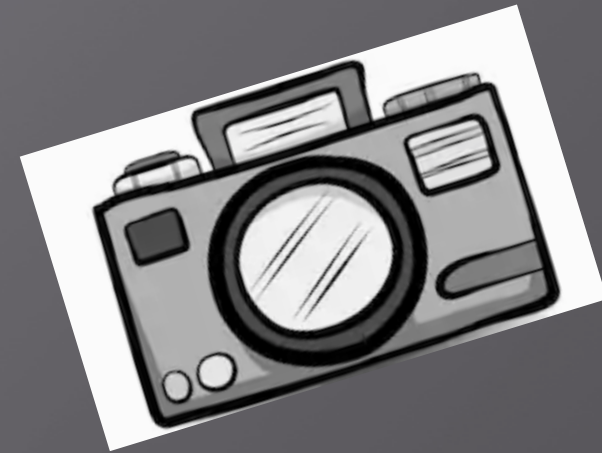
Action

☐

Relapse

☐

Maintenance

☐

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Outcomes

- 2 out of 18 Men that have recently completed the program have quit smoking
- Men that have attended the talks have become more interested in what smoking does to their body, especially when we are showing them the resources.
- The program is ongoing, successful and hope to get a lot more men involved in the near future.
- Men are asking more about NRT's and are keen to trial them
- Men that visit Ingkintja regularly are constantly telling new blokes that there not allowed to smoke on the premises
- Family encouraging others to try NRT's



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Challenges

- Running a session and getting men engaged at times when they know there isn't a feed
- Men taking off
- Ongoing Smokers
- Services/ organisations not enforcing smoke free policy



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Good news story



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Thank You

Any Questions

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