



Ngamari Free

# Developing Resources

Wheatbelt Tackling Indigenous Smoking Program





# Cultural acknowledgement



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# Overview

- Get to know our team
- Our journey
- Looking to the future



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# Who are we?



- Daniella – Senior Health Promotion Officer
- Celia – Health Promotion Officer
- Connie – Health Promotion Officer
- Vennessa – Health Promotion Officer

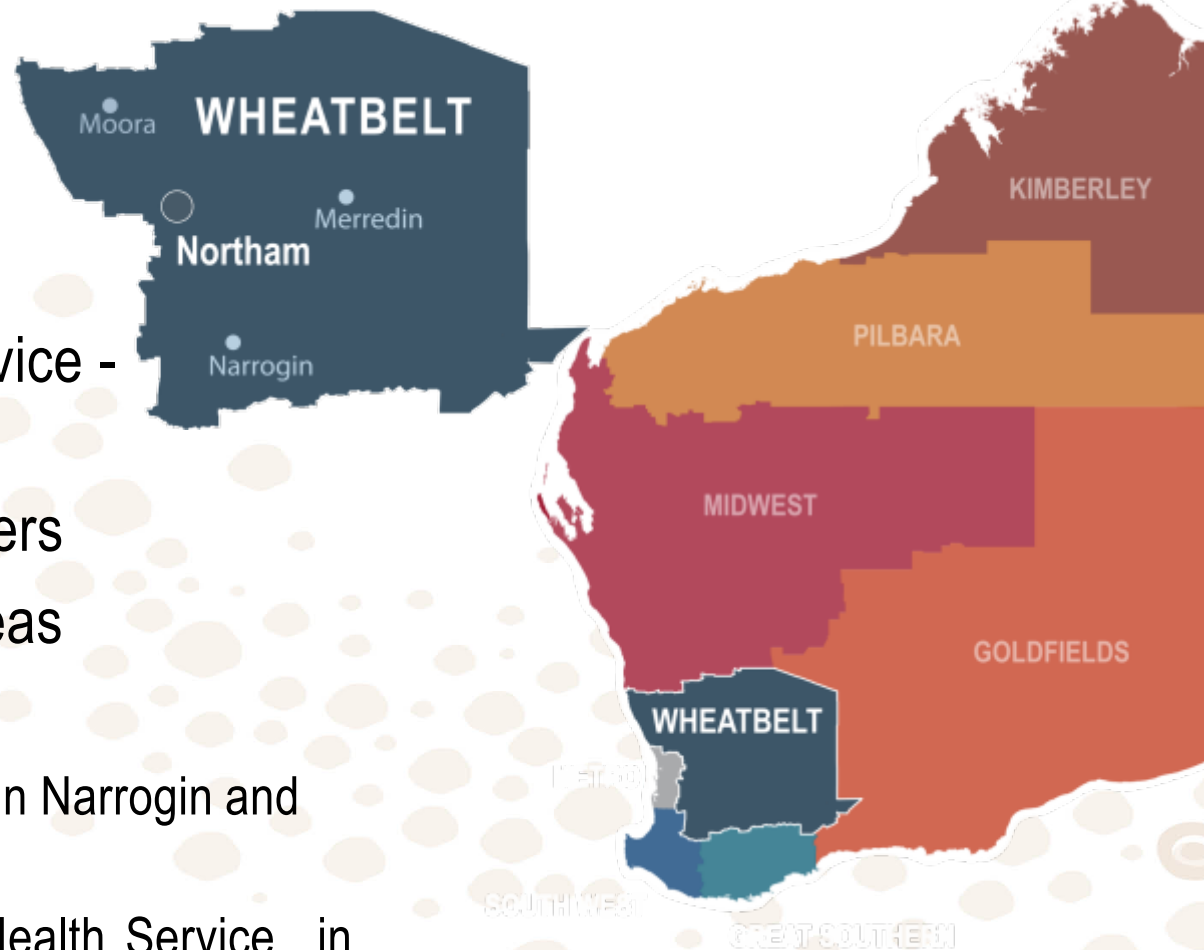


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# Where are we?

- WA Country Health Service - Wheatbelt region
- 158,560 square kilometers
- 44 local government areas
- Based with:
  - Primary Health teams in Narrogin and Merredin
  - Wheatbelt Aboriginal Health Service in Northam



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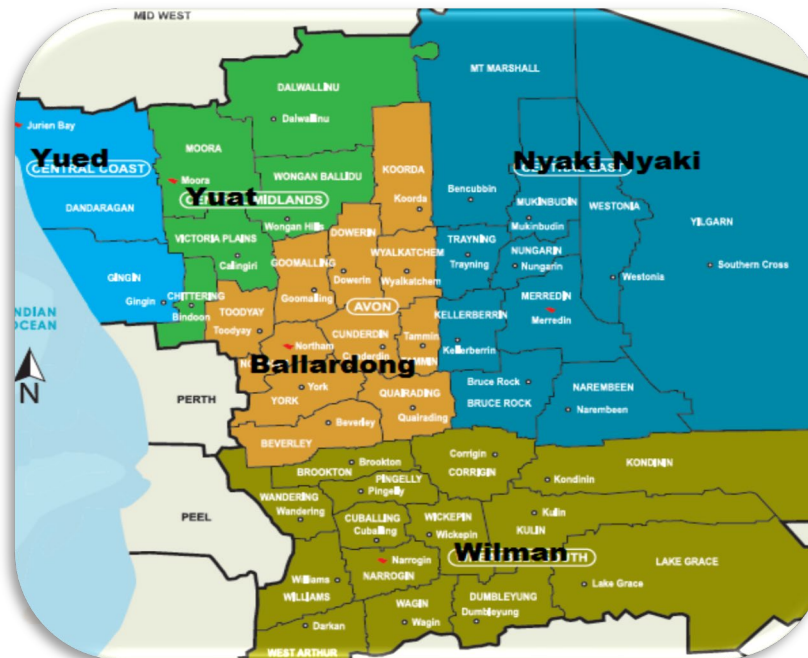


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# Who do we serve?

- Noongar, Yuat, Yued, Ballardong, Nyaki Nyaki, and Wilman people...and many visitors from other areas
- 4,500 Aboriginal people in Wheatbelt
- Highly dispersed:

Northam (700-800)	Narrogin (400)
Moora (350)	Merredin (250)
Pingelly (200)	Quairading (125)
Wagin (110)	Kellerberrin (110)
York (100)	Dalwallinu (100)



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# Planning

- The need for resources
- Health promotion theory
- Plan within a plan
- Timeline
- Evaluation measures



# Development

- Engaging with community
- Consultation
- Collaboration and partnerships
- Complying with WACHS styles
- Finalising our designs



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# Implementation

- Managing time and resources
- Testing with community
- Problem-solving
- Distribution to community

## Where can I get support to quit?

If you want to quit about your smoking or are thinking about quitting, there is support available.

### No More Ngamari

No More Ngamari is a free culturally appropriate quit smoking program, providing support and free nicotine replacement therapy. Call Wheatbelt Aboriginal Health Service on 9690 2886.

### Wheatbelt Quit Smoking Program

Free local support and advice. Aboriginal clients receive free nicotine replacement therapy. Call Wheatbelt Public Health Unit on 9622 4320.

### Quitline

Aboriginal Quitline advisors provide a private and confidential advising service, listening to your story and offering support and strategies to quit or cut down. Call Quitline on 13 79 48.

### Health Professional

Yarn with your GP, pharmacist or community health worker.

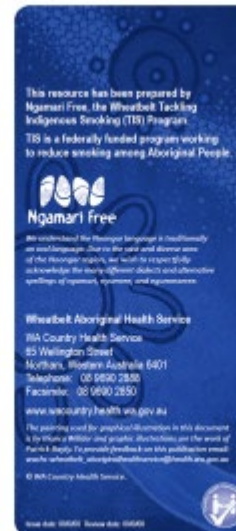
## Steering clear of smokes

Not smoking is best for you and your future

Smoking can make you sick and lead to a shorter life with less money to spend on things you enjoy. The leaves of the tobacco plant are dried and treated with chemicals. Cigarette smoke contains over 7000 chemicals, which everybody near a smoker also breathes in.

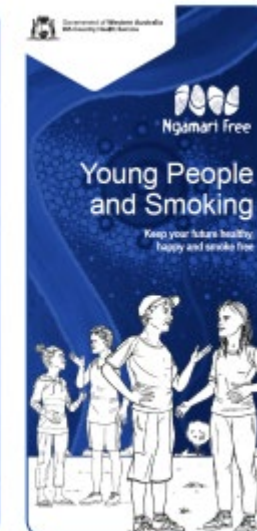


Not smoking is the single best thing you can do to reduce your risk of cancer, heart disease and stroke, and have a long, happy and healthy life.



## Smoking can impact and upset different things in your life

- Being active is harder
- Hard to concentrate at school and work
- Less money because smokes are not cheap
- Sickness and health problems
- Makes you smell
- Having mood swings and feeling cranky
- Isolation from family and friends
- Less energy
- Shorter life
- Look older than you are with more wrinkles
- Yellow teeth and discolored fingers
- Not a good role model



## What is second hand smoke?

Second hand smoke is the smoke a smoker breathes out and also comes from the burning end of a cigarette.

- Exposure to second hand smoke can lead to:
- Breathing problems
  - Weak lungs and asthma
  - Ear infections
  - Sore and watery eyes
  - Sneezing, coughing and sore throat
  - Ear infections and hearing loss
  - Chest infections
  - Colds and coughs
  - You taking up smoking



Development, Approval and Publishing of Consumer Information Resource Procedure - Wheatbelt

## Appendix 2 - Consumer Information Feedback Tool

Thank you for taking the time to help us create consumer information that is of high quality and easy to read and understand. Your comments about this resource are appreciated.

Name of Publication:		Interpreter present for consumer feedback: If Yes, please list language(s):		Yes	No	NA
Date and Venue of Review:		14/7/2019 at 10:00 AM Belt Road Service		Yes	No	NA
1	Is the publication easy to read?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Is the print large enough to read?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Is the publication easy to understand?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Did you find the information helpful?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Does the publication contain words that you don't understand? (e.g. medical language)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Did you find the publication interesting to look at? (e.g. pictures, use of colour etc.)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Is it clear what the publication is about?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	This publication is about:	SECOND HAND SMOKE AND NGAMARI				
9	What is the information that stands out the most for you?	SMOKING IS BAD FOR YOUR HEALTH				
10	Is there other information you would like to see included in this publication?	NO				
Other comments: GOOD TO READ						

Please send electronic copies of this info document as standard/unbranded. Always ensure the current version from ENGAGE/ENGAGE/ENGAGE

File of Last Review: July 2019

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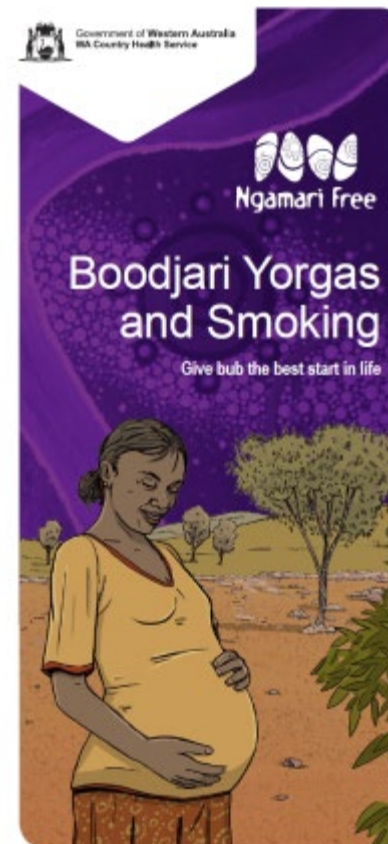
Date Next Review: July 2020

# Evaluation

- Local evaluation
- Regional evaluation



HEALTHIER COUNTRY COMMUNITIES THROUGH PARTNERSHIPS AND INNOVATION



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COMMUNITY | COMPASSION | QUALITY | INTEGRITY | JUSTICE



# Our expected journey vs our actual journey



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# Looking to the future

- Continual improvement
- Finding gaps
- Innovation and creativity
- Recognition and message recall
- Action planning for 2019-2020



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Thank you!

What questions do you have for us?