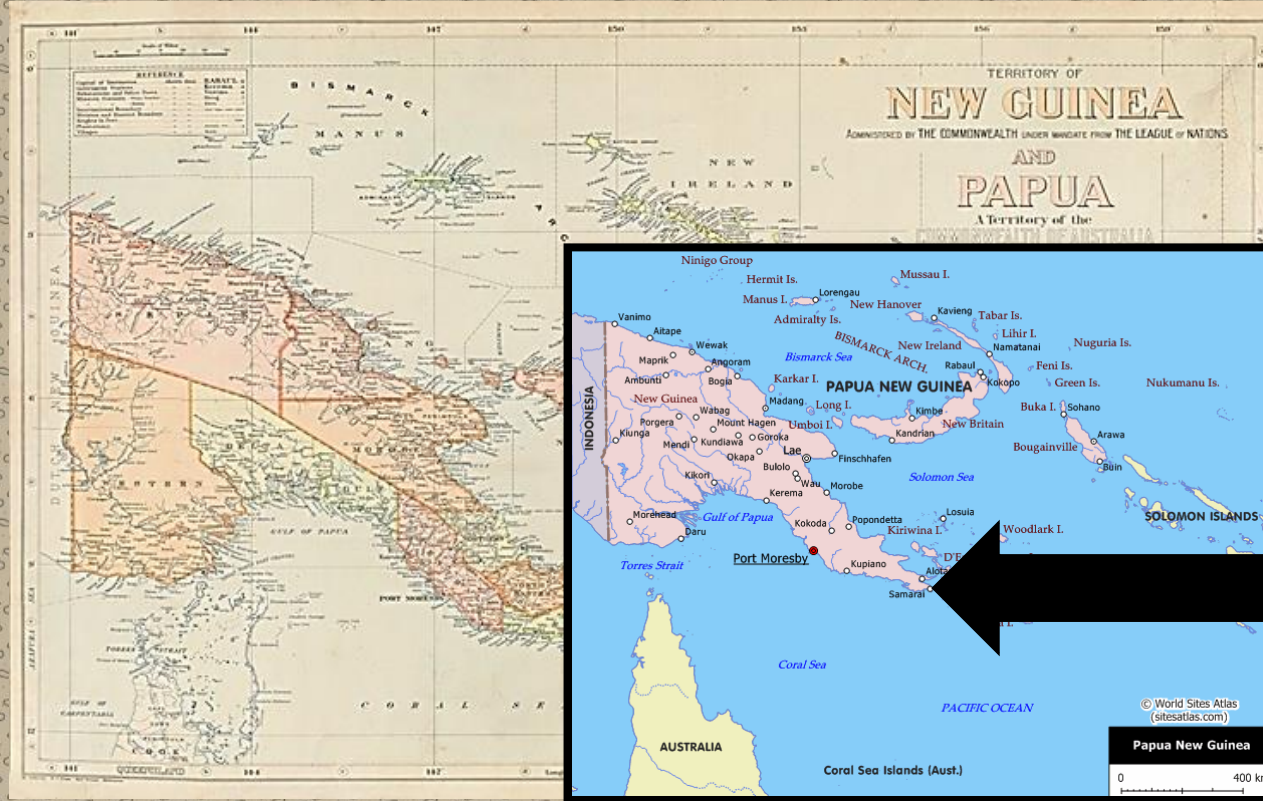


Impact evaluation: Tackling Indigenous Smoking regional grants on smoking outcomes

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Aboriginal and Torres Strait Islander Health Program
Research School of Population Health
Australian National University
May 2020

Milne Bay, PNG



Who we are?

- **Led by researchers from:**
 - **Aboriginal and Torres Strait Islander Health Program**
 - **Australian National University**
 - **Tobacco Control Research Program**
 - **Menzies School of Health Research**
- **Working together with:**
 - **Organisations with regional grants**
 - **Other Aboriginal Community Controlled Health Services**
 - **NBPU**
 - **Quit Victoria**
 - **CIRCA (other part of Evaluation)**

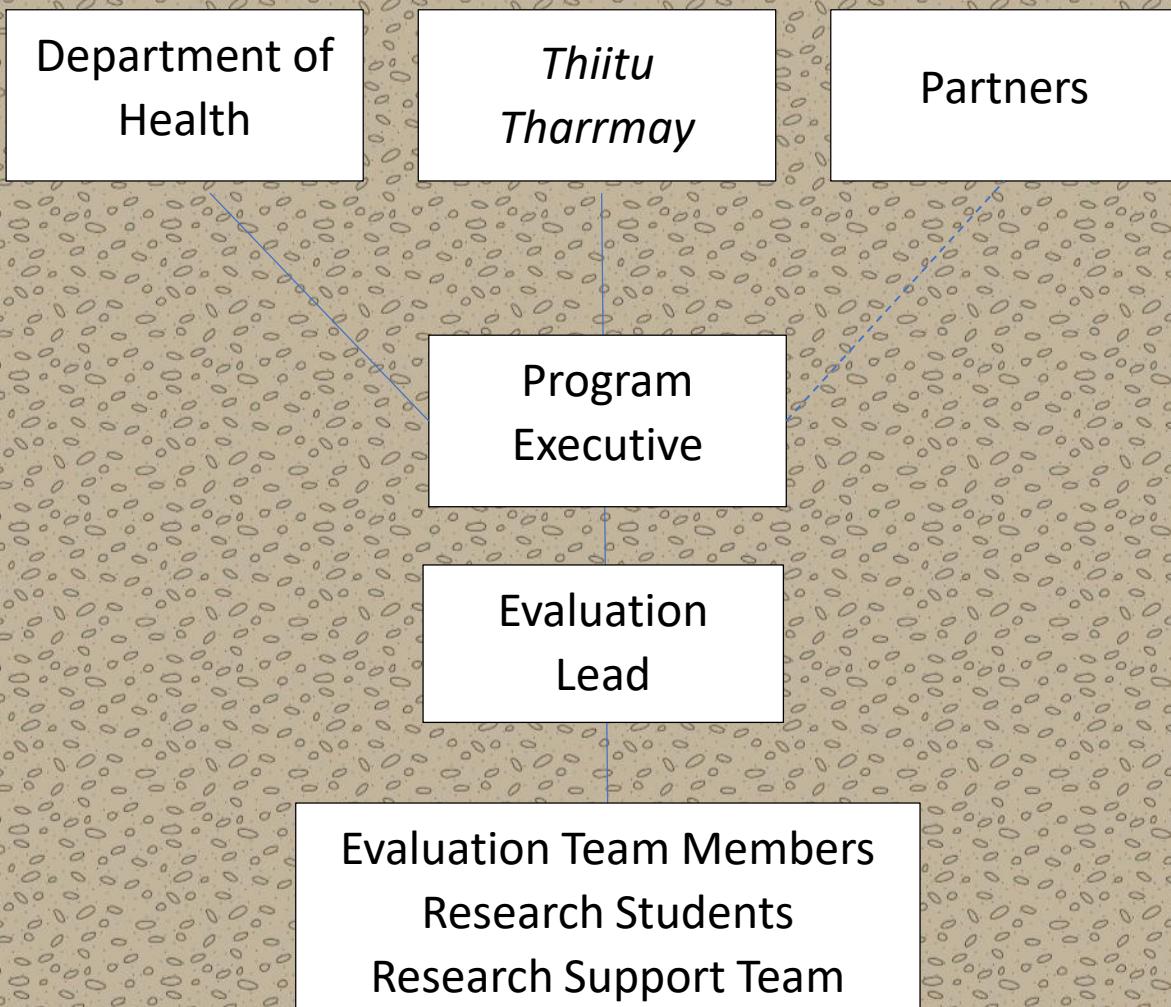


Aboriginal and Torres Strait Islander Health Program

- We want to answer: ***what works*** to improve health and wellbeing?
- Ways of working:
 - Indigenous leadership and governance
 - Indigenous data sovereignty
 - Community-driven research
 - Partnership approaches
 - Strengths-based
 - Mixed methods



Governance



Program Executive

- **Ray Lovett (Wongaibon)**
- **Jill Guthrie (Wiradjuri)**
- **David Thomas**
- **Katie Thurber**
- **Raglan Maddox (Modewa Clan, PNG)**

Thiitu Tharmmay: *to share knowledge* (Ngiyampaa)

- **Aboriginal and Torres Strait Islander peoples**
- **Tackling Indigenous Smoking representatives**



What are we trying to answer?

Have smoking related-outcomes *improved faster* in areas with TIS funding compared to areas without TIS funding?

This includes changes in:

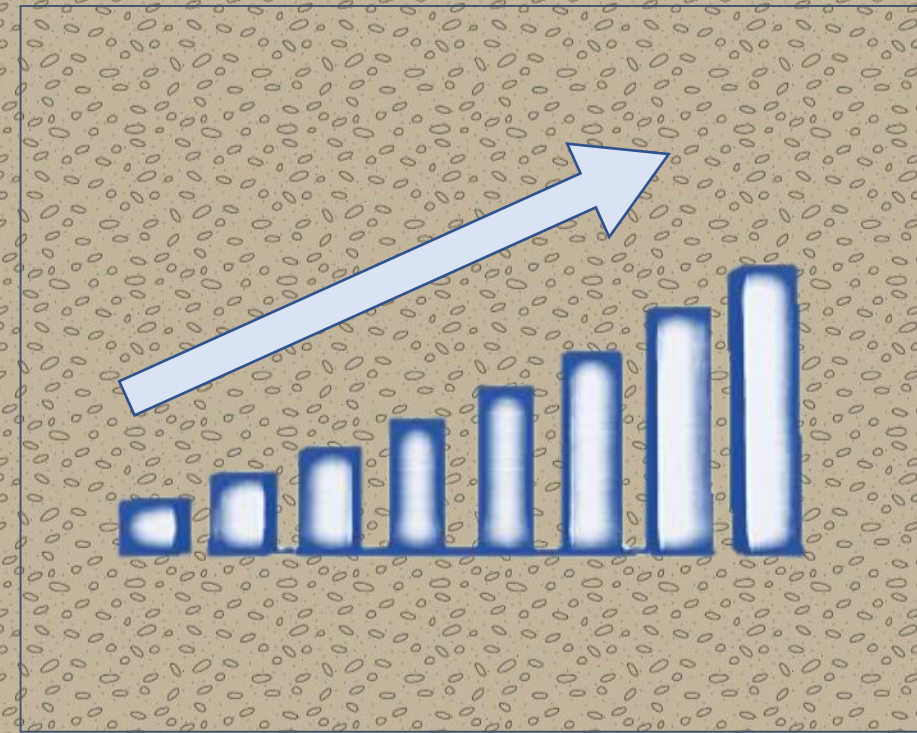
1. % of people who smoke
2. % of people who quit and stay quit
3. Behaviours related to quitting (e.g. calls to Quitline, stop smoking medications, etc.)
4. Smoking initiation
5. Second-hand smoke exposure, including such as smoke-free homes
6. % of women who smoke during pregnancy
7. Attitudes about smoking and quitting
8. Recording smoking status in health services

Why do we need to do this?

If we have evidence that TIS RTCGs:

a) helping improve smoking-related outcomes, this can be used to support TIS expansion.

b) are *not* contributing to improvements, we can try to understand what is not working, why, and how it can improve.



What are we going to do?

1. Define boundaries:
mapping TIS areas

2. Analyse existing data

3. Analyse new data:
Mayi Kuwayu Study

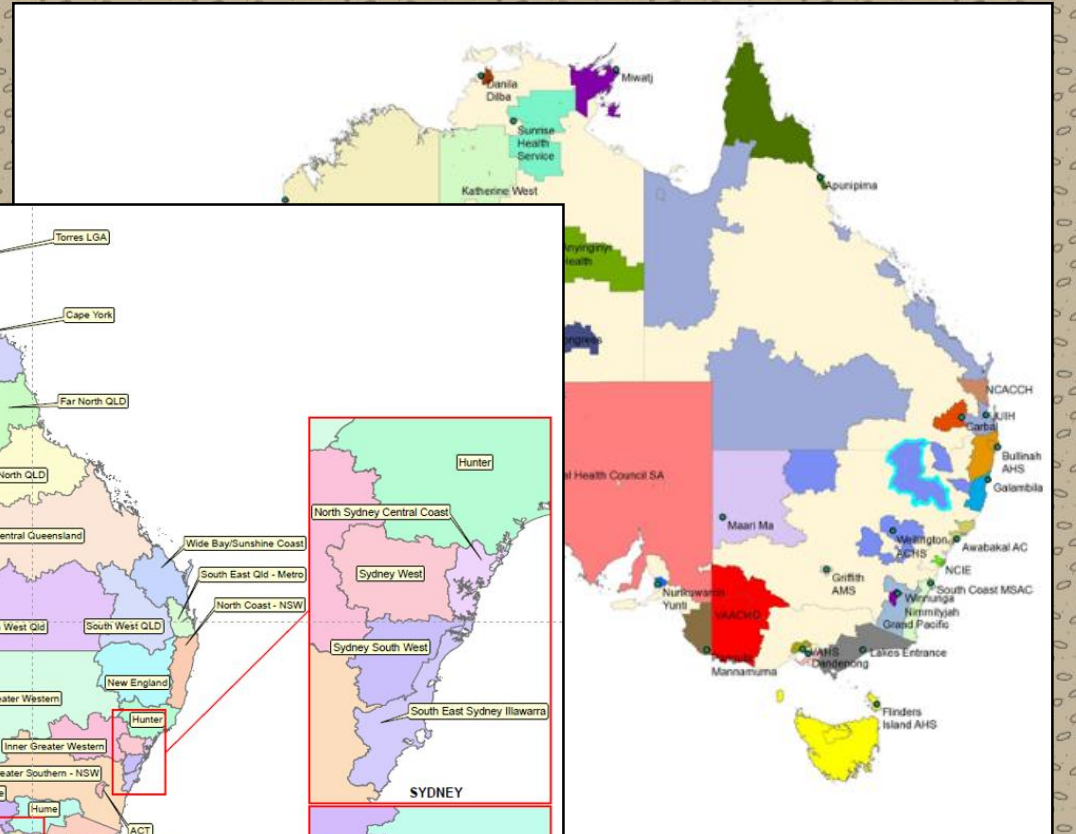
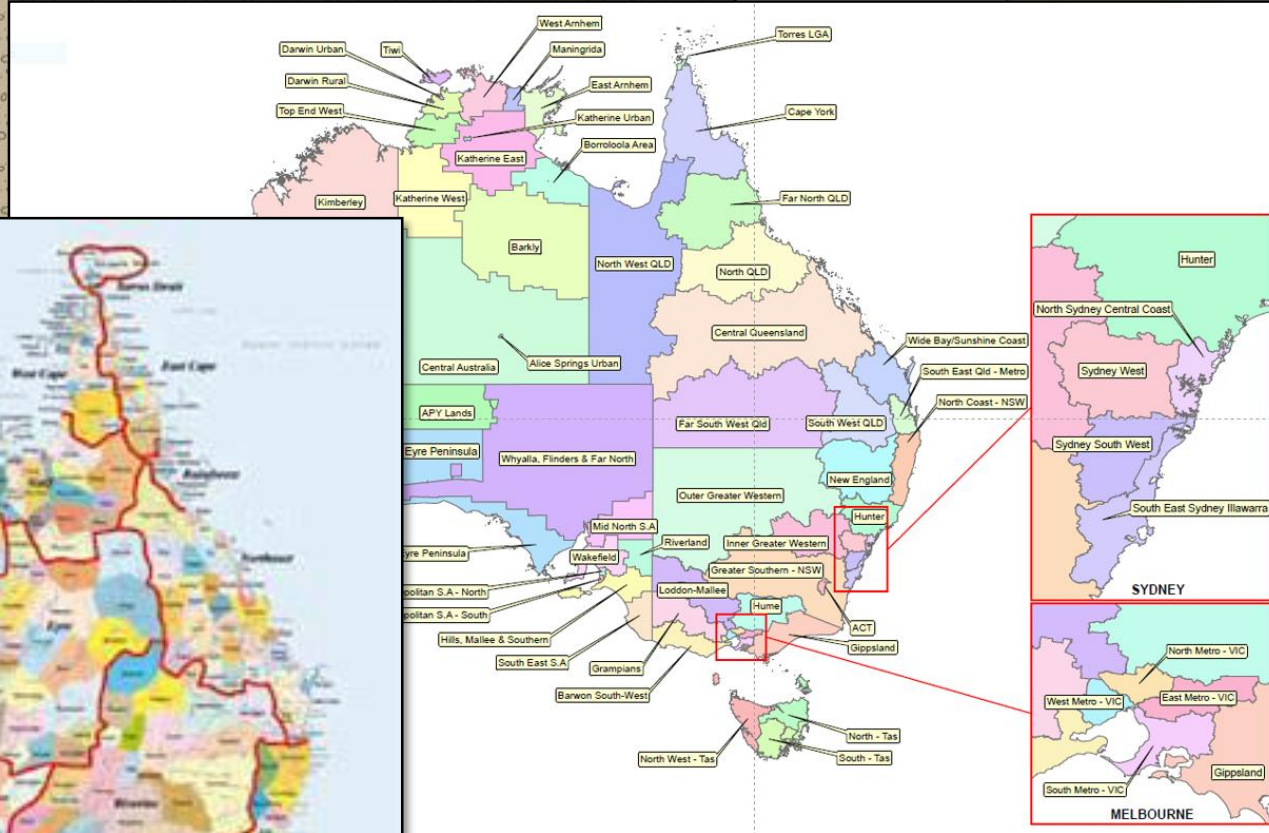
4. Bring findings together

5. Evaluation Report,
publications,
community feedback

Ongoing discussions and feedback



1. Defining boundaries



2. Analyse existing data

- **No single data source can tell us everything: look at multiple data sources overtime**
- **No new data collection - analyse data that already exist**

**ABS nationally
representative surveys**

**The National Perinatal
Data Collection**
(smoking during pregnancy)

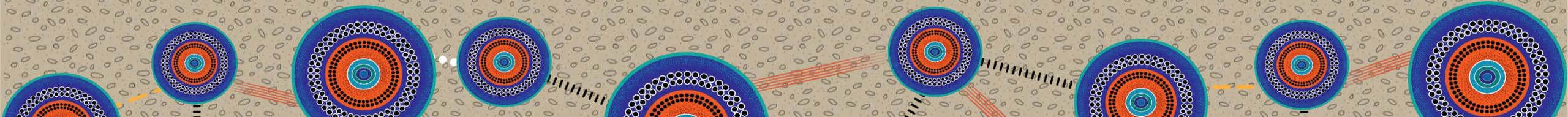
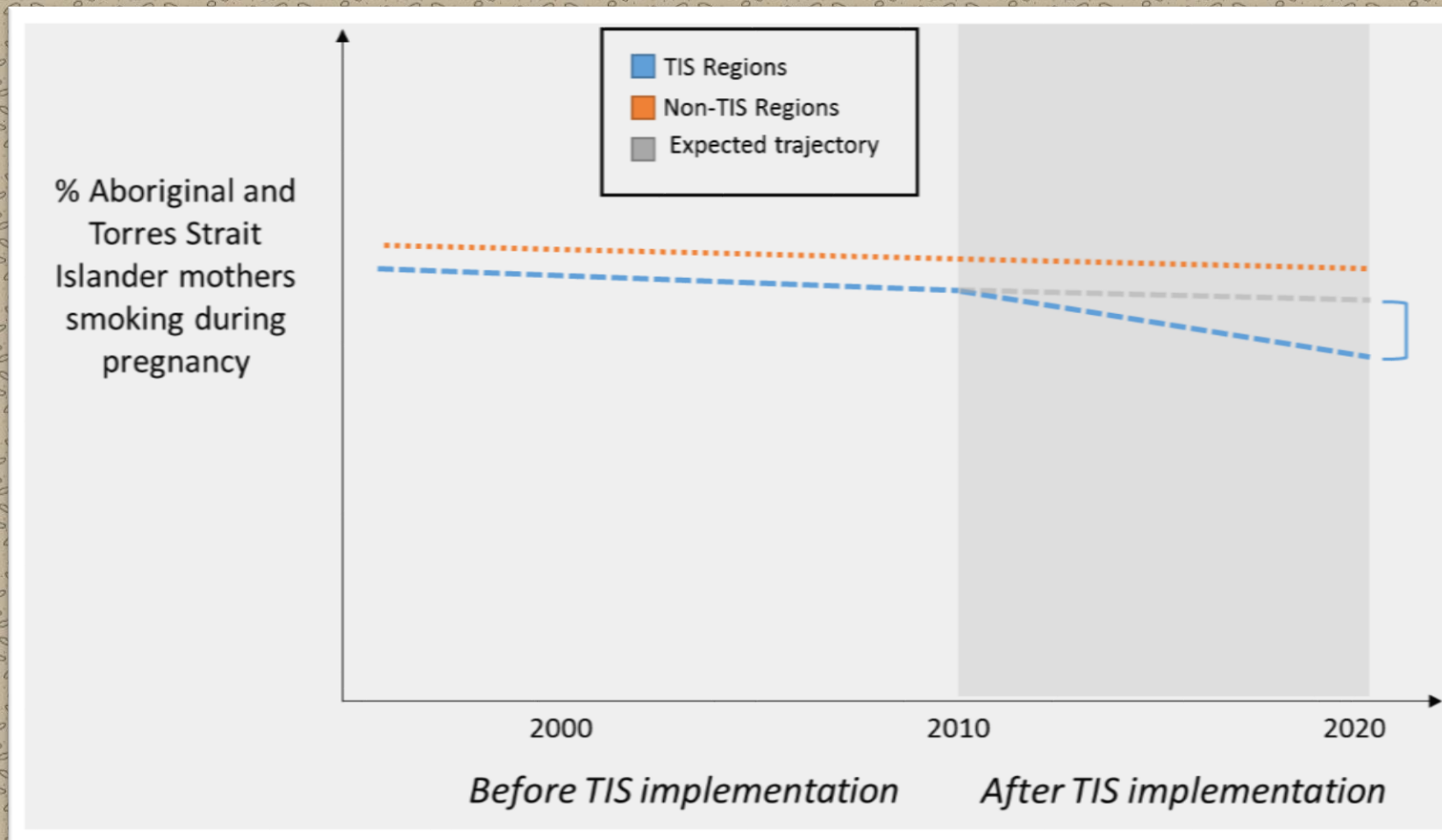
Health services data

**Pharmaceutical
Benefits Scheme**
(stop smoking medications)

Quitline
(quit attempts)



For example...



3. Analyse new data

- **Mayi Kuwayu: National Study of Aboriginal and Torres Strait Islander Wellbeing**
 - Study about culture and wellbeing
 - Aboriginal led and governed
 - Partnership
- Data collection underway (~8-9,000 so far)
- Measure change 2019 to 2021 in:
 - Smoking behaviours
 - Participation in tobacco control programs
 - Smoking attitudes and beliefs
 - Can look at relationship with culture, trauma, racism, etc.

For more information: <https://mkstudy.com.au/>





Mayi Kuwayu

The National Study of Aboriginal
& Torres Strait Islander Wellbeing.

Our cultures count.



Mayi Kuwayu: Significant life events for context – conceptual model

SMOKING

69. Do you smoke?

- Yes, I currently smoke - Answer Questions 70 to 78
- I smoked in the past, but don't smoke now
- Answer Questions 79 to 87
- I have never been a smoker
- Go to Question 88

88. Does anyone smoke in your home or in your car?

- No
- Yes, inside the home
- Yes, outside the home
- Yes, in the car

89. How much do you agree?

Not at all **A little bit** **A fair bit** **A lot**

- | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| Non-smokers miss out on gossip or yarning. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| My community disapproves of smoking. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Smoking is not that risky. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

92. Have you ever participated in: *Select all that apply.*

- Deadly Runners or Indigenous Marathon Project
- Koori or Murri Knockout Traditional Owner Group
- Ranger program Indigenous Protected Areas
- Native Title group Family Wellbeing Program
- Deadly Choices Language program NDIS
- Any Quit Smoking Program, Service or Activity ANFPP
- None of these

Answer Questions 70 to 78 if you currently smoke

70. How often do you smoke?

- Less than weekly
- Weekly (not every day)
- Every day

71. How many cigarettes do you usually smoke in one day?

72. How soon after waking do you usually have your first smoke?

- 5 minutes or less
- 6-30 minutes
- 31-60 minutes
- 61 or more minutes
- Don't smoke every day

73. How old were you when you started smoking?

 years

74. Do you want to quit smoking?

- Not at all - Go to Question 76
- A little bit
- A fair bit
- A lot
- Unsure

75. Why do you want to quit? *Select all that apply.*

- Advertising against smoking
- Medical advice My health
- Health of my family
- Cost Pregnancy
- Too many non-smoking areas
- Pressure from family or friends
- Other:

76. In the last year, have you tried to quit or reduce the amount you smoke? *Select all that apply.*

- Tried to quit smoking
- Tried to reduce smoking
- Have not tried to quit or reduce smoking

77. Do you think your smoking has made you sick?

- No Yes Unsure

78. Do you think your smoking will make you sick in the future?

- Not at all A little bit A fair bit A lot Unsure

Now go to Question 88

Answer Questions 79 to 87 if you used to smoke

79. When you used to smoke, how often did you smoke?

- Less than weekly
- Weekly (not every day)
- Every day

80. When you used to smoke, how many cigarettes did you usually smoke in one day?

81. How soon after waking did you usually have your first smoke?

- 5 minutes or less
- 6-30 minutes
- 31-60 minutes
- 61 or more minutes
- Don't smoke every day

82. How old were you when you started smoking?

 years

83. How long ago did you quit?

- 1 to 5 months
- 6 months to a year
- 1 to 2 years
- 2 to 5 years
- More than 5 years

84. What led you to quit? *Select all that apply.*

- Advertising against smoking
- Medical advice My health
- Health of my family
- Cost Pregnancy
- Too many non-smoking areas
- Pressure from family or friends
- Other:

85. What helped you quit? *Select all that apply.*

- Smoking program Quitline
- Online support Health professional
- Family or friends
- Patches, gum, inhaler (NRT)
- Stop smoking medication
- Quit on my own
- Other:

86. Do you think your smoking has made you sick?

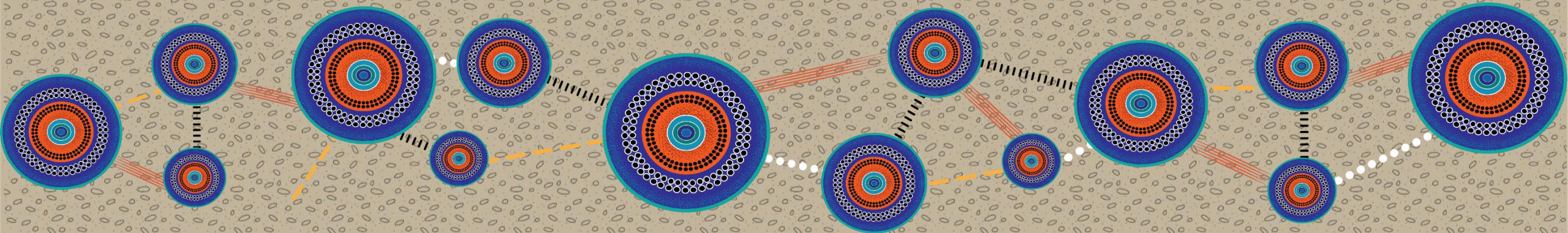
- No Yes Unsure

87. Do you think your past smoking will make you sick in the future?

- Not at all A little bit A fair bit A lot Unsure

Mutual capacity building

- Learning from service providers, partners and communities
- Increased investment in Indigenous tobacco control research
- Recruitment, training, support of Aboriginal and Torres Strait Islander staff, students
- Dissemination of research findings and materials
 - Research, policy, and community formats
 - *Mayi Kuwayu* Study data returned to services and communities



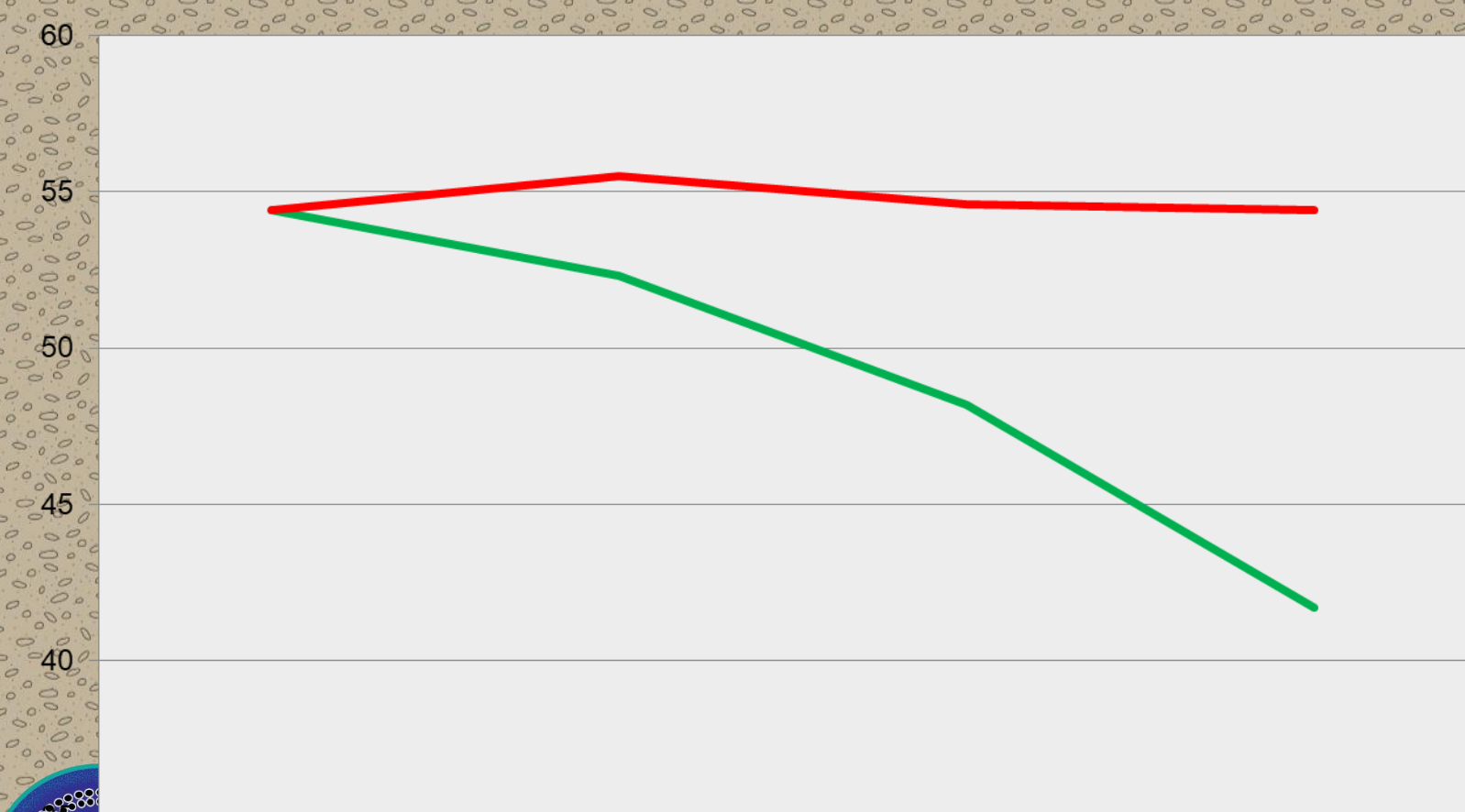
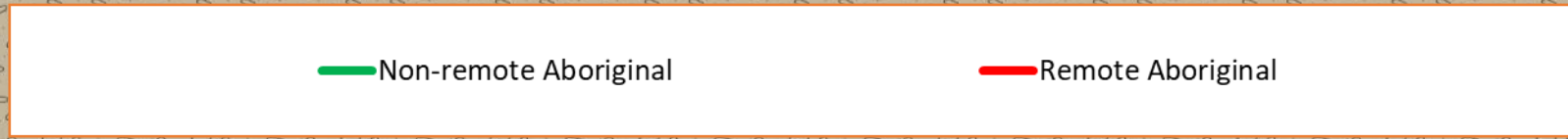
Coronavirus (COVID-19)

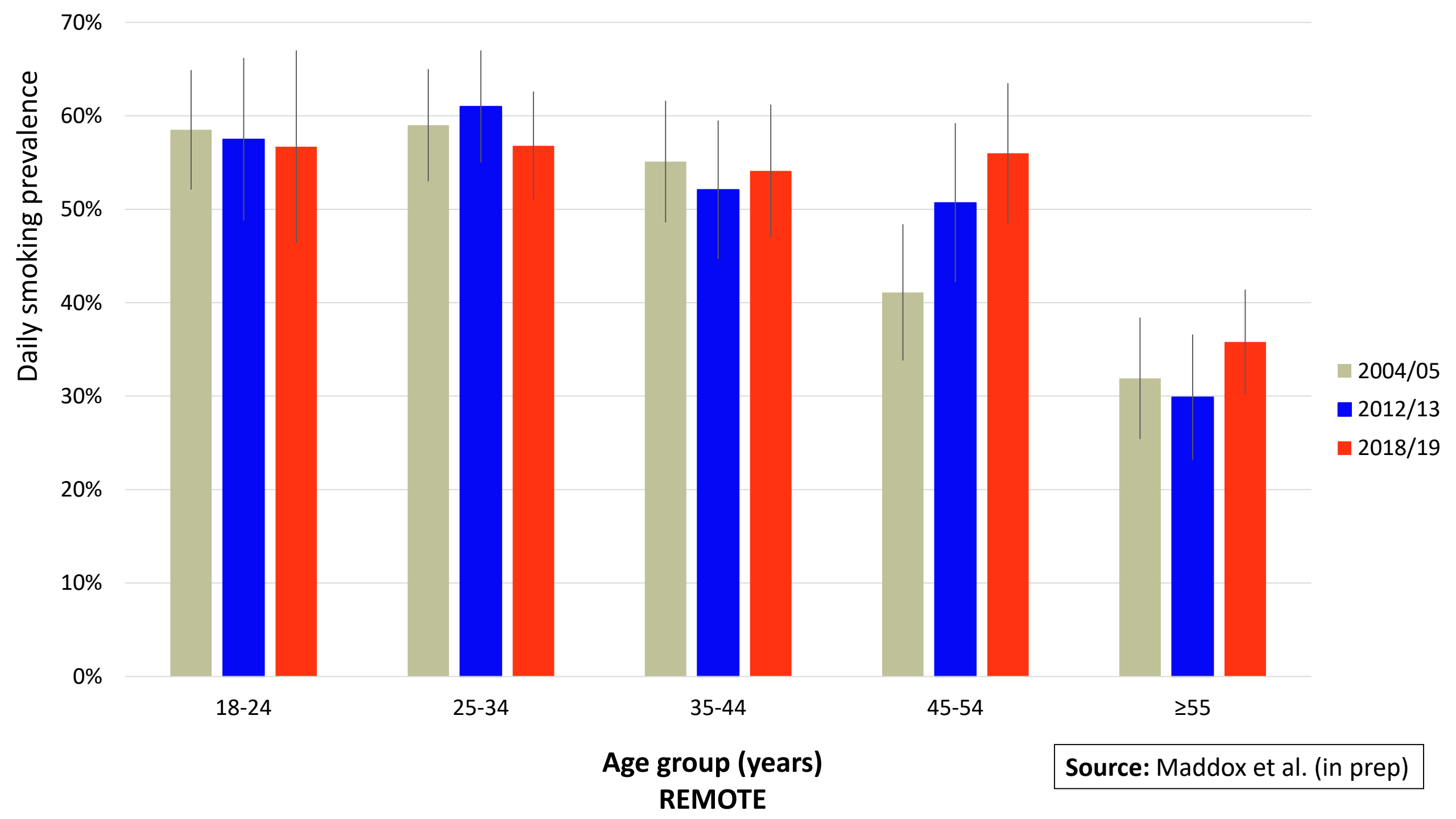
- **Morbidity and mortality**
- **Smokers contract more respiratory ailments**
- **COVID-19 has been associated with underlying conditions**
- **Smokers have increased rates of bacterial pneumonia and TB**
- **Smoking related damage caused to lungs makes patients more susceptible to pulmonary infections, both bacterial and viral**

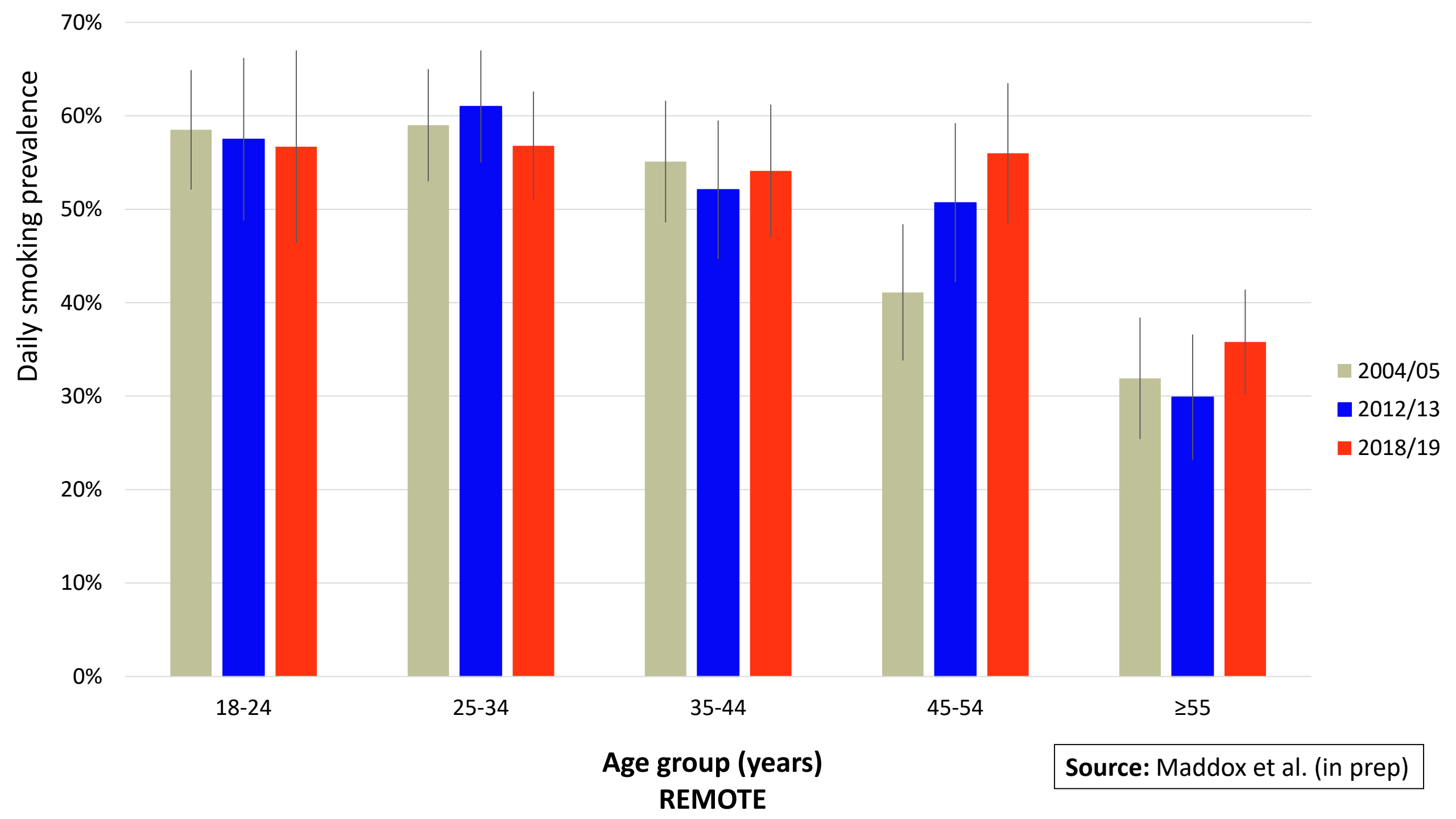
Source: <https://blogs.bmj.com/tc/2020/03/24/covid-19-and-smoking-the-elephant-in-the-room/>



Aboriginal and Torres Strait Islander smoking







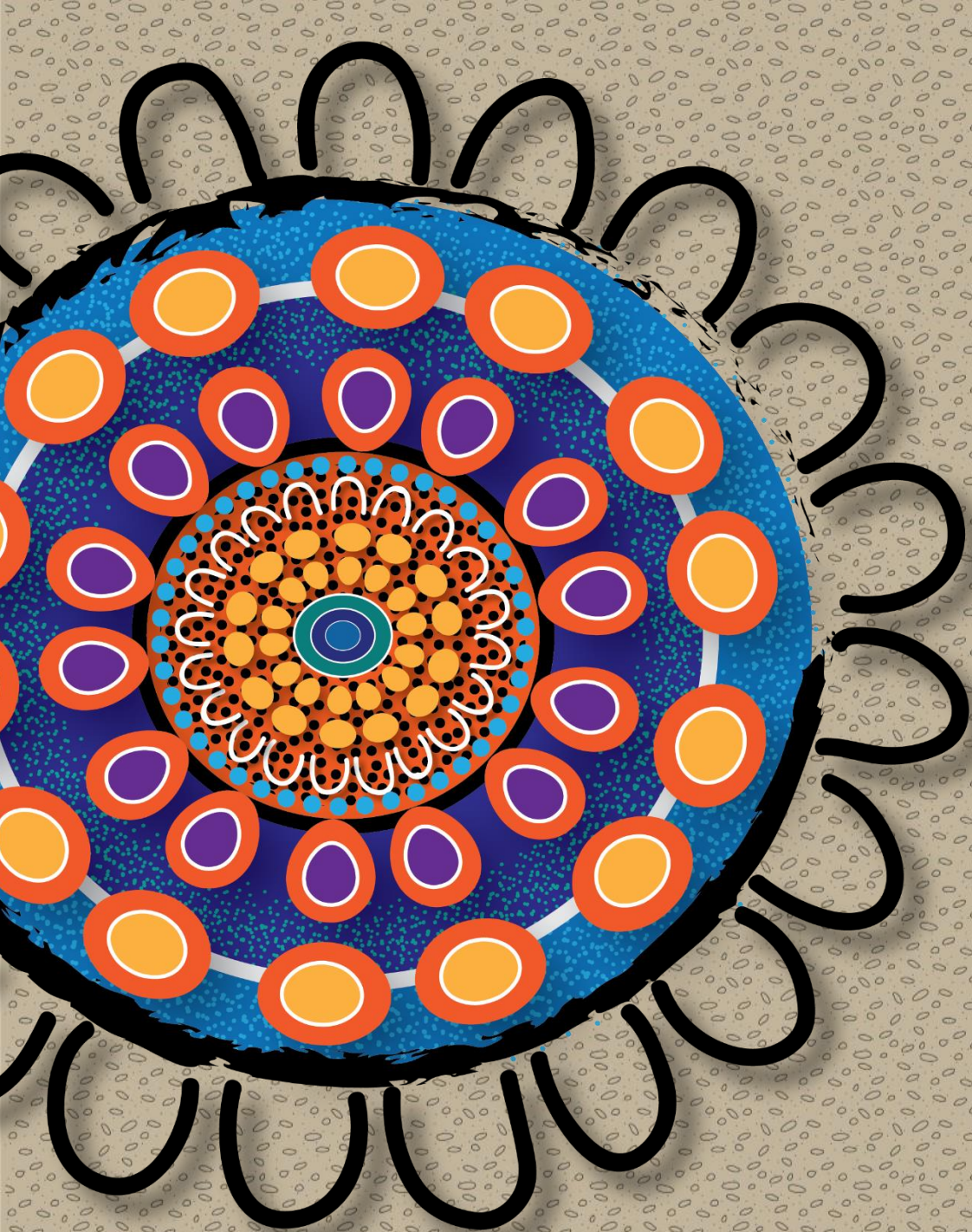
Over the past decade...

**More than 23,000
lives saved**

9.8% reduction

**Almost 50,000
fewer daily smokers**

**Source: Dr Ray Lovett
Maddox et al. (in press)**



Any questions?

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30 March 2020
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COVID-19

NACCHO

<https://www.naccho.org.au/>

COVID-19 Hotline

Ph: [1800 020 080](tel:1800020080)

COVID-19 health alert

www.health.gov.au

COVID-19

www.australia.gov.au/

