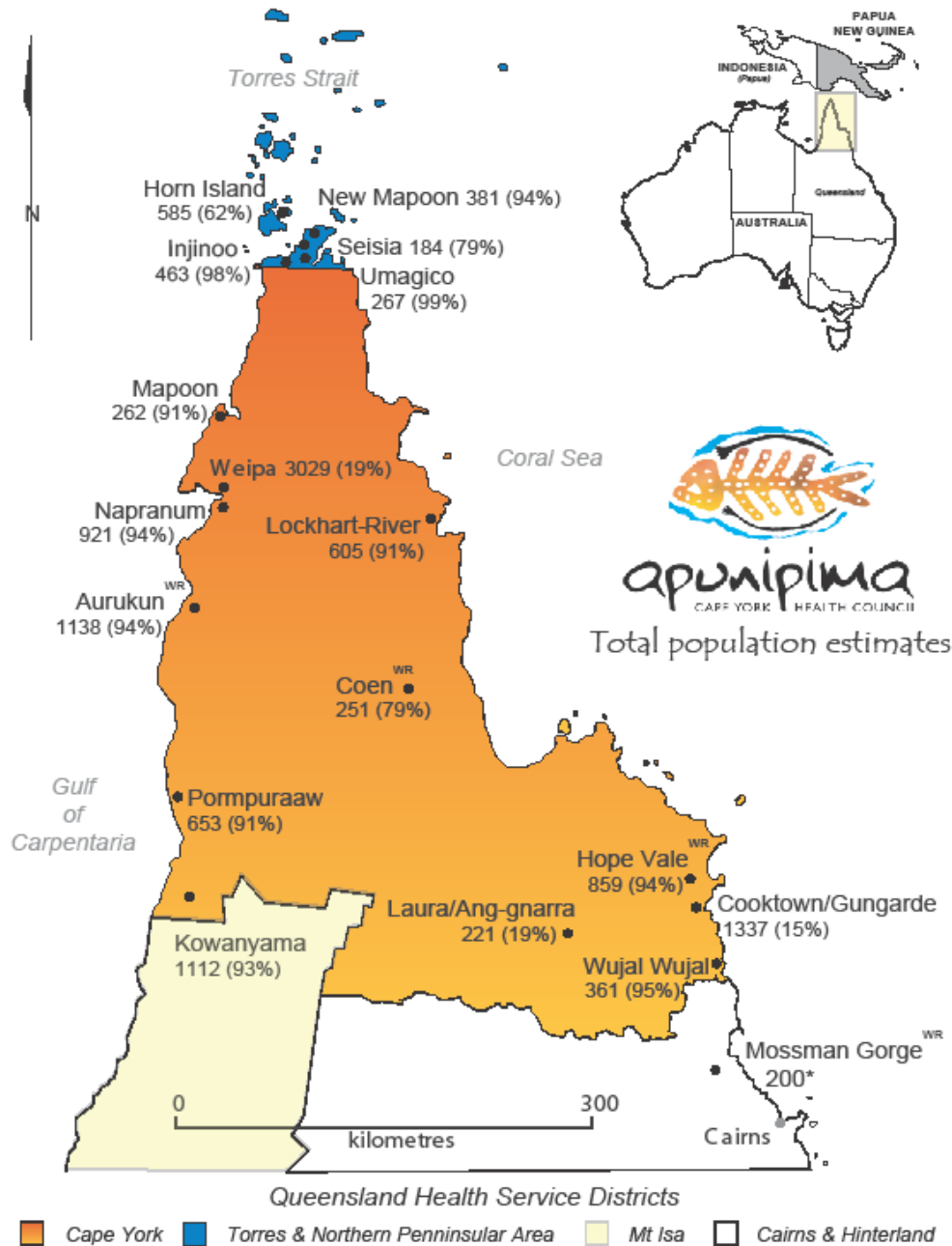


# Smoking & Pregnancy in Cape York Challenges and Celebrations

20<sup>th</sup> February 2020

Ms Dallas McKeown – Advisor Health Promotion Strategy  
Ms Carrie Rofe – Program Support Officer Tackling  
Indigenous Smoking

Apunipima Cape York Health Council



ABS 2006 population data (% of total population who are Aboriginal Australian or Torres Strait Islander peoples) WR = Welfare Reform community

\* ABS enumeration data not available for Mossman Gorge

# Kowanyama community profile

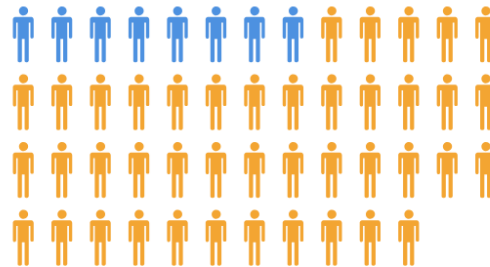
- Kowanyama is a very remote community on the Western side of Cape York, about six hours drive on sealed/unsealed road from Cairns
- Population of 994 (91% Indigenous)
- Predominantly young 30% (children aged 0-14)
- **5%** of Aboriginal and/or Torres Strait Islander adults in Kowanyama have heart disease compared to **6%** across Australia.

1 in every 3 Aboriginal and/or Torres Strait Islander adults in Kowanyama has diabetes



■ Diabetes (33.33%) ■ No diabetes (66.67%)

8 in every 50 Aboriginal and/or Torres Strait Islander adults in Kowanyama have kidney disease



■ Kidney disease (16%) ■ No kidney disease (84%)



15% OF CLIENTS  
REPORTED  
SMOKING



11% OF  
CLIENTS ARE  
NON  
SMOKERS



4% of clients are  
ex smokers

Smoking status in pregnancy -  
almost 2 in every 3!



■ Smoking (66.67%) ■ Not smoking (33.33%)

- 37 pregnancies in 2018
- A high number of women smoked during pregnancy
- 5 babies were born of low birthweight

# Pormpuraaw community profile

- Pormpuraaw is a very remote community on the Western side of Cape York, about eight hours drive on sealed/unsealed road from Cairns.
- Population of 749 (91% Indigenous)
- Predominantly young population 27% (aged 0-14)
- 4.1% of population aged 65 +
- 21.4% of Aboriginal and Torres strait Islander clients have high blood pressure

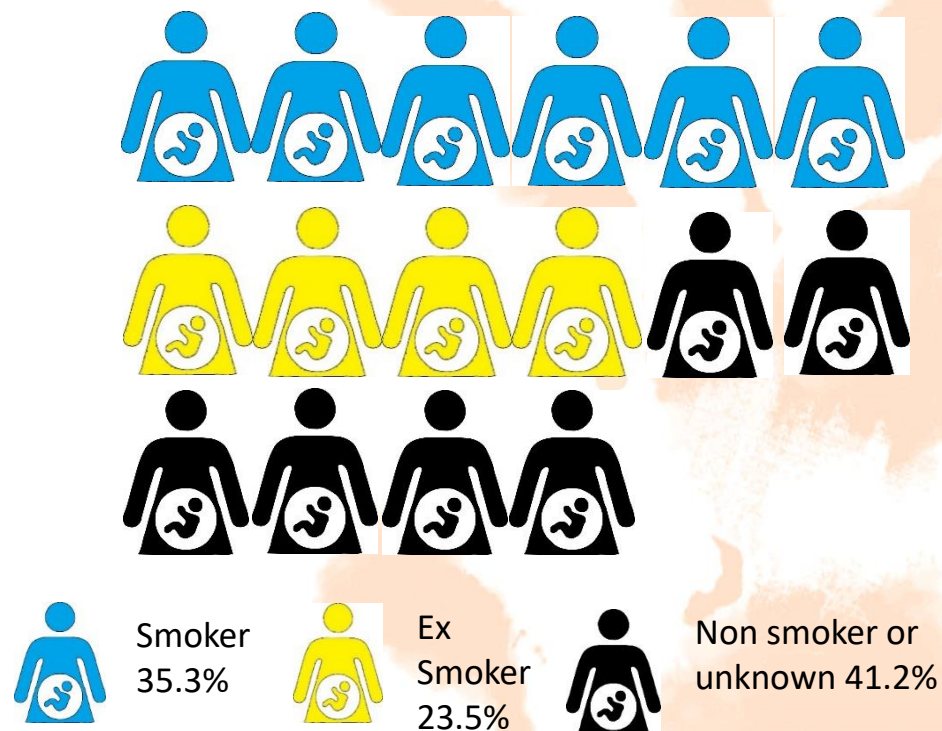


1 in 4 Aboriginal and/or Torres Strait Islander adults have Type 2 Diabetes



# Mum's and Babies Health

- 17 pregnancies in 2018
- On average, a pregnant woman will receive 8 antenatal visits (range 4 to 13) with Apunipima during their pregnancy
- 35% of the women with smoking status recorded reported smoking during pregnancy



# Pregnant women and smoking

- Tackling Indigenous Smoking (TIS)
- Maternal Child Health
- Bump 2 Bubba
- Baby One Program





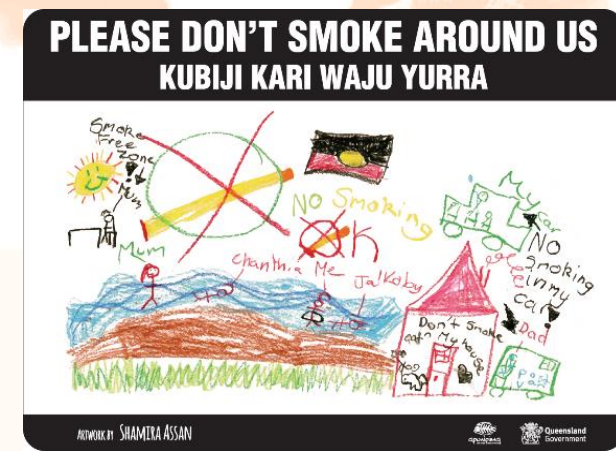
# SistaQuit – control site

- Usual care
- Currently six women are enrolled in the study
- Incentives are used to provide for the Family
- Anecdotal – smoking will result in a smaller baby = less painful birth
- Disconnect between knowledge of smoking and pregnancy versus smoking will harm my baby



# Challenges and mitigation

- Health priorities
- Program implementation
  - collaboration, communication, service providers
- Cape York challenges
  - weather, community dynamics, sorry business, travel and accommodation, priorities
- Cost of groceries
- Participant Incentives
- Smoking as a coping method



# Cost of groceries

Loaf Bread	\$ 4.99	• Disposable nappies	\$25.00
2 litre milk	\$ 5.02	• Milk powder 750g	\$12.50
2 Kg rice	\$ 8.99	• Teething gel	\$11.75
Tin Hamper (340g)	\$ 6.99	• Baby oil	\$8.40
1 Kg Potato	\$ 2.99	• Winfield Blue 30 pk	\$58.90
2 Kg Flour	\$ 6.75	• JP's Blue 40 pk	\$72.00
1 Kg Steak	\$23.99	• Single cigarette	\$2.00
1 Kg Banana's	\$ 4.35		
1 Kg Oranges	\$ 3.49		
1 Kg Apples	\$ 6.99		



Our future starts here  
grow 'em up strong from Bump 2 bubba

Bump  
2  
bubba

