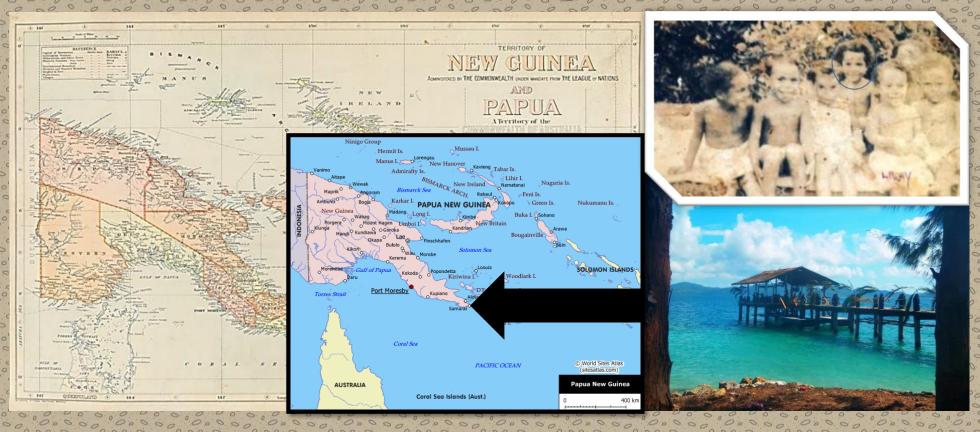


Tackling Indigenous Smoking regional grants on smoking outcomes.

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

Milne Bay, PNG



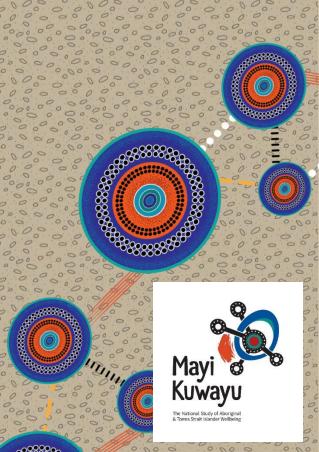






Who we are?

- 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

Department of Health

Thiitu Tharrmay

Partners

000

Program Executive

Evaluation Lead

Research Students
Research Support Team

Program Executive

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

Thiitu Tharrmay: 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?

This includes changes in:

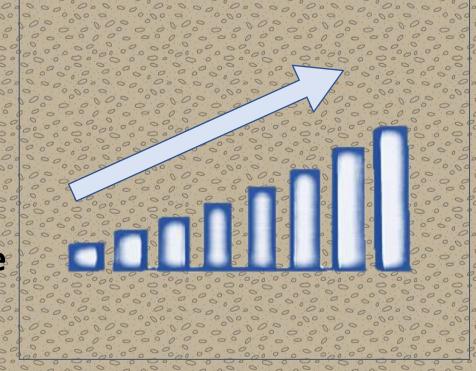
- 1. % of people who smoke
- 2. % of people who quit and stay quit
- 3. Behaviours related to quitting (e.g. calls to Quitline, stop smoking medications, etc.)
- 4. Smoking initiation
- 5. Second-hand smoke exposure, including such as smoke-free homes
- 6. % of women who smoke during pregnancy
- 7. Attitudes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

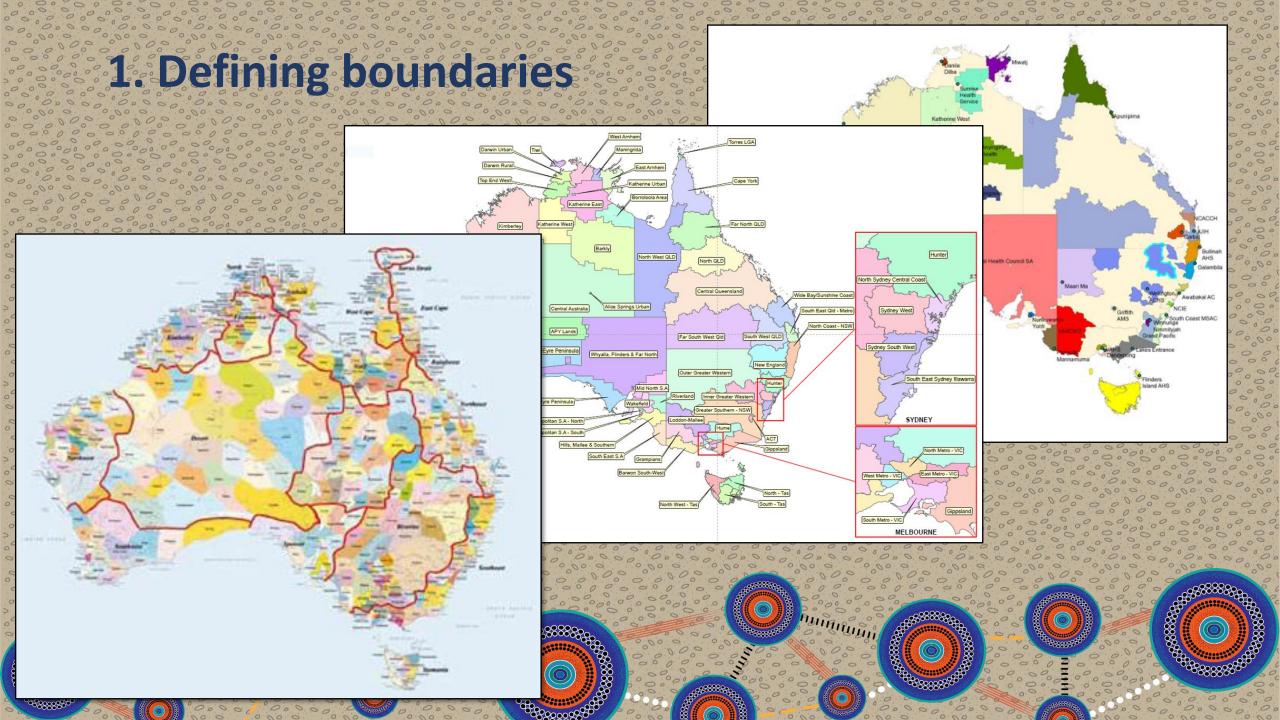
3. Analyse new data: *Mayi Kuwayu* Study

4. Bring findings together

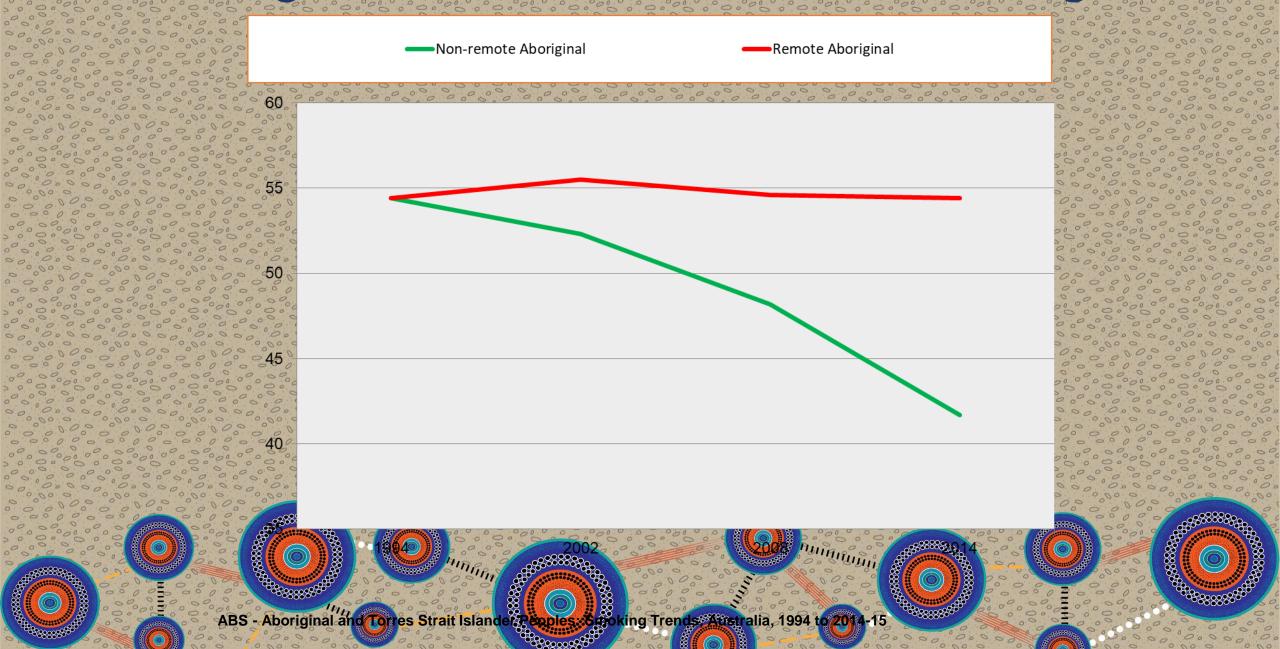
5. Evaluation Report, publications, community feedback

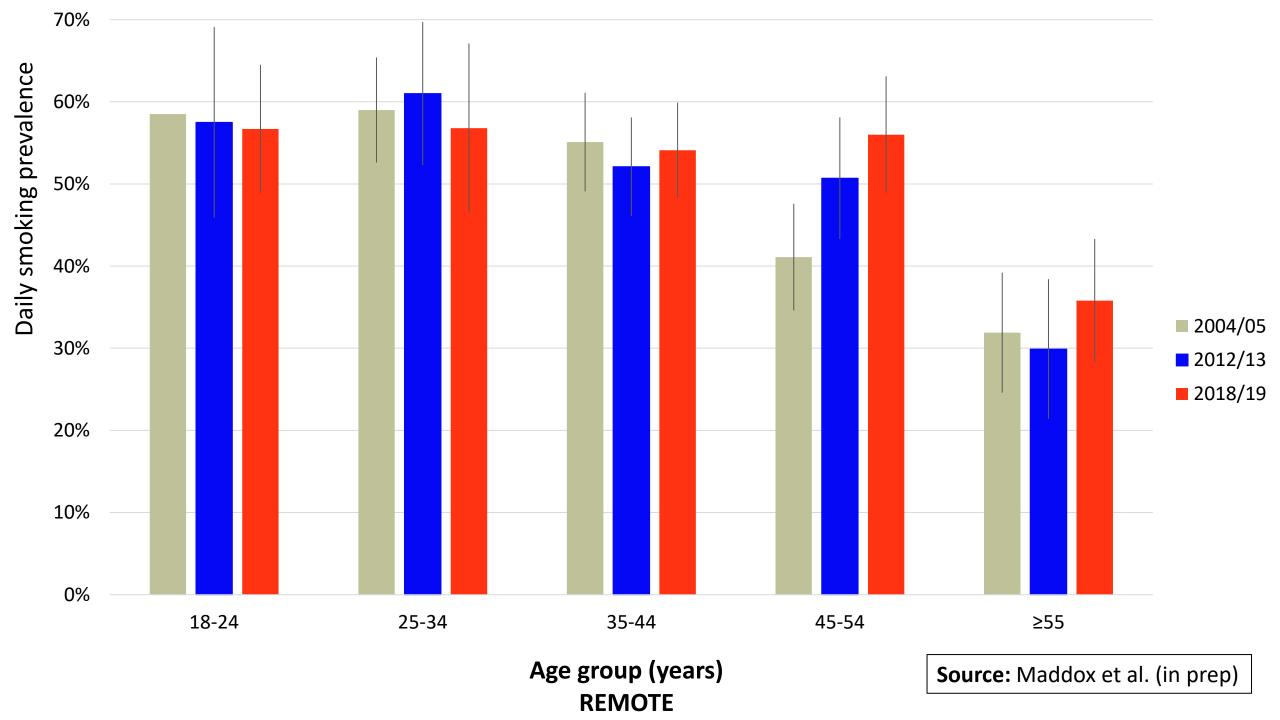
Ongoing discussions and feedback

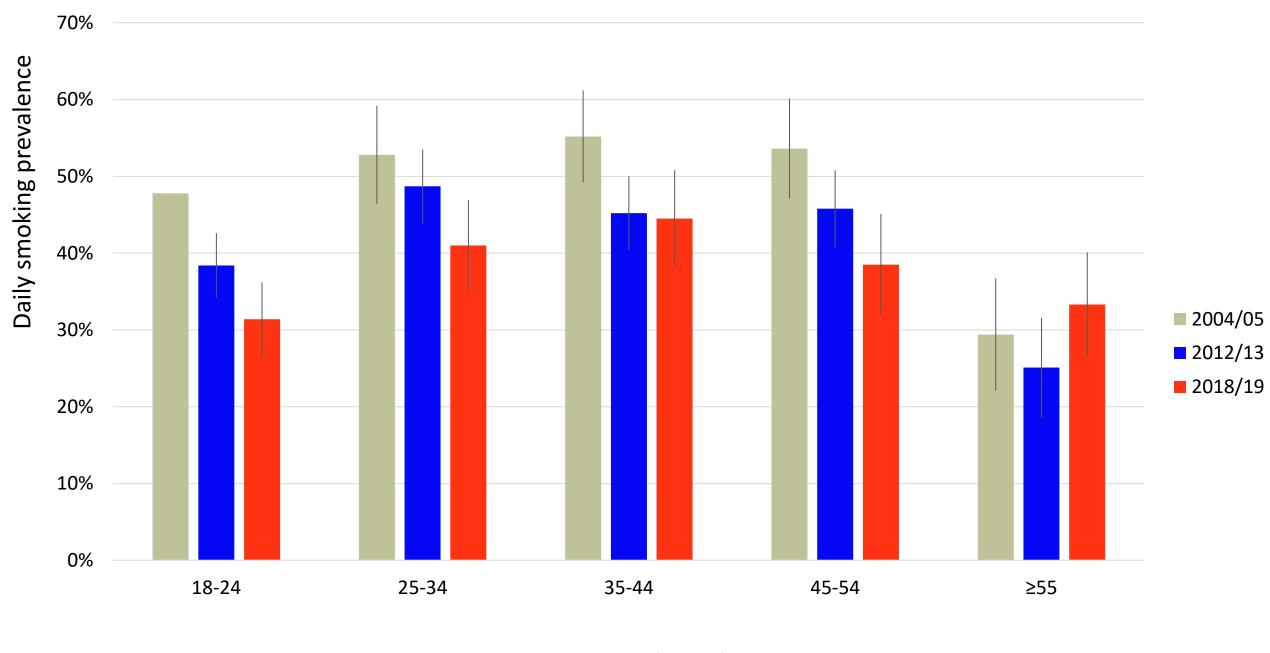




Aboriginal and Torres Strait Islander smoking

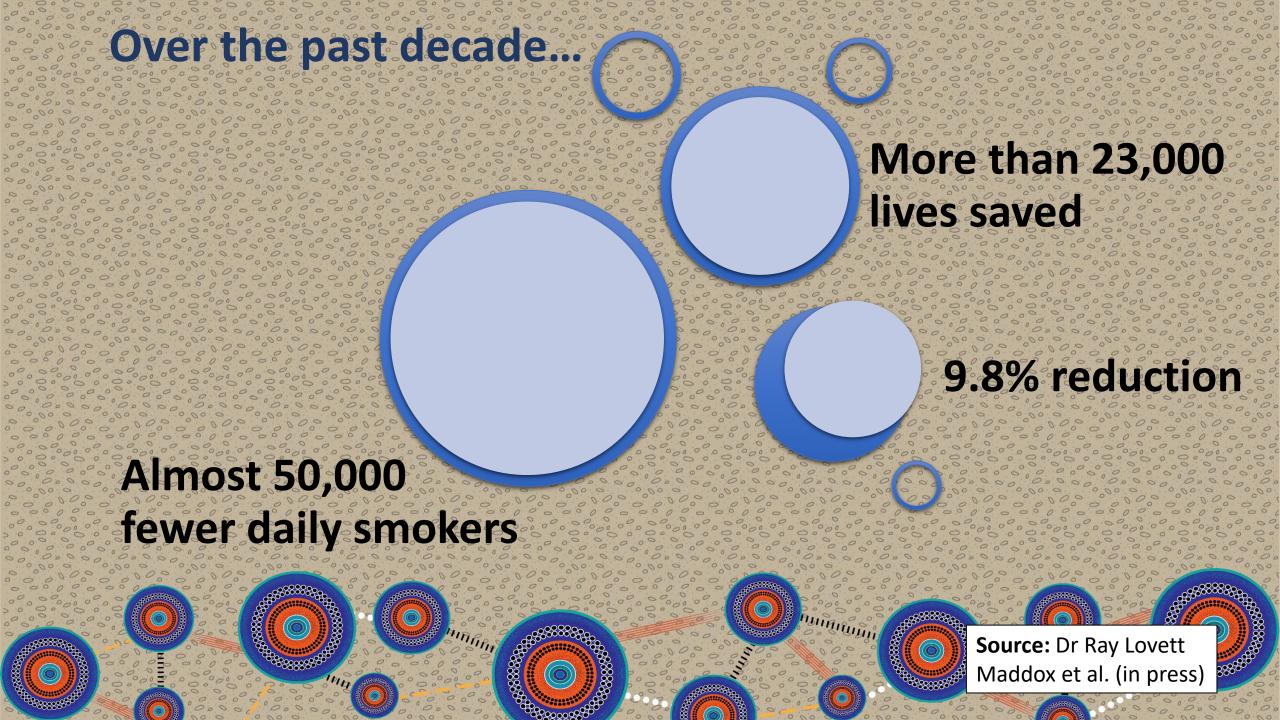






Age group (years) URBAN/REGIONAL

Source: Maddox et al. (in prep)



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

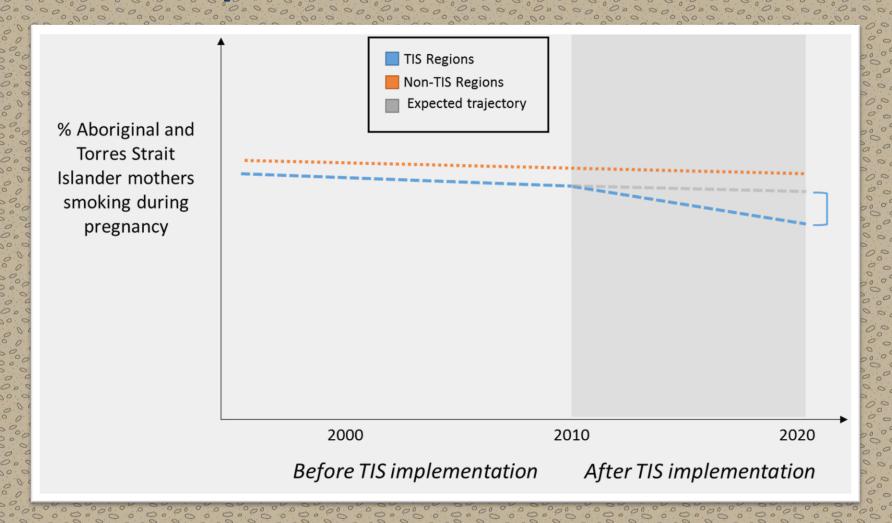
Pharmaceutical Benefits Scheme

(stop smoking medications)

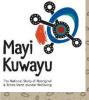
Quitline (quit attempts)



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/



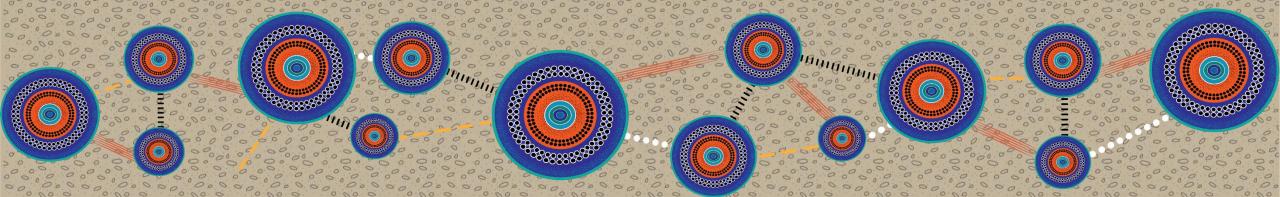




SMOKING	Answer Questions 70 to 78 if you currently smoke 70. How often do you smoke?	Answer Questions 79 to 87 if you used to smoke 79. When you used to smoke, how often did you smoke?
69. Do you smoke? O Yes, I currently smoke - Answer Questions 70 to 78	Less than weekly Weekly (not every day)	Less than weekly Weekly (not every day) Every day
 I smoked in the past, but don't smoke now Answer Questions 79 to 87 	71. How many cigarettes do you usually smoke in one <u>day</u> ?	80. When you used to smoke, how many cigarettes did you usually smoke in one <u>day</u> ?
 ○ I have never been a smoker - Go to Question 88 	72. How soon after waking do you usually have your first smoke? ○ 5 minutes or less ○ 6-30 minutes	81. How soon after waking did you usually have your first smoke? ○ 5 minutes or less ○ 6-30 minutes
88. Does anyone smoke in your home or in your car? ○ No	 ○ 31-60 minutes ○ 61 or more minutes ○ Don't smoke every day 73. How old were you when you started smoking? 	O 31-60 minutes O 61 or more minutes O Don't smoke every day 82. How old were you when you started smoking?
☐ Yes, inside the home ☐ Yes, outside the home ☐ Yes, in the car	years 74. Do you want to quit smoking? ○ Not at all - Go to Question 76	years 83. How long ago did you quit? 1 to 5 months
89. How much do you agree? Not A little A fair A at all bit bit lot	○ A little bit ○ A fair bit ○ A lot ○ Unsure	O 6 months to a year O 1 to 2 years O 2 to 5 years O More than 5 years
Non-smokers miss out on gossip or yarning.	75. Why do you want to quit? Select all that apply. ☐ Advertising against smoking ☐ Madical addises. ☐ Make health.	84. What led you to quit? Select all that apply. Advertising against smoking Medical advice My health
My community disapproves OOOO	Cost Pregnancy	☐ Health of my family ☐ Cost ☐ Pregnancy ☐ Too many non-smoking areas
Smoking is not that risky. O O O	☐ Too many non-smoking areas ☐ Pressure from family or friends	☐ Pressure from family or friends ☐ Other:
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	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	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?
	Now go to Question 88	O Not at all O A little bit O A fair bit O A lot O Unsure

Mutual capacity building

- Learning from service providers, partners and communities
- Increased investment in Indigenous tobacco control research
- PRecruitment, 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



Review of tobacco use among Aboriginal and Torres Strait Islander peoples



Media Release – continued Deadly Progress: New review finds declines in tobacco use among Aboriginal and Torres Strait Islander population with self-determination and leadership critical to reducing tobacco use further.

24 June 2

The Alcohol and Other Drugs Knowledge Centre has published a new <u>Review of toborco use</u> mona <u>Aboriginal and Torner Strate Hander peoples.</u> The review was led by <u>Brinity Colonana</u> Ray Lovett of the Aboriginal and Torres Strait Islander Health Program at the Australian National University. The review shows substantial progress has been made, with significant reductions in tobacco use among Aboriginal and Torres Strait Islander peoples, and that further reductions are achievable. To accomplish this valie require Aboriginal and Torres Strait Islander guidance and leadership in legislation and policies; social marketing; comprehensive procerums: and research and evaluations.

Lead suthor Ms Emily Colonna says, "Substantial progress has been made in reducing tobacco use which will translate to substantial reductions in tobacco-related morbidity and mortality." Co-author Associate Professor Ray Lovett says, "Expanding the evidence base on what works to reduce tobacco use, incorporating knowledge from Aboriginal and Torres Strait Islander peoples and service providers is esential. All Aboriginal and Torres Strait Islander peoples

The review points out that the reasons why people start to smoke, continue smoking, and try to stop smoking are complex, influenced by historical and contemporary systemic factors. Associate Professor Ray Lovett says, "there is no silver bullet to reducing tobacco use at the population level. We need a suite of culturally safe, holistic approaches that address the social determinants of probaccouse as well as including multiple factors of health care and education at the community and individual level to support Aboriginal and Torres Strait Islander peoples

HealthinfoNet Director Professor Neil Drew says, "It is worth noting that Aboriginal and Torres Strait Islander peoples experience discrimination and barriers to both education and employment, at least in part due to colonisation and its lasting impacts. As outlined in this review, these factors can contribute to smoking or make it harder to quit!

The review is accompanied by a plain language <u>summary</u>, a <u>factsheet</u> of key findings and <u>video</u> of the key findings.

Information about the harms of tobacco needs to be readily available to empower Aboriginal and Torres Strait Islander peoples to make choices about tobacco use.

-ends-

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aodknowledgecentre.ecu.edu.a

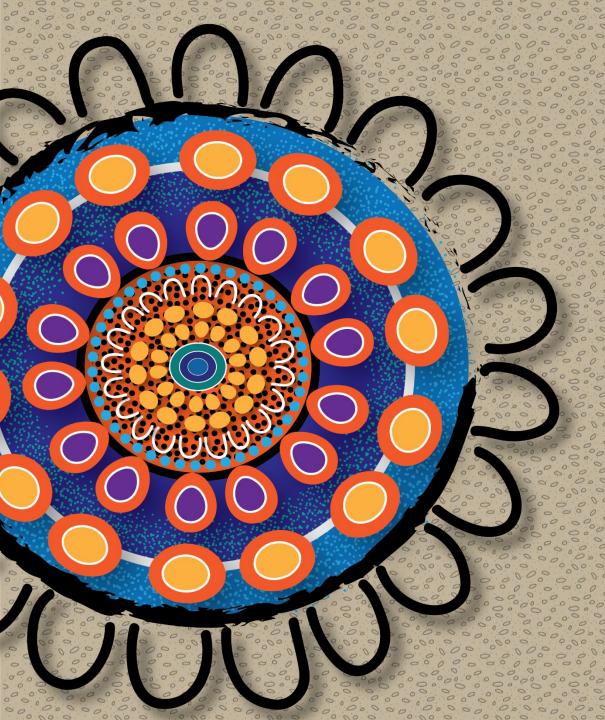


The Alcohol and Other Drugs Knowledge Centre has published a new Review of tobacco use among Aboriginal and Torres Strait

The review is accompanied by a plain language summary, a factsheet of key findings and a video of the key findings.

https://aodknowledgecentre.ecu.edu.au/key-

resources/publications/40328/?title=Review%20of%20tobacco%20use%20among%20Aboriginal%20and%20Torres%20
Straft%20Islander%20peoples&confentid=40328 1



Any questions?

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