



## Population Health Promotion Activity: Supporting Smoke-free Pregnancy

We would like you to map out the activities happening in the communities you work in that support women to be smoke free during pregnancy and beyond. You should think about this in terms of different levels of action, for example:

1. Direct action by your team – what activities do you do that are targeted to this group?
2. Indirect action - what other activities do you do that will support smoke-free pregnancy (think broadly, for example what about smoke-free homes and cars, youth education)?
3. Local activities outside your team - What about activities in other parts of the local social and health system? For example, what activities do the maternity staff do to support smoke-free pregnancy?
4. Broader State, Territory, or national activities - What is happening at this level in terms of policy, national campaigns, state programs etc?

Once you have your actions mapped out, think about the following:

- What are the strengths of these actions?
- Where are the gaps?
- How can you use your strengths as a TIS team to plug these gaps? This could take many forms. It could be:
  - Undertaking focused consultation with community to identify a way forward;
  - Direct action through new co-designed activities;
  - Advocating for change in organisations;
  - Partnership working;
  - Facilitating training to build capacity
- Are there any gaps you are unable to fill at present? What do you need to make this happen?

Please feel free to map this out however you like – make a list or a table or map it out visually. You could use an existing framework such as the social determinants rainbow, or the socio-ecological model, or create a mind map. The important thing is to use whatever will work best as a tool for reflection for your team. You can work on butchers' paper, a whiteboard, whatever you prefer - but make it big and bold!

We would like you to bring your map and reflections to the meeting tomorrow, so we can look at these together and learn from each other. To assist us with this, we would like you to take a photo of the map once it is complete and email it to our zoom facilitator before the start of the meeting: [sunil.george@canberra.edu.au](mailto:sunil.george@canberra.edu.au)