

Sustainable Wise Practice for TIS

NBPU TIS have identified several activities that are carried out by most Tackling Indigenous Smoking (TIS) teams. These include:

- **Smoke free places:** Promoting and supporting smoke free homes, cars and/or workplaces;
- **Capacity building:** Facilitating or providing staff training at own or partner organization;
- **Smoke free community events:** Providing support or advice to other organisations for running smoke free events, hosting smoke free events and/or delivering health promotion education at these smoke free events;
- **Prevention of uptake:** Activities with a focus on prevention (predominantly but not exclusively through school education);
- **Referrals:** increasing referrals to Quitline or other quit support group either through own referrals or by promoting and strengthening referral pathways;
- **Partnerships:** building and maintaining relationships with community organisations and services to promote the TIS message, increase advocacy for smoke free life styles and increase program reach;
- **Social media:** developing specific social media health promotion campaigns and/or promoting TIS messages, smoke free events, education opportunities or quit support via Facebook, Instagram and Twitter (traditional social marketing is also still featured by many teams but is less popular than social media marketing);
- **Community education:** delivering educational support sessions at existing community groups (e.g. quit support groups, 'mums and bubs', chronic disease support groups), establishing and running community quit-support groups;

The majority of Activity Work Plans (AWPs) also explicitly acknowledge the need to ensure community consultation and involvement in activity development. As well as gathering this local evidence around people's preferences and values, AWPs engaged well with research evidence from:

- primary peer reviewed journal articles
- research summaries (e.g. from the TIS website or previous program reviews)
- local statistics
- experiential evidence (e.g. locally collected activity data or TIS Evaluation Report, 2019)

The activities described above are relevant to a population health promotion approach and are good examples of what we know works in tobacco control. Thus TIS team's planned activities can be described as best or leading practice (where evidence of effectiveness in Aboriginal and Torres Strait Islander settings has been established) or promising practice (where effectiveness has been demonstrated either in other Indigenous communities or non-Indigenous settings).

The NBPU TIS recognizes that in the area of tobacco control, the majority of evidence typically ranked highest (i.e. peer reviewed published research and evaluation) does not always describe activities specifically developed with Aboriginal and Torres Strait Islander populations. Whilst most of the activities described by this published evidence are still expected to be effective when working with Aboriginal and Torres Strait Islander people¹ – particularly where tailored to fit local values (wise practice) – we must continue to monitor the success of these activities as well as the ways in which they need to be modified to make them culturally appropriate and acceptable to communities. In this way we will be able to ensure sustainable wise practice for the TIS program.

¹ Upton, P., Davey, R., Evans, M., Mikhailovich, K., Simpson, L., & Hacklin, D. (2014). *Tackling Indigenous Smoking and Healthy Lifestyle Programme Review: A Rapid Review of the Literature*. Report to the Australian Government Department of Health