
National Best Practice Unit –
Tackling Indigenous Smoking

JURISDICTIONAL WORKSHOP REPORT NORTHERN TERRITORY

12 August 2021



September 2021

Introduction

The Tackling Indigenous Smoking (TIS) jurisdictional workshops are an important way in which the National Best Practice Unit Tackling Indigenous Smoking (NBPU TIS) provides support to the TIS teams located in the Regional Tobacco Control Grant (RTCG) organisations.

The workshops aim to:

- develop and create working relationships with TIS teams and Project Officers with the National Best Practice Unit
- promote an evidence-based approach to tackling smoking in Aboriginal and Torres Strait Islander communities;
- share best practice of 'what works' and develop a community of practice amongst TIS teams (peer-to-peer learning and network building);
- provide a forum for resolving implementation challenges;
- provide training and tools to assist TIS teams in program delivery; and
- ensure a shared understanding of the TIS program

There are six jurisdictional TIS workshops per year¹.

The Northern Territory Jurisdictional Workshop

Fortunately, despite the COVID-19 pandemic, the Northern Territory TIS jurisdictional workshop was able to be held face-to-face in Darwin with seven out of the eight TIS teams attending along with key NBPU TIS staff. However, some presenters were unable to attend in person and made their presentations by video conference. The workshop was held over a full day on its planned date of 12 August 2021.

Program

A draft workshop program was developed on the basis of consultation with TIS teams from the jurisdiction through an online survey. See [Attachment A](#) for an outline of the program as distributed to participants ahead of the workshop.

Summaries of the Workshop sessions are as follows – please see participant presentations on the Jurisdictional Workshop presentations page of the TIS Website² for details.

1. Housekeeping (Glenn Clarke, NBPU Project Officer)

2. Welcome to Country & Introductions

James Parfitt of Larrakia Nation welcomed participants to Country

3. NBPU TIS Update (Eileen Van Iersel, Manager NBPU TIS)

Eileen introduced NBPU Team. She spoke about the importance of TIS Teams going through their Project Officer when new resources are getting produced, so that the NBPU can support teams in making sure all information is evidence-based and correct.

¹ The workshops for New South Wales and the Australian Capital Territory, and for Tasmania and Victoria are combined.

² See <https://tacklingsmoking.org.au/resources/jurisdictional-workshop-presentations/>.

She also reminded teams about their 6 monthly Performance Reports, and the need to send them to the NBPU TIS as soon as possible for feedback, as the Department of Health deadline was approaching fast. Eileen also expressed how important the next 10 months are going to be and for all teams to make sure they are collecting evidence and recording it.

4. National Co-ordinator – Latest Update for the TIS Program and Q&A (Prof. Tom Calma AO, National Co-ordinator TIS)

Tom gave an overview of the TIS Program, which was good as there has been a big turnover of staff in the past year in several teams.

Tom spoke about this being the final year of funding and that in order for the TIS program to continue to be funded all Grant Recipients TIS teams need to continue the work they are doing to deliver services and gather data on the effect of changing behaviours of smoking in their communities.

He reminded teams to keep networking and partnering with other stakeholders.

Tom mentioned to teams that they should now be out on communities in their jurisdictions now that COVID restrictions have eased in most places.

5. TIS Teams' Success Stories

Central Australian Aboriginal Congress

- Spoke about the programs they are currently delivering in Alice Springs and surrounding communities
- Congress struggle with recruitment, however after 8 months they have been successful in employing 2 new males workers in which they will commence in the next week.
- Congress now deliver services to 5 new communities that have never received any TIS services before.
- Showed us their work on WNTD, which was very successful
- They showed their new TIS Ad's
- They have their own pregnancy program running but need to get more women aboard.



Congress presenting their success story (from left to right Montanna, Emma and Lillian)

6. Smoking in Pregnancy– using population health promotion to address smoking in Pregnancy (Michelle Kennedy)



Sunrise and Miwatj engaging in an exercise

Dr Michelle Kennedy gave a brief overview of the work she is doing with Aboriginal and Torres Strait Islander women across Australia as part of the *Which Way?* Project.

Michelle's work is underpinned by the knowledge that developing effective health promotion requires more than a "culturally appropriate" adaptation of mainstream resources. Michelle has surveyed over 600 women and found that the majority (93%) do change their smoking behaviour

during pregnancy – almost half (45%) reported having a smoke free pregnancy. Overwhelmingly women want to be supported by an Aboriginal Health Worker to quit smoking during pregnancy – with a preference for face-to-face support and counselling/exercise program/bush medicine preferred over NRT. An important message from Michelle was that there are many myths out there that need to be addressed if women are to be supported to quit. After sharing a few examples of these myths, teams were engaged in an interactive activity where they described common myths in their communities, then workshopped ideas for addressing these myths to support women to be smoke free. Typical myths included:

- Smoking results in small babies which means an easier birth
- Others are smoking around the pregnant women so what is the point in quitting?
- I smoked and my babies are fine
- I have already been smoking during my pregnancy so its too late to quit now

Ideas for addressing these issues included focusing on the benefits to the child of a smoke free pregnancy:

- Do you want your baby to run like Cathy Freeman/Nova Peris
- Do you want your baby to play footie like Danielle Ponter
- If you don't smoke your baby will have healthier lungs

Finally, Michelle reminded teams that the best evidence for how to tackle smoking in pregnancy comes from community, but also that it is important that any messaging is clear, consistent, factual, and based on science.

7. TIS Teams' Success Stories

Danila Dilba Health Service

- Danila Dilba TIS team held a Touch Footy Day event for WNTD in which they were able to collect data from participants on TIS
- Due to low numbers in the team, they join partnerships with other local services. This helped them deliver TIS services in Darwin.
- Danila Dilba spoke about their new Facebook book campaign

Institute for Urban Indigenous Health – Tiwi

- Deanne mentioned that their tobacco stall is successful
- Deanne spoke of how Tiwi needs a Male TIS worker due to lot of males missing out due to cultural barriers.
- She spoke about their partnership with Essendon Football Club and stakeholders
- Tobacco Stalls are very engaging and work well on the island
- Deanne shared a good news story of Tiwi Bombers Women’s Team and that they have all completed the Tobacco Education



Deanne Rioli from Tiwi (IUIH) presenting their success story

8. Looking Forward: Indigenous Smoking priorities and opportunities (Katherine McHugh, Child and Family Health Section, Department of Health)

Katherine updated participants on the TIS program from the perspective of the Department of Health, including on:

- how tobacco use is tracking against 'big picture' goals;
- the emerging priorities and policy context, including the National Agreement on Closing the Gap, the draft National Aboriginal and Torres Strait Islander Health Plan 2021-2031, the draft National Preventive Health Strategy, and the National Tobacco Strategy 2020-2030 (in development); and
- key priorities for TIS (demonstrating impact and maximising impact)

9. TIS Teams' Success Stories

Anyinginyi Health Aboriginal Corporation



Anyinginyi Health Aboriginal Corporation presenting their success story (Reanna Bathern presenting)

- Have strong relationships with a lot of services within and around Tennant Creek
 - In one of the communities that Anyinginyi service they have a young ambassador for TIS
 - The team showed the participants a great resource they created that helps explain to community mob what 2nd hand smoke is.
- The team got air fresheners designed with TIS messages on them and approached the motor vehicle register in TC and asked if they could give them out to customers when they come through for whatever reason. By doing this

it spreads the message to a further area outside Tennant Creek. They also give out TIS Air fresheners to people that go into the office

- One of their main challenges is requesting consent from community members to take pictures so they can use in their reports or as good news stories.

Katherine West Health Board Aboriginal Corporation

- Shared a great success story on Yarralin Community Store going smoke free
- KWHB have a great partnership with Life Education and deliver TIS education through already existing programs.



Katherine West and Nganampa doing an exercise

- KWHB use local community members (ambassadors) to help promote TIS messaging in their community (3 in Yarralin, 3 in Kalkaringi and 3 in Lajamanu)
- They did a colour run as a community event to help promote TIS
- KWHB have a social marketing campaign via Instagram
- KWHB are working on a upcoming project that Ninti One will be involved with and will be in discussions with NBPU very soon. The project will be an opportunity for Aboriginal Community Researchers (ACRs) to be involved.

10. Wise Practices to Address Vaping (A/Prof. Penney Upton)

In response to requests from TIS Teams, Penney's presentation covered a range of issues about vaping / e-cigarettes, including:

- what are e-cigarettes?
- evidence that vaping is increasing in Australia
- emerging evidence to support population health promotion approaches to tackling vaping
- a summary of best practice approaches to tackling vaping (using similar methods and approaches to addressing tobacco use)
- discussion with teams about the extent of e-cigarette use in their communities and how they are tackling this.

11. TIS Teams' Success Stories

Miwatj Health Aboriginal Corporation

- Miwatj team deliver TIS educational sessions to different focus groups which are very successful
- Developed distraction video resources to assist people when quitting smoking, using local people.
- TIS staff spoke of how they will approach other services to support them for future activities/events.



Thomas and Gemma having a yarn about better ways of creating a TIS survey

12. Impact Evaluation – TIS regional grants on smoking outcomes (Raglan Maddox PhD MPH)

This presentation was delivered by Raglan Maddox from the Australian National University (ANU) about the impact evaluation being conducted by the Australian National University of TIS regional grants on smoking outcomes. Raglan reported that Smoking rates are declining for Aboriginal and Torres Strait Islander people but there is still room for improvement. The ANU team is working with TIS teams to measure the impact of the TIS program on smoking rates, attitudes to smoking and exposure to smoking.

13. TIS Teams' Success Stories

Nganampa Health Council

- Nganampa show-cased some great videos they have created using local role models in the community promoting the effects of using tobacco and strong messaging around why you shouldn't smoke.
- Nganampa launched 3 of the videos for World No Tobacco Day at Pukatja School Assembly (approximately 90 children) and then did some follow up work with kids in classes resharing videos and talking about why it is important not to smoke.
- The videos addressed not smoking in houses and cars or



Nganampa Health presenting their success story. Cyndi Cole (L) and Lee Lawrie (R)

around children; not smoking while pregnant; Smoking and sport; and Stories from Anangu who have quit.

Sunrise Health Service

- Sunrise deliver services to 8 different communities outside Katherine
- Delivered several TIS Brighter Communities Colour runs at different locations promoting TIS messages
- They work with a few different focus groups – one of the highlight events for the activities was a Men’s Camp with Ernie Dingo
- Sunrise deliver their TIS program to Schools, workplaces, sporting clubs and other community groups.
- Brief interventions are done, but only at events or at activities

14. Discussion of findings from mid-term evaluation of the TIS Program (Rochelle Braaf, Cultural & Indigenous Research Centre Australia)

Rochelle of CIRCA reported on the findings of the mid-term evaluation of the TIS Program which will be released once approved by the Department of Health. The evaluation has looked at the implementation, appropriateness and outcomes of the TIS program, and has made a number of recommendations about how to further enhance

15. Workshop Wrap Up (Prof Tom Calma AO, National Coordinator TIS)

Professor Tom reflected on the workshop, thanking all participants and especially the TIS teams for their informative presentations.

Highlights of the day included team stories which showed:

- Good work using social media which increases program reach
- Excellent information around data collection – teams to share that data with NBPU and DOH to show what they are achieving
- Good partnerships

Some of the challenges:

- need more partnerships with clinical services (GP, pharmacist) so there is a pathway for referral

Opportunities moving forward include:

- Evaluation shows what is working in regard to community messaging and TIS successes so far. Need to build on this and address any challenges. This is what CQI is all about – if it doesn’t work make changes. How can we do the very best possible?
- Messaging about smokes impact on the environment – for example bush fires, polluting land/rivers/sea etc

There are lessons to be learnt from COVID:

- COVID has affected mental health and wellbeing for many because of restrictions keeping them isolated and away from friends and family. This leads to many people smoking more because of stress – we know this doesn’t help, but makes things worse. There is a good paper around this on the TISRIC written by NBPU that explains about stress and smoking.

Need to keep our eye on vaping as an emerging issue.

- TGA will be providing further information for prescribers in October when nicotine vapes will become available in a very limited fashion for heavily addicted people. Not expected that this will be a strategy that is used much.
- For most Aboriginal and Torres Strait Islanders this heavy addiction is not the reason they smoke – more about habit so this is where our efforts should be focused (behaviour).
- Important to report breaches around vape or cigarette sales. Often this will be local government at State or Shire level, but Federal gov can also act and send someone to investigate so you can let us know too

Tom said that he felt that the workshop was very engaging, and that teams interacted very well amongst each other. A lot of information between staff was exchanged on the day and new networking relationships have started. Tom was very pleased with all of the teams' presentations and reminded them that they are all doing great work and he reminded teams to upload their work onto TISRIC so people can see the great work and outcomes from delivering TIS programs within their jurisdiction.

Attendance

The workshop was attended by 42 participants, including 25 representatives from seven out of the eight Grant Recipients in the Northern Territory. All TIS team participants attended face-to-face, with some others attending remotely through Zoom due to the COVID-19 pandemic.

See [Attachment B](#) for a list of participants.

Participant Evaluation



Congress and Anyinginyi working together brain storming

Each jurisdictional workshop includes participant evaluation, with both quantitative and qualitative feedback. This assists the NBPU TIS to ensure that future workshops are of most use to TIS teams. As the QR code for the evaluation survey was not accessible, an electronic link was shared with the 23 attendees for whom we had email addresses and a total of 17 responses were received (response rate of 77%).

Overall satisfaction with the workshop and presentations was high, even for the two presentations delivered via Zoom due to COVID restrictions on travel (*Smoking in pregnancy* and *Discussion of Mid-Term Evaluation findings*). Sessions were all rated as very useful or somewhat useful (see *Figure 1*).

Overall satisfaction with the workshop and presentations

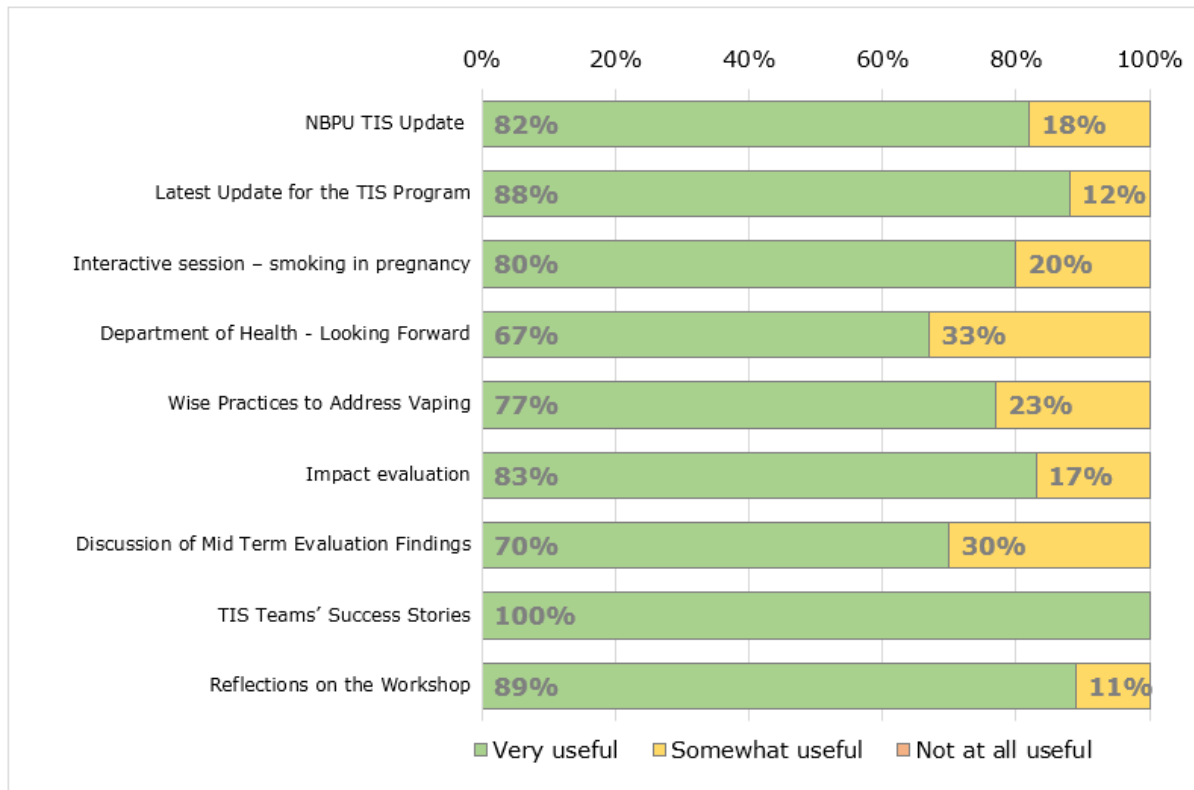


Figure 1: Participant evaluation of NT Jurisdictional Workshop, August 2021

Participants valued the update on the NBPU TIS program provided by the Unit manager:

Great overview

and the update on the TIS program provided by the National Coordinator:

Tom has a lot of knowledge

Great update

Informative and great presentation

The interactive session run by Dr Michelle Kennedy was very highly regarded:

would love more of this!

Clear effective presentation

Amazing research and new ideas

Need more of this

Participants also gave positive feedback on the session addressing vaping:

Valuable discussion that needs to be had on vaping

As always, the sharing our stories sessions was very well received:

Loved seeing what the other teams are up too

Loved these sessions

No other feedback was received on the remaining sessions.

Note that due to a technical issue, no feedback was received on the venue for this workshop. However, anecdotal feedback about the venue was good; the NBPU TIS has previously used the site and has always received positive feedback about the facilities and catering.

ATTACHMENT A: Workshop Program



NT Tackling Indigenous Smoking Jurisdictional Workshop Program

Thursday 12 August 2021
Vibe Waterfront Hotel, 7 Kitchener Drive, Darwin



Time	Session	Facilitators/Speakers
8:45 – 8:50	Welcome and Housekeeping	Glenn Clarke NBPU Project Officer
8:50 – 9:05	Welcome to Country & Introductions	Glenn Clarke NBPU Project Officer
9:05 – 9:20	NBPU TIS Update	Eileen Van Iersel NBPU TIS Manager
9:20 – 9:50	National Co-ordinator - <i>Latest Update for the TIS Program and Q&A</i>	Prof. Tom Calma AO National Co-ordinator TIS
9:50 – 10:10	RTCGR / TIS Shared Success Story	Central Australian Aboriginal Congress
10:10 – 10:40	Interactive Session – <i>Smoking in Pregnancy– using population health promotion to address smoking in Pregnancy</i>	Assoc. Prof. Penney Upton University of Canberra
Morning Tea Break		
10:55 – 11:10	RTCGR / TIS Shared Success Story	Wurli-Wurlinjang Health Service
11:15 – 11:35	RTCGR / TIS Shared Success Story	IUIH- Tiwi Island
11:35 – 12:05	Department of Health - <i>Looking Forward: Indigenous Smoking priorities and opportunities.</i>	Katherine McHugh – TIS Program Manager Department of Health
12:05 – 12:25	RTCGR / TIS Shared Success Story	Anyingyinyi Health Aboriginal Corporation
12:25 – 12:45	RTCGR / TIS Shared Success Story	Katherine West Health Board Aboriginal Corporation
Lunch Break		
1:30 – 2:00	Wise Practices to address Vaping	Assoc. Prof. Penney Upton University of Canberra
2:00 – 2:20	RTCGR / TIS Shared Success Story	Miwatj Health Aboriginal Corporation
2:20 – 2:40	RTCGR / TIS Shared Success Story	Danila Dilba Health Service
2:40 – 3:10	Impact Evaluation – <i>TIS Regional Grants on Smoking</i>	Dr Raglan Maddox PhD MPH Australian National University
3:10 – 3:30	RTCGR / TIS Shared Success Story	Nganampa Health
Afternoon Tea Break		
3:50 – 4:10	RTCGR/TIS Shared Success Story	Sunrise Health Service
4:10 – 4:40	Cultural & Indigenous Research Centre Australia (CIRCA)	Rochelle Braaf - CIRCA Senior Research Consultant
4:40 – 5:00	National Co-ordinator's Wrap Up	Prof. Tom Calma AO National Co-ordinator TIS

Attachment B: Attendance

#	Name	Organization
1.	Prof Tom Calma	NC TIS
2.	Garry James	Anyinginyi Health
3.	Modhar Al Miqdadi	Anyinginyi Health
4.	Reanna Bathern	Anyinginyi Health
5.	Stephanie Parlow	Anyinginyi Health
6.	Lily Watson	Central Australian Aboriginal Congress
7.	Montanna Hudson	Central Australian Aboriginal Congress
8.	Ayesha Kay	Danila Dilba Health service
9.	Deanne Rioli	Institute for Urban Indigenous Health (Tiwi Islands)
10.	Jessica Hagley	Katherine West Health Board
11.	Burrkitj Ngurruwurrthun	Miwatj Health Aboriginal Corporation
12.	Demi Forward	Miwatj Health Aboriginal Corporation
13.	Ganga Garrawurra	Miwatj Health Aboriginal Corporation
14.	Gemma Lyons	Miwatj Health Aboriginal Corporation
15.	Joanan Garrawurra	Miwatj Health Aboriginal Corporation
16.	Julie Gapalathana	Miwatj Health Aboriginal Corporation
17.	Madelyn Hay	Miwatj Health Aboriginal Corporation
18.	Michael Guyula	Miwatj Health Aboriginal Corporation
19.	Sammy Gondarra	Miwatj Health Aboriginal Corporation
20.	Terrance Garawirrtja	Miwatj Health Aboriginal Corporation
21.	Thomas Guyula	Miwatj Health Aboriginal Corporation
22.	Trudy Wunungmurra	Miwatj Health Aboriginal Corporation
23.	Cyndi Cole	Nganampa Health Council
24.	Lee Lawrie	Nganampa Health Council
25.	Cecilia Johns	Sunrise Health Service
26.	Mavis Jumbiri	Sunrise Health Service
27.	Clayton Irwin	Department of Health (Canberra)
28.	Katherine McHugh	Department of Health (Canberra)
29.	Helen Bowden	Department of Health (NT Office)
30.	Louise Naughton	Department of Health (NT Office)
31.	Raglan Maddox	Australian National University
32.	Lena Etuk*	CIRCA
33.	Rochelle Braaf*	CIRCA
34.	ANJALI SHARMA	Department of Social Services (FAM)
35.	Scott Wilson	Department of Social Services (FAM)
36.	Annabelle Burian	NT Department of Health
37.	Michelle Kennedy*	University of Newcastle

Attachment B: Attendance

#	Name	Organization
38.	Glenn Clarke	NBPU TIS
39.	Kelly Franklin	NBPU TIS
40.	Maxine Turner	NBPU TIS
41.	Penney Upton	NBPU TIS
42.	Rod Reeve	NBPU TIS

* Participated by videoconference (Zoom)