



The tobacco control guide

David Thomas

TIS remote services workshop, 22 February 2021



amsant tobacco



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Tobacco Control | AMSANT

AMSANT invests strongly in our **tobacco** control program to support health services and smokers in the NT because we know that **smoking** causes 40% of all ...

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THE TOBACCO CONTROL GUIDE - AMSANT

the impact of all **tobacco** control activities. 1. Local Aboriginal involvement in activities. 2. Engage with local health service.



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Tobacco Control

AMSANT invests strongly in our tobacco control program to support health services and smokers in the NT because we know that smoking causes 40% of all deaths among us mob, and that's a tragic statistic that is fully preventable for Aboriginal people.

Many of us have quit smoking recently, and fewer young people are starting to smoke, but there's still plenty to do to get the numbers down and the life-spans up.

"Smoking doesn't reduce stress, it's not part of our culture, it's not cool and it costs a fortune... in both health and money," says AMSANT project officer Theresa Paterson, who's working with David Thomas to provide evidence based and culturally appropriate support to member

Theresa and David are helping health services make improvements in tobacco control and smoking prevalence, guided by the NT Aboriginal Health Forum's 'tobacco control guide' that values advocacy, cultural support, networking and the principles of CQI's Plan-Do-Study-Act (PDSA) cycles.

Under the guide, the three main areas of activity are (i) marketing and messaging (ii) smoke-free zones and (iii) making tobacco control a routine part of clinical care.

"We're not saying it's easy to quit smoking, but with the support of your family and your health service you can get the skills and confidence to stop, for a longer and happier life," Theresa says.

- Career Pathways
- Aboriginal Leadership
- Integrated Team Care
- NDIS Ready
- Tobacco Control
- Workforce Training Program

Resources

- The Tobacco Control Guide (A4)
- The Tobacco Control Guide (A4) - for B&W printing
- The Tobacco Control Guide - Poster (A3)
- Tobacco Control Research Evidence for NT Health Services
- Tackling Indigenous Smoking (website)

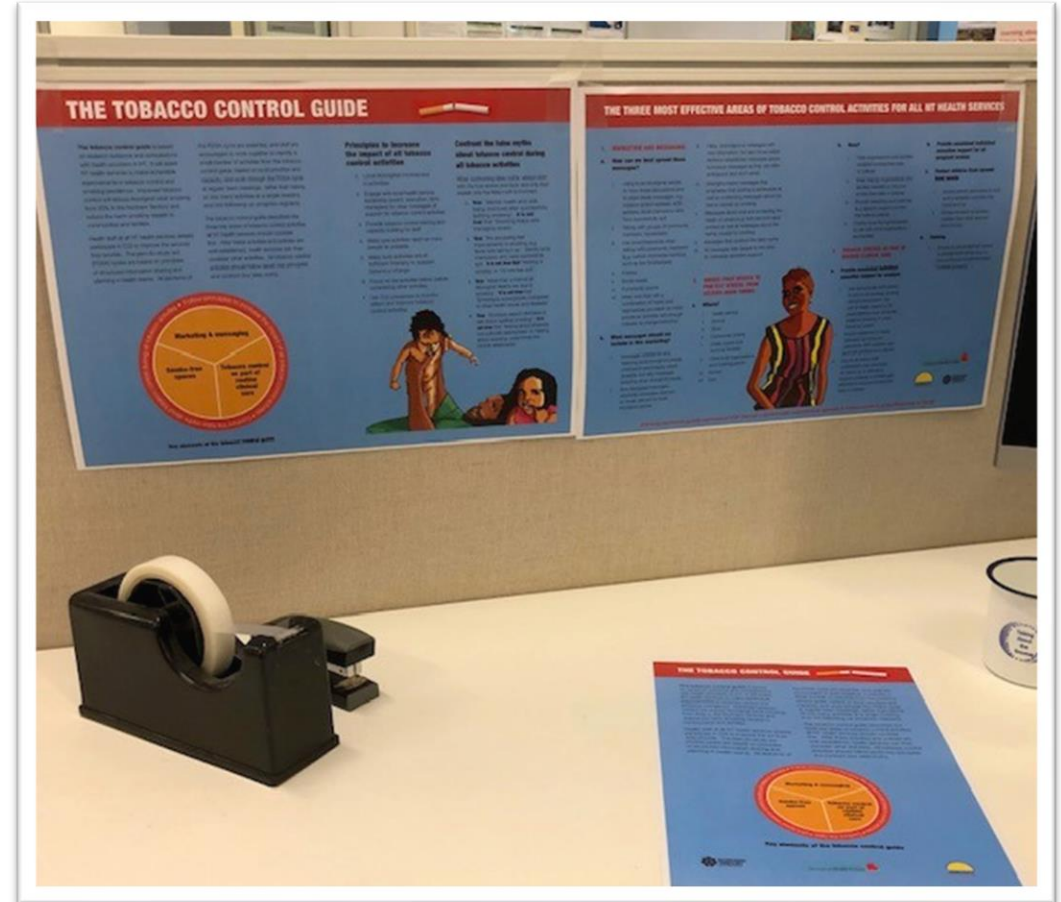
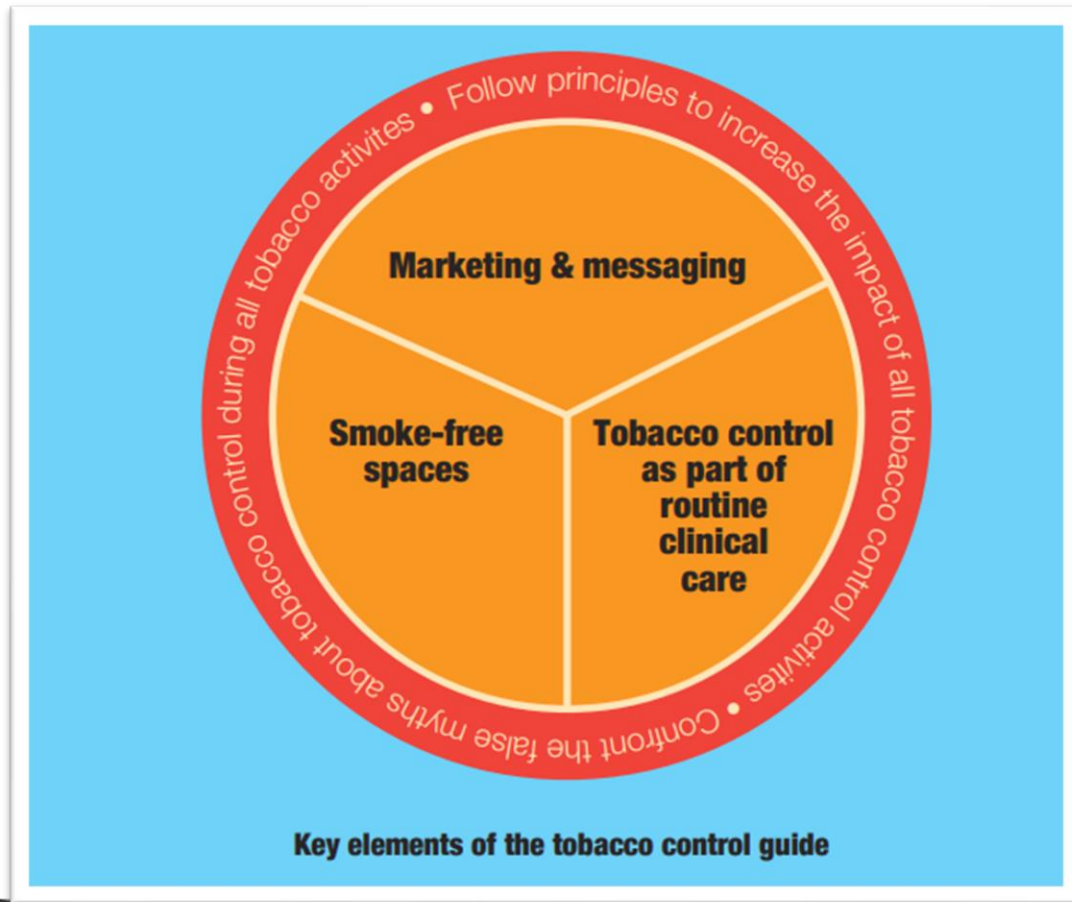


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Tobacco control CQI guide for health services



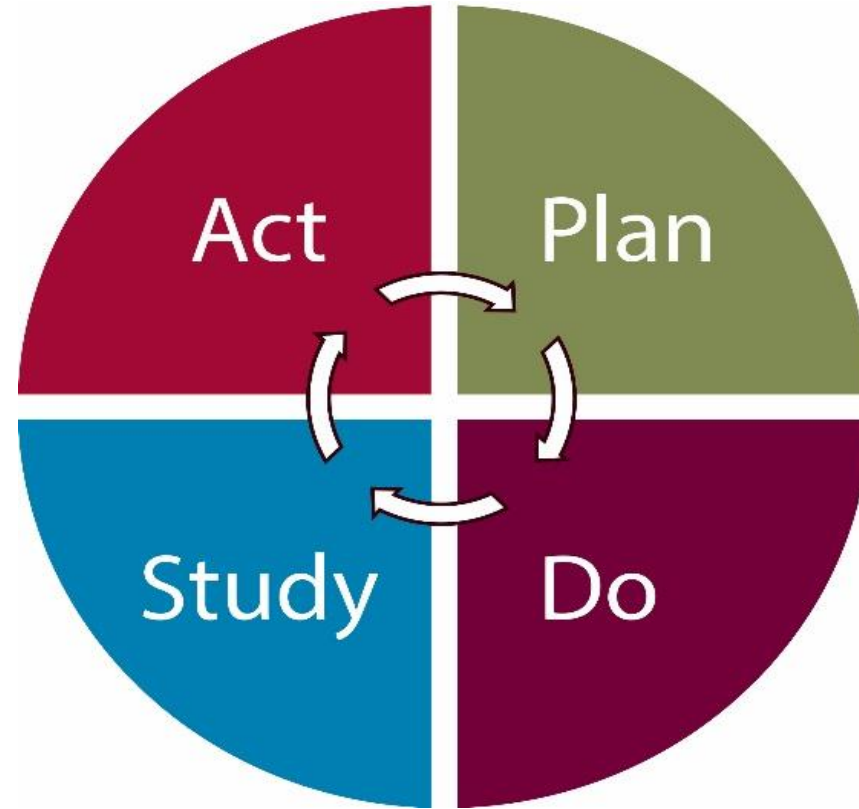
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CQI

Plan, Do, Study, Act cycles



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