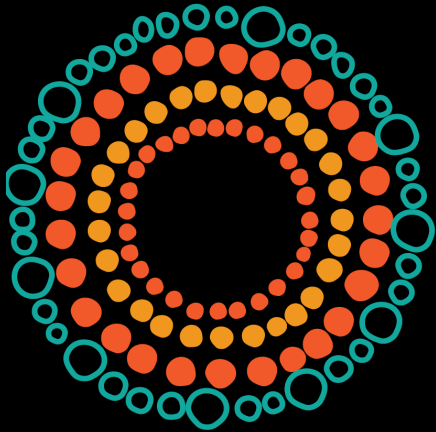


KIMBERLEY TACKLING INDIGENOUS SMOKING

Regional Update

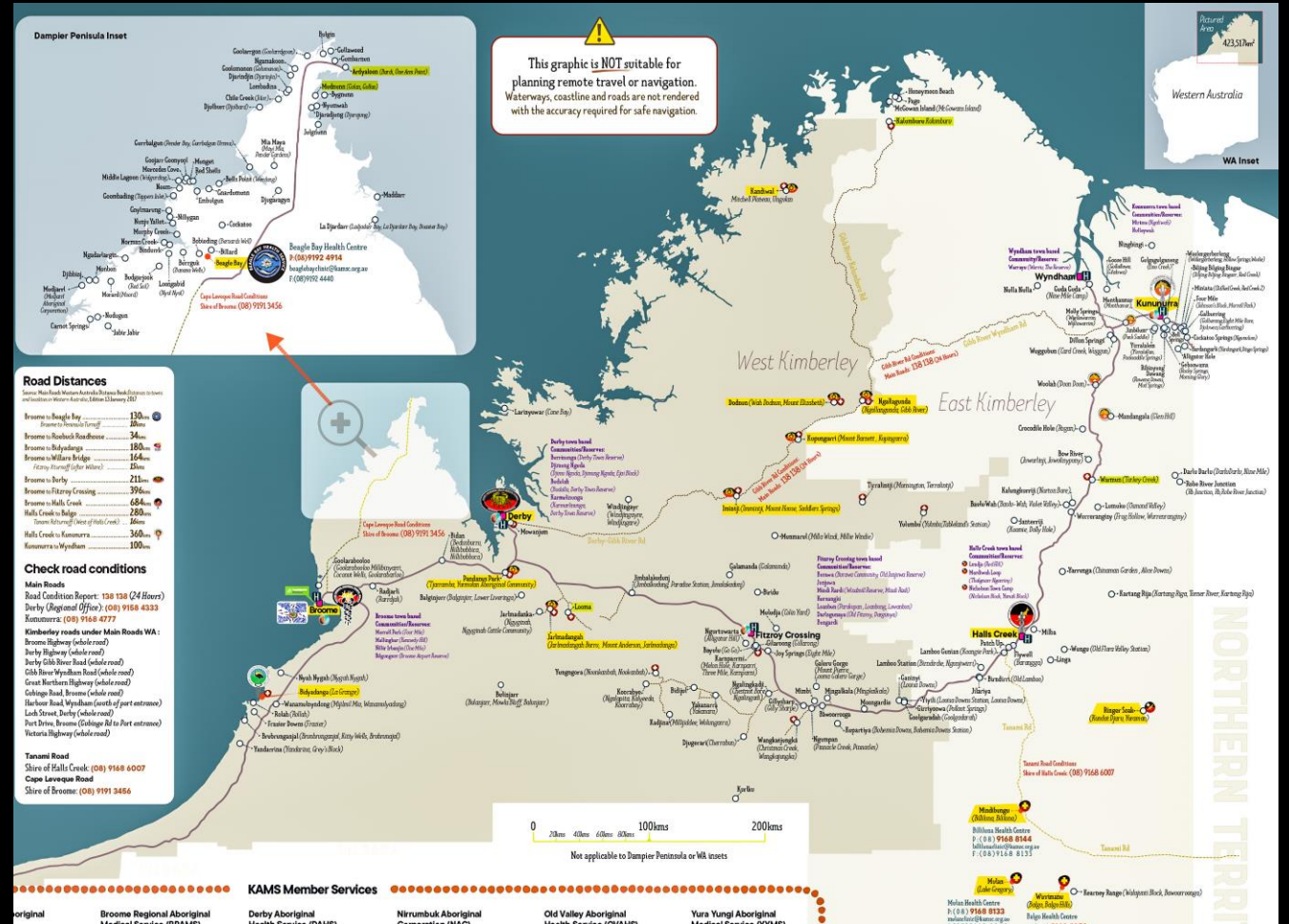
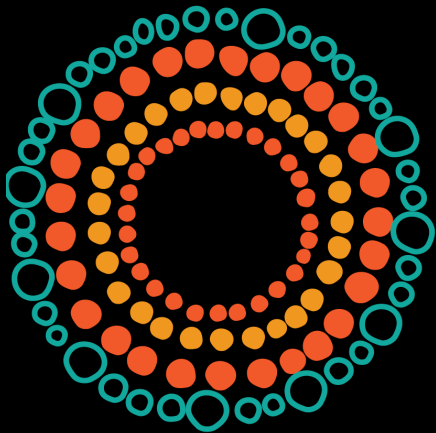
Adelaide May 2022

Your Region

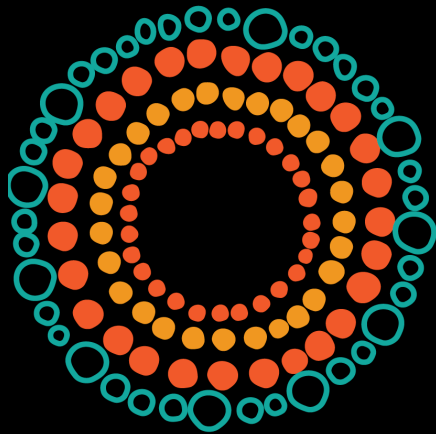


I would like to acknowledge the traditional owners of the land in which we work, live and learn and pay our respects to elders past, present and emerging.

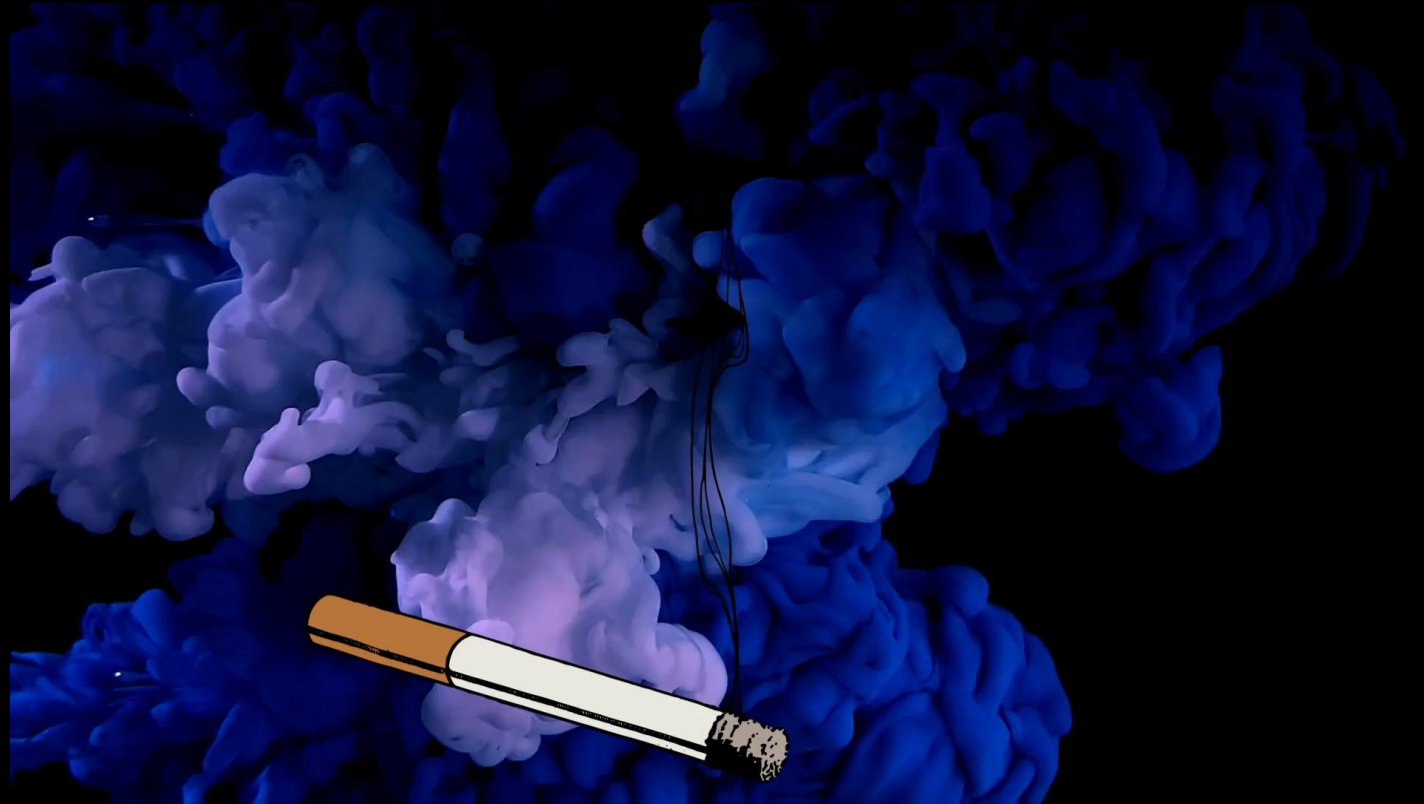
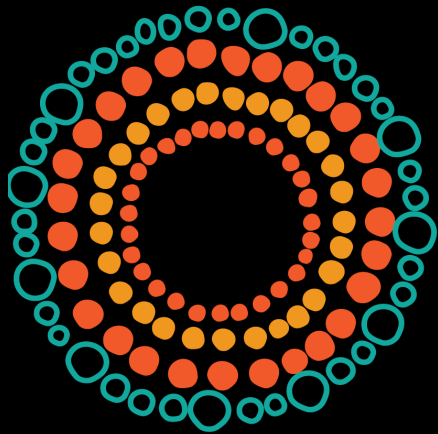
Our Region



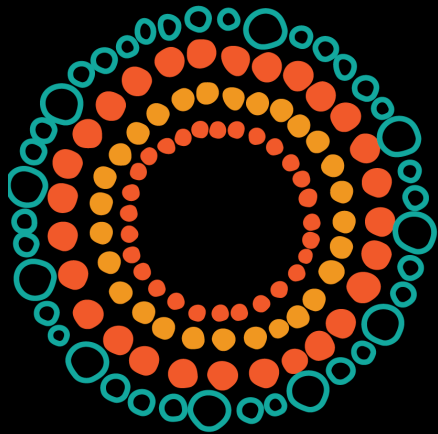
BRAMS (Broome Regional Aboriginal Medical Service)



YYMS (Yura Yungi Medical Service)



DAHS (Derby Aboriginal Health Service)



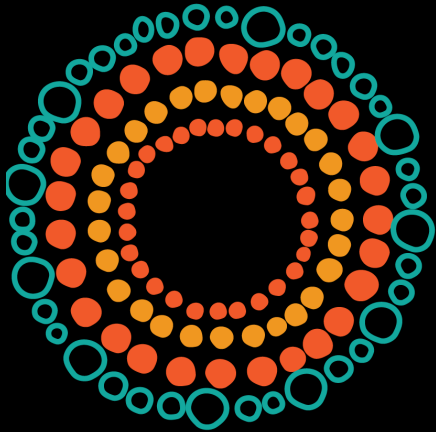
Tackling Indigenous Smoking Program



DERBY



DAHS (Derby Aboriginal Health Service)



Solidfit Program



LET'S TRAIN YOUR BODY AND INCREASE YOUR HEALTH



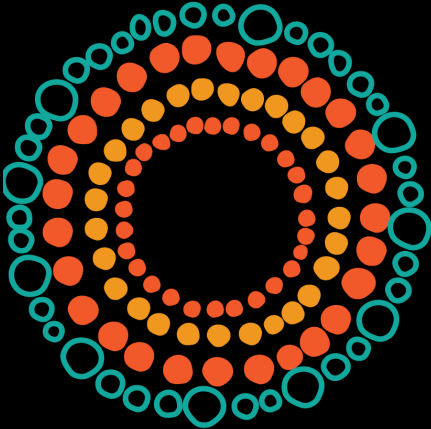
Program Aims

- Increase knowledge around the negative impacts of smoking.
- Increase knowledge around the benefits of exercise and a healthy lifestyle.
- Encourage individuals to have regular health checks.
- To build capacity within community to develop and deliver their own health and wellbeing programs.

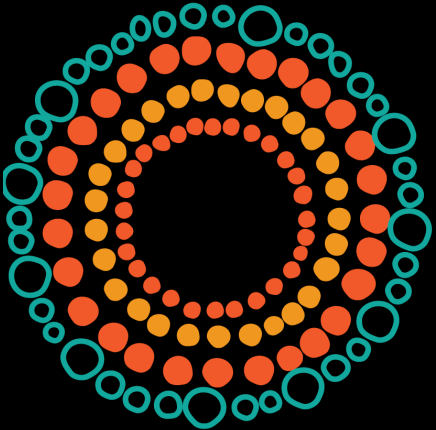
SOLIDfit



DAHS (Derby Aboriginal Health Service)



OVAHS (Ord Valley Aboriginal Health Service)



Development of Resources

OVAHS Tackling Indigenous Smoking
KIDS BINGO CARDS

WHY PEOPLE SMOKE?	EFFECTS OF SMOKING	SMOKING PREVENTION	WHY TO GET NO	TOBACCO-HITS
Peer Pressure	Tired, Nervous & Bad Breath	Tough Our Walk About The Benefits Of Tobacco Use	Work Smokey	Smoking Causes One In Five Deaths
To Be Cool	Wet Lips	Deep Breathing	Be Smart	One In Five Deaths Among Aboriginal People Are Smoking Related
A Relative's Smoker	Dry Lips	QUIT4U!	Change The Subject	Wish I Didn't Do It
To Look Older	Decreased Fitness	Drink Water	Try A Juice	88 Different Cancers
Keep To Answer	Hoarse/ Dry Throat	Be Something Else	Be With Others Who Don't Smoke	Causes 16 Types Of Cancer

LETS YARN! LUNG CANCER

What are some of the signs and symptoms?

- Hoarse Voice
- Loss of appetite
- Coughing up blood
- Shortness of Breath
- Tiredness or Weakness
- New or Changed Cough
- Chest or Shoulder Pain
- Chest infection that doesn't leave
- Pain that's worse with coughing
- Trouble breathing

Quitline 13 7848
www.ovahs.org.au

SMOKES AND LADDERS

LETS YARN! LUNG CANCER

Lung Cancer

Lung Cancer is the most common cause of cancer death in Australia.

People who are current or past tobacco smokers are at a much greater risk of Lung Cancer. When the smoke is breathed in, cancer-causing ingredients begin to charge the tissues in the lungs... almost **STRAIGHT AWAY!**

Over time, the cells become too damaged and develop into cancerous cells. It starts in the lungs and then spread throughout the body.

What can I do to prevent Lung Cancer?

1. **REDUCE** or **QUIT** smoking!
2. Eat good **YARN** and exercise everyday!
3. Yarn with the **OVAHS TIS Team!**
4. Check in at **OVAHS** often!

Quitline 13 7848
www.ovahs.org.au

SMOKES AND TRACKS

Community Education

Kalamburu Strong Womens Camp October 2021



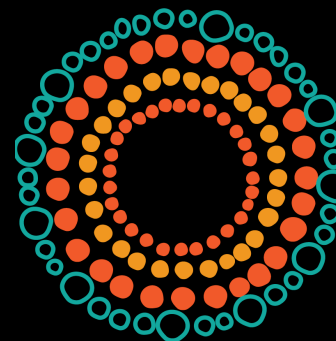
OVAHS (Ord Valley Aboriginal Health Service)



Quitline
137848

OVAHS Tackling Indigenous Smoking Kalamburu Strong Women's Camp October 4th to 6th 2021

In early October, the Tackling Indigenous Smoking team attended the Kalamburu Strong Women's Camp at the Women's Refuge, to provide smoking education and cessation resources to 14 women. Kalamburu is the furthestmost community along the remote Kimberly coast, with the nearest township 568km away (12 hours) away. The community has a small health clinic of two nurses which is supported by visiting doctors fortnightly.



Remotes



NICOTINE REPLACEMENT THERAPY (NRT)

NRT provides the body with a controlled dose of nicotine which replaces the nicotine lost when you give up smoking. Using NRT, can double your chances of quitting and is safer! Speak to your Aboriginal Health Worker, Nurse or Doctor to see what is best for you!

WHAT ARE YOUR OPTIONS?

Patches
Patches give a continuous low level of nicotine to help with cravings. The patches are applied onto the skin every day. It is recommended to put the patch on when you are not hot and sweaty onto either your chest, upper arm, back or hip.

Gum
Unlike normal chewing gum, nicotine gum works by chewing the gum, then placing it on the side of your mouth and repeating. **CHWAS STOP CHEW!**

Lozenges
Lozenges dissolve in your mouth and release nicotine to help cravings and withdrawal.

Mouth Spray
Nicotine mouth spray delivers a mist onto your tongue and mouth. It is important not to swallow for a few seconds after.

Inhaler
Inhalers release air and nicotine into your mouth. It can help bring up smoking as it is held like a smoke which assess the back-to-mouth habit of smoking.

FIND OUT HOW YOU CAN GET 12 WEEKS FOR FREE!

KIMBERLEY TACKLING INDIGENOUS SMOKING

MY QUIT PLANNER

QUIT week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Day 1</p> <p>Date: _____</p> <p>I am now a NON-SMOKER!</p> <p>Write down your THOUGHTS and FEELINGS.</p>	<p>Day 2</p> <p>24 hours after quitting, your lungs work better. What CHANGES are you NOTICING?</p>	<p>Day 3</p> <p>Withdrawal symptoms are NORMAL. Go for a walk, list other things you can DO to help symptoms and cravings.</p>	<p>Day 4</p> <p>You might have cravings during your day that tempt you to smoke. What CHANGES can you make to avoid this?</p>	<p>Day 5</p> <p>Remember your plan for EXERCISE and HEALTHY EATING. Write what else can HELP YOU!</p>	<p>Day 6</p> <p>Had a SLIP-UP? That's OK! DON'T GIVE UP. Remember why you are quitting. Write down your REASONS for quitting.</p>	<p>Day 7</p> <p>IT HAS BEEN A WEEK! Congratulations! Continue to say NO to smokes. Write down how you can RELIABLY avoid for saying NO.</p>
<p>TIPS</p> <p>Practice saying "I AM A NON-SMOKER"</p> <p>KIMBERLEY TACKLING INDIGENOUS SMOKING</p>						

The fresh faces of the remotes team have created a number of resources to be used within the community.

-NRT Summary Poster: used for education for current smokers wanting to quit and for clinical staff members.

-Quit Plan

-Passive Smoking Flip Book: for use in high-school-aged children and above.

-World no tobacco day poster: Theme for the year is – Tobacco poisoning our planet.

PASSIVE SMOKING

KIMBERLEY TACKLING INDIGENOUS SMOKING

SECOND-HAND SMOKING

What is it?

When you breathe in someone else's tobacco smoke.

This can be:

- Breathing in the smoke from the end of the cigarette.
- Breathing in the smoke that has been blown out by a smoker.

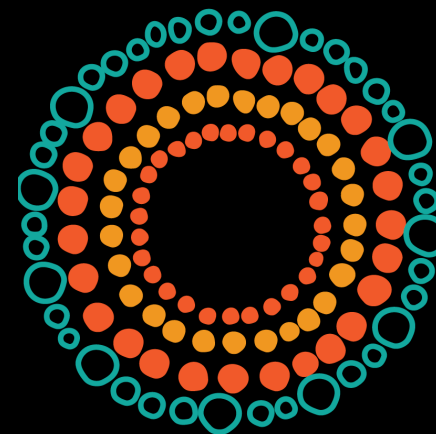
KIMBERLEY TACKLING INDIGENOUS SMOKING

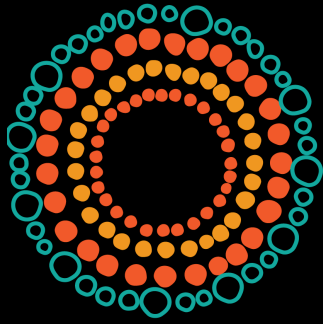
WORLD NO TOBACCO DAY

TUESDAY - MAY 31

SMOKING KILLS OUR PEOPLE AND OUR COUNTRY

KIMBERLEY TACKLING INDIGENOUS SMOKING



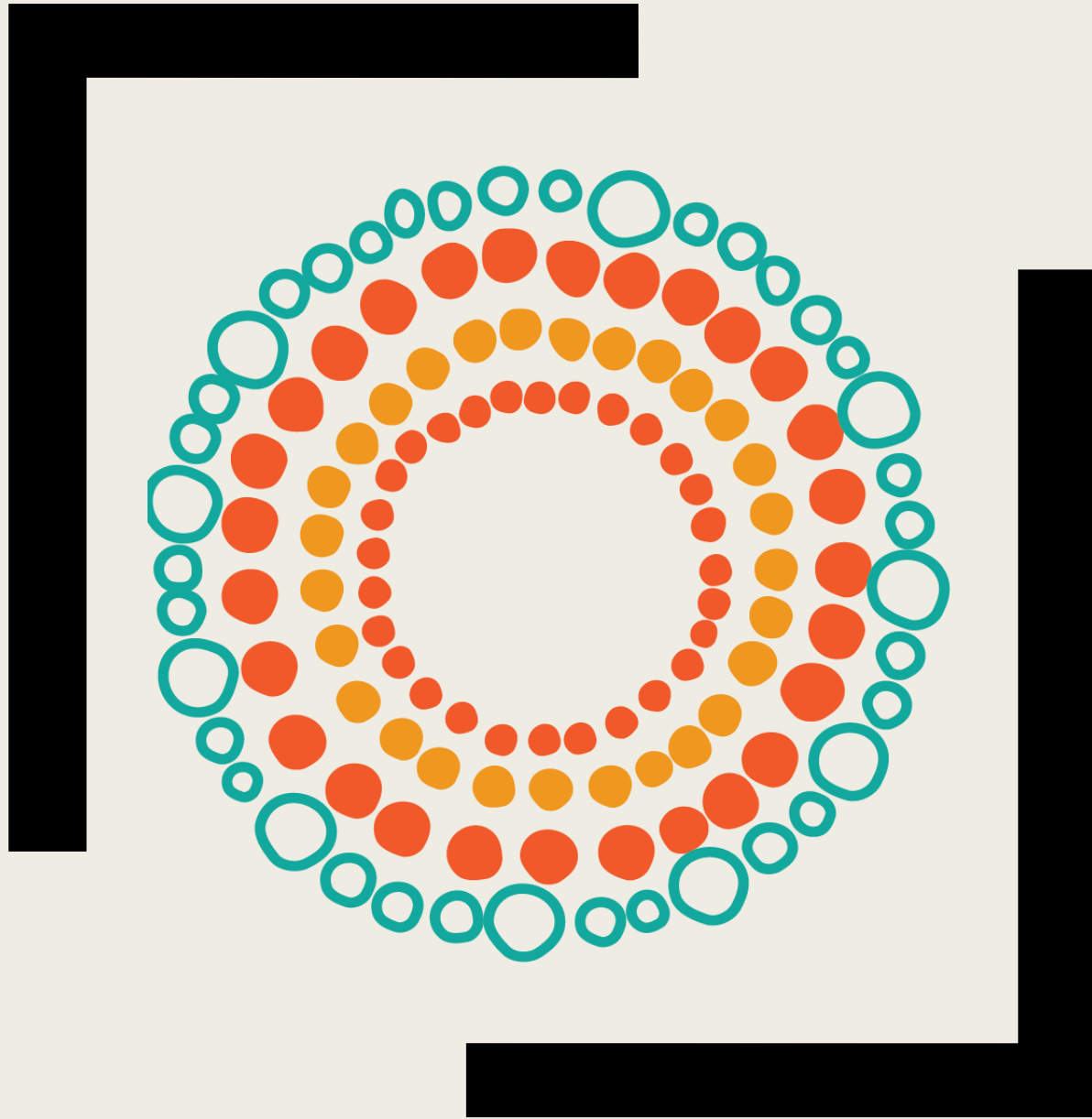


Remotes



The Remotes team were lucky enough to be invited to Yiramalay/Wesley School at the start of the year, a school/community that has not to assist with developing quit plans for several students who currently smoke. An education session on the impacts of smoking on the body and a brief NRT information session was held. A staff professional development was also conducted.





THANK YOU