

Smoking & Pregnancy

Tackling Indigenous Smoking (TIS) Workshop

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Na Marni (welcome)

We acknowledge the traditional owners of the lands Flinders University teaches and researches across (Arrernte, Boandik, Dagoman, Erawirung, Jawoyn, Kurna, Larrakia, Ngarrindjeri, Ngadjuri, Peramangk, Ramindjeri, Waramungu, Wardaman and Yolngu) and honour their Elders past and present.

“Always was... always will be”

Image: Long Way Home – A celebration of 21 years of Yunggoendi First Nations Centre (2011)

Outline

- **Why is this important?**
- **What do we know so far?**
- **What can we do?**

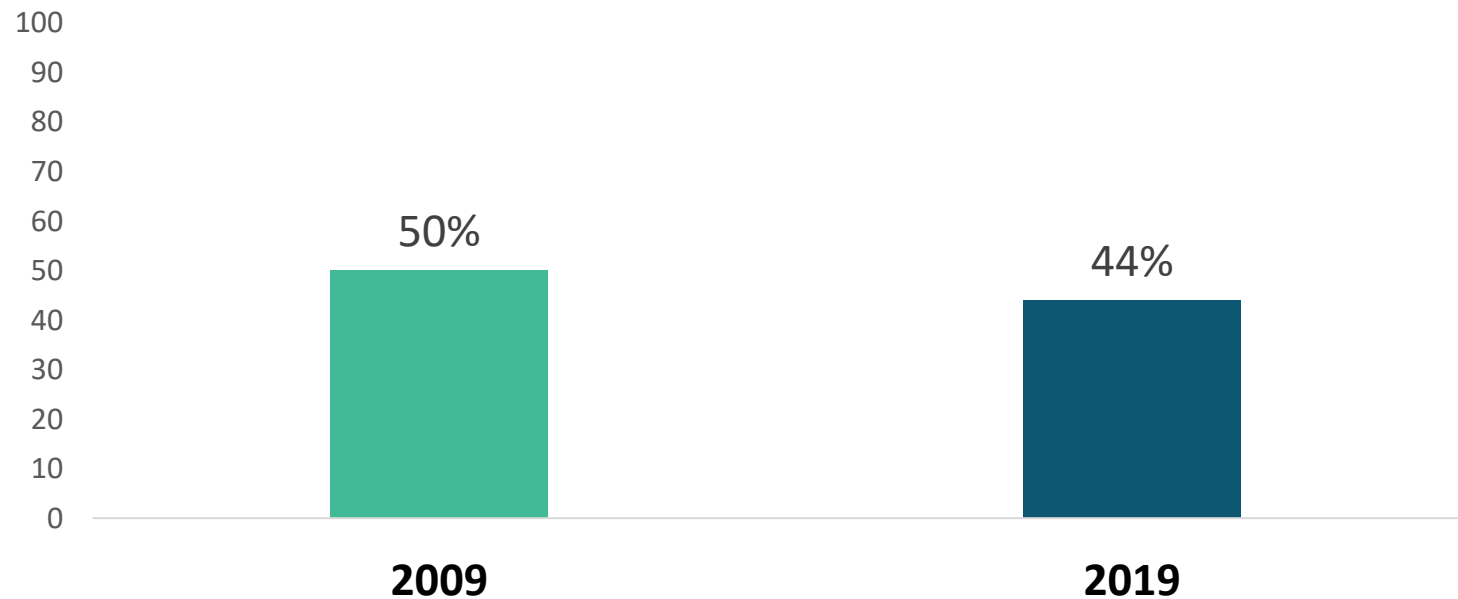
Why is this important?

- Staying smoke-free while pregnant is good for mum and gives baby the best start in life
- Smoking during pregnancy exposes baby to harmful chemicals
- Quitting smoking when pregnant will reduce the risk of problems such as:
 - Premature birth;
 - Low birth weight baby;
 - Damage to baby's heart and lungs.



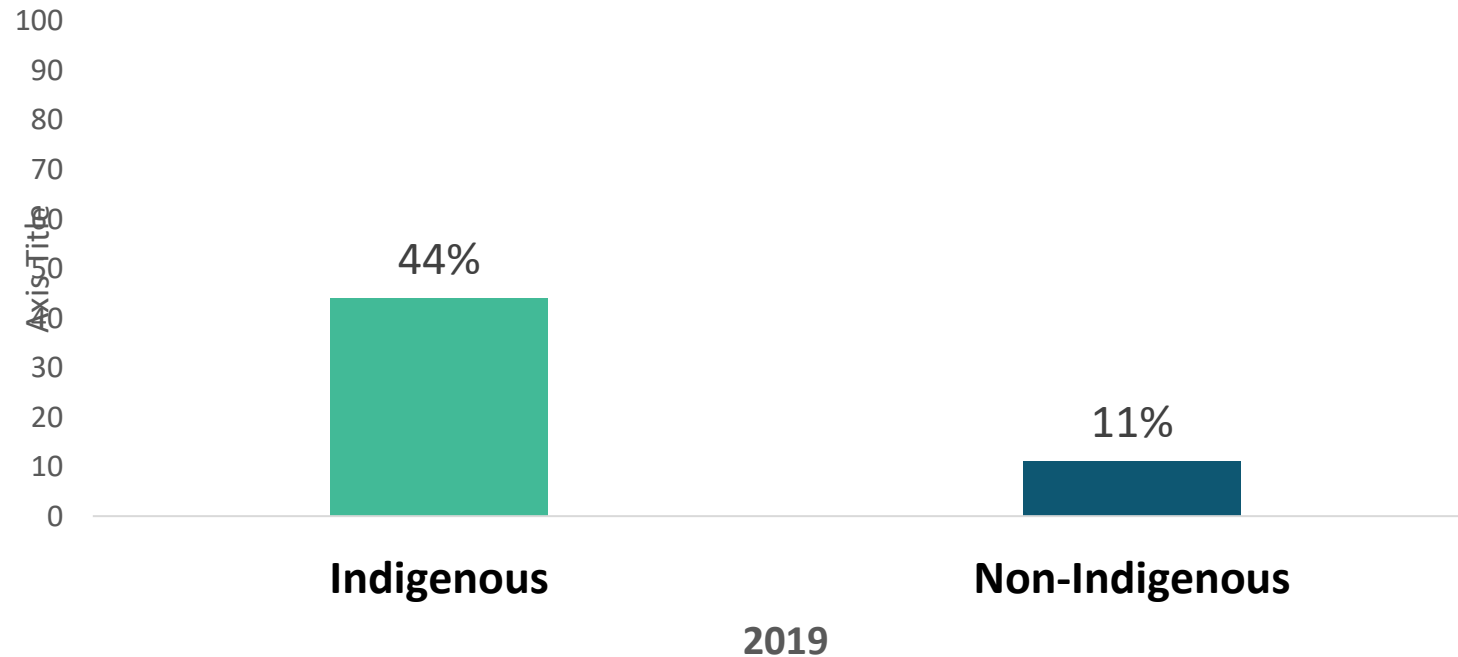
Why is this important?

- Good news: smoking rates are falling



Why is this important?

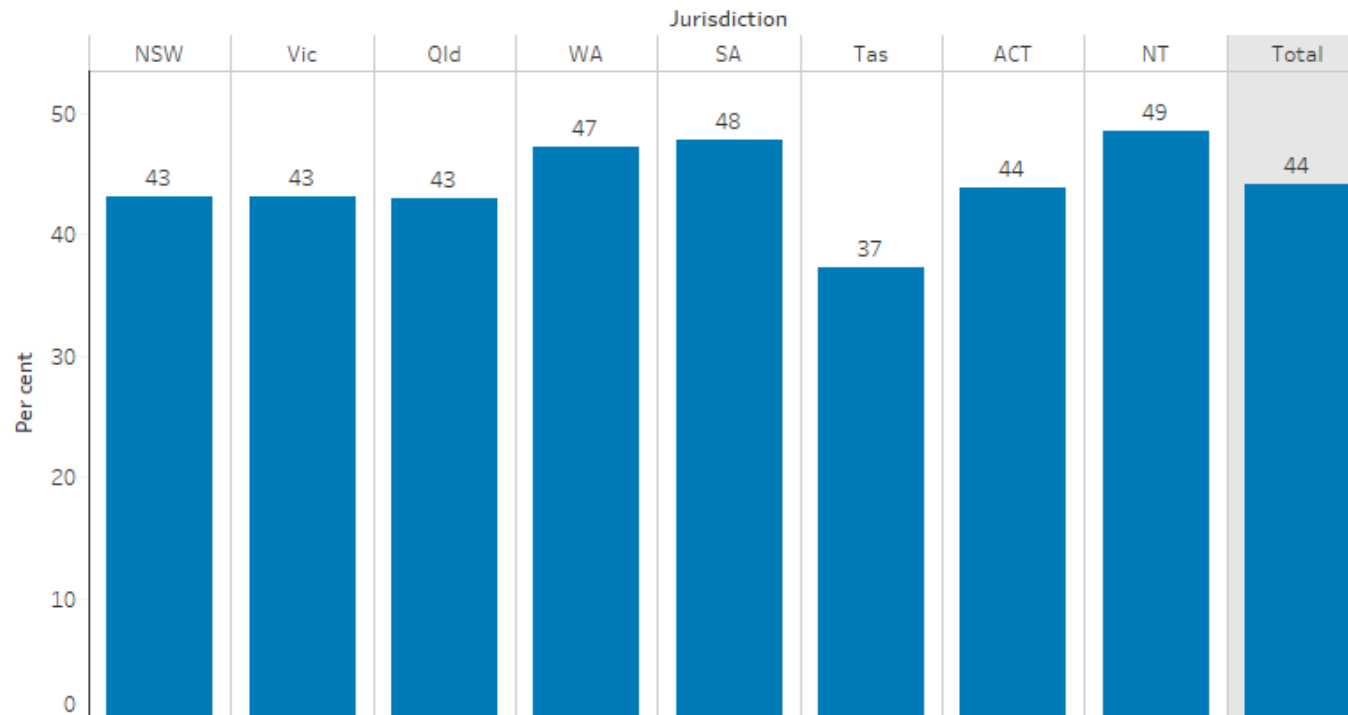
- Not so good news: the gap remains



Why is this important?

- State differences

Figure 2.21.3: Proportion of Indigenous mothers who smoked during pregnancy, by jurisdiction, 2017



Source: Table D2.21.1. AIHW analysis of the National Perinatal Data Collection.



What do we know so far?

- Women are interested in quitting
 - Bovill et al: 22 pregnant Indigenous Australian women in NSW, Qld and SA found that most were intending to quit smoking, with all intending to at least reduce smoking during pregnancy
 - Most had attempted quitting, and 3 had quit
- Which Way study:
 - Only 36% of women had ever tried medications to quit smoking
 - 64% of women who want to quit smoking want the support of an Aboriginal Health Worker
 - 66% of Aboriginal and Torres Strait Islander women reported trying to cut down smoking in the past month
 - Smoke-free pregnancies were 4.54 times higher among women who used Aboriginal Health Services.

What do we know so far?

- Limited evidence of the effectiveness of smoking cessation strategies, but research has recommended approaches that
 - consider social and environmental contexts;
 - increase knowledge of harm and cessation methods;
 - are tailored to clients' needs;
 - are provided in a way that does not cause embarrassment or distress or deter further antenatal care;
 - are culturally targeted with Indigenous health worker involvement;
 - include partners, families and communities;
 - are provided before, during and after pregnancy;
 - and include alternative stress reduction and coping strategies
- Bovill et al: targeted resources needed to be visually attractive and interactive, and include content on the health consequences
 - effective health promotion materials - the diversity of Indigenous communities needs to be considered when developing interventions



What can we do?

- Eg, Katherine West Health Board (2022). Smoking and pregnancy [Animated videos]. Katherine, NT: Katherine West Health Board.



What can we do?

Activity:

Design a health promotion tool to use at your workplace to encourage pregnant women to quit smoking. The health promotion tool needs to be tailored to the local community. It needs to encourage use of evidence-based supports for cessation (ie, Quitline or other counselling, nicotine replacement therapy, etc)

6 Steps:

1. Know the problem
2. Understand contributing factors
3. Identify how to bring change
4. Identify how to deliver the program
5. Test small scale
6. Test effectiveness



What can we do?

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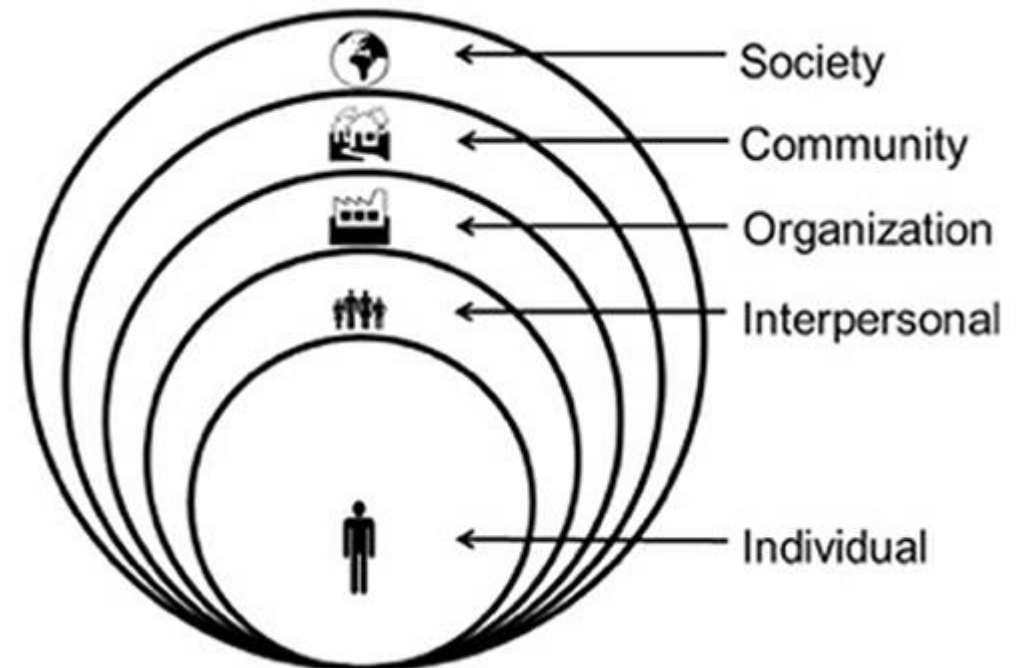
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What are the contributing factors for your community?

- Questions for discussion groups:

1. What causes women to smoke?
2. What are the reasons they say they smoke? What are the triggers?
3. What makes it hard to quit?
4. What do they say can help them quit?



How to bring change for your community?

- Based on the answers of the previous discussion, consider:
 - What type of support do women like to get?
 - What do they not like/use?
 - What is likely to be used and supportive for women?
- What smoking cessation components need to be included?

Map these to the contributing factors – previous slide

How to deliver the program to as many women in your community a possible?

- Based on what components need to be included, from the previous activity, consider how the health promotion program is best delivered:
 - Mass media campaigns
 - Social media
 - Face to face in Aboriginal services (health, other?)
 - Face to face in antenatal clinics
 - Telephone/telehealth
 - Booklets, pamphlets, posters
 - Videos, podcasts, blogs
 - Outreach – in the home
 - Other?

Reading

Australian Institute of Health and Welfare. (2020). Alcohol, tobacco & other drugs in Australia [web report]. Retrieved 23 April 2020 from <https://www.aihw.gov.au/reports/alcohol/alcohol-tobacco-other-drugs-australia/contents/introduction>

Colonna E, Maddox R, Cohen R, Marmor A, Doery K, Thurber K A, Thomas D, Guthrie J, Wells S, Lovett R. (2020). Review of tobacco use among Aboriginal and Torres Strait Islander peoples. Australian Indigenous Health Bulletin, 20(2). Retrieved from <https://aodknowledgecentre.ecu.edu.au/learn/specific-drugs/tobacco/>

Passey, M., D'Este, C. A., Stirling, J. M., & Sanson-Fisher, R. W. (2012). Factors associated with antenatal smoking among Aboriginal and Torres Strait Islander women in two jurisdictions. Drug and Alcohol Review, 31(5), 608-616

Bovill M, Bar-Zeev Y, Bonevski B, Gruppetta M, Oldmeadow C, Hall A et al. 2020. Aboriginal Wingadhan Birrang (woman's journey) of smoking cessation during pregnancy as they participate in the ICAN QUIT in pregnancy pilot step-wedge trial. Women and Birth 33:300-8.

Bovill M, Bar-Zeev Y, Gruppetta M, Clarke M, Nicholls K, O'Mara P et al. 2019. Giri-nya-la-nha (talk together) to explore acceptability of targeted smoking cessation resources with Australian Aboriginal women. Public Health 176:149-58.

Bond C, Brough M, Spurling G & Hayman N 2012. 'It had to be my choice' Indigenous smoking cessation and negotiations of risk, resistance and resilience. Health, Risk & Society 14:565-81.

Eades S, Sanson-Fisher RW, Wenitong M, Panaretto K, D'Este C, Gilligan C et al. 2012. An intensive smoking intervention for pregnant Aboriginal and Torres Strait Islander women: a randomised controlled trial. The Medical Journal of Australia 197:42-6.

NIAA AIHW. Aboriginal and Torres Strait Islander Health Performance Framework. 2.21 Health Behaviours during Pregnancy. <https://www.indigenoushpf.gov.au/measures/2-21-health-behaviours-during-pregnancy>



Examples

Table 2. Resources for general practitioners and patients
General practitioner resources
<ul style="list-style-type: none"> • RACGP. Supporting smoking cessation: a guide for health professionals (www.racgp.org.au/your-practice/guidelines/smoking-cessation/) • Department of Health and Ageing (DOHA). Clinical Practice Guidelines Antenatal Care (www.health.gov.au/internet/publications/publishing.nsf/Content/clinical-practice-guidelines-ac-mod1~part-b~lifestyle-considerations~tobacco-smoking) • Rural Health Education Foundation. Smoking and pregnancy: womb to breathe (www.rhef.com.au) • Australian Association of Smoking Cessation Professionals (www.aascp.org.au) National network of smoking cessation specialists • The Australian Indigenous HealthInfoNet (www.healthinfonet.ecu.edu.au/)
Patient resources
<ul style="list-style-type: none"> • QUITLINE (tel: 137848) • Quit4Baby website (www.quit4baby.com.au) • Quit for you Quit for two smartphone app (www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/quit-now-apps)
Online resources
<ul style="list-style-type: none"> • NSW Government Ministry of Health (www.health.nsw.gov.au) • QLD Health (www.health.qld.gov.au) • Quitnow: The National Tobacco Campaign (www.quitnow.gov.au) • Quit NSW. iCan Quit (www.icanquit.com.au) • Quit Tasmania (www.quittas.org.au) • Quit Victoria (www.quit.org.au)
Brochures (available nationally)
<ul style="list-style-type: none"> • Quit for you Quit for two booklets and wristbands (email: quitforyou@health.gov.au) • Queensland Cancer Council. Smoking and pregnancy (tel: 131120) • Quit Victoria. Pregnancy and quitting smoking information sheet; Important news for fathers who smoke (www.quit.org.au/resource-centre/fact-sheets/stopping-smoking) • Illawarra Shoalhaven Local Health District. No Butts Baby (email: Lisa.franco@sesiahs.health.nsw.gov.au; tel (02) 42216785)
Indigenous resources
<ul style="list-style-type: none"> • Blow away the smokes DVD (www.blowawaythesmokes.com.au) • Stickin' it up the smokes facebook site (www.facebook.com/stickinitupthesmokes) • Quit for you Quit for two booklets and wristbands (email: quitforyou@health.gov.au)



What are the contributing factors for your community?

