



Bullinah Aboriginal Health Service – Solid Mob

October 2022



This story was submitted to the National Best Practice Unit Tackling Indigenous Smoking (NBPU TIS) by Leanne Miles, Regional Tobacco Coordinator at Bullinah Aboriginal Health Service. Many thanks to the Solid Mob TIS team for sharing their story.

What area do you service?

Solid Mob are based in Ballina, Northern New South Wales. We cover to Tweed LGA in the north, along the eastern coastline to Grafton LGA in the south and out towards Baryulgil, Malabulgimah, Tabulam and Muli Muli in the west.

Tell us about your success story

Bullinah Aboriginal Health Service's Solid Mob TIS program recently partnered with Aboriginal health services, Aboriginal organisations and service providers and Northern NSW Local Health District to deliver a Youth Colour Fun Run event in Ballina.



Who was the activity designed to reach?

The event was aimed to be inclusive of both Indigenous and non-Indigenous youth, with the focus on delivering an activity to promote and encourage healthy lifestyle habits. The event was a success, with approximately 350 people participating in the activities throughout the day. There were 182 Indigenous youth and 76 non-Indigenous youth who registered either prior or on the day of the event. Additionally, there were approximately 100 community members, Elders, staff and service providers.

During the event the TIS team had the opportunity to engage with youth, community members and service providers to talk about Solid Mob's TIS activities and programs. The TIS team invited Tamara Smith, local Member for Parliament, to attend the colour fun run. Tamara happily engaged with Elders, community members and service providers throughout the day. Kerindy Clarke from Aboriginal Quitline assisted the TIS team with the activities and delivered Quitline resources to community members. Kerindy often attends Solid Mob's events and activities and is a great support for our team. Many of our mob who smoke and want to quit are unsure if they want to be referred to the Koori Quitline; having Kerindy available during the TIS activities provides an opportunity for her to talk to people about quitting. Her conversations help break down the barriers and stigma around reaching out to services and/or programs to quit.



Summary and conclusion

Delivering events such as a youth colour fun run promotes physical activity and healthier lifestyle choices, and provides a platform to talk to youth and community members about the health impacts of smoking and vaping, as well as exposure to second-hand smoke. During the registration process the TIS team asked people if their homes and/or cars were smoke-free. The data collected indicated many households were both smoke- and vape-free, however there were still a large percentage of homes in both Indigenous and non-Indigenous households that were not. During the registration process we asked if the person smoked and/or vaped. No parent who registered their child under 16 years indicated their child smoked and/or vaped. We didn't include a direct question about family members who smoke and/or vape. TIS resources, merchandise and tobacco and vaping information were made available to promote awareness on the harmful effects of tobacco consumption, and the serious effects of vaping.

It was a challenging day for the TIS staff, and we could have done with more volunteers. We had many youths attend who did not register online prior to the event. Due to the influx of people registering on the day, our volunteers who supported us did not capture smoking status data of registrants. We had a debrief after the event, developing a mitigation strategy to ensure we have sufficient volunteers to support us in the future, as well as capturing the data around smoking and vaping amongst community.

The TIS team received positive feedback from all those who attended. Solid Mob's branding is well recognised, with many community members commenting how great it was to see the Solid Mob TIS team out mixing with mob and delivering activities to our youth.

