



## **Bullinah Aboriginal Health Service – Solid Mob**

**May 2023**



This story was submitted to the National Best Practice Unit Tackling Indigenous Smoking (NBPUI 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, Malabulginah, Tabulam and Muli Muli in the west.

### **Tell us about your success story**

The Solid Mob TIS team partnered with Mad Proppa Deadly, Basketball NSW/Indigenous Basketball Australia, Bulgarr Ngaru Aboriginal Medical Service, Bugalwena General Practice, Rekindling The Spirit, YWCA Goonellabah, Jempire Events, Clarence Valley Council, Headspace Lismore/Grafton, Social Futures, Advocate for Children & Young People, Lismore NSW Police Aboriginal Liaison Officer, Connect Northern Rivers and Northern NSW Local Health District to deliver a youth activity to Aboriginal and Torres Strait Islander youth aged 12 - 25 at Grafton, Murwillumbah and Goonellabah. The program was promoted across the Northern Rivers region via social media platforms, Aboriginal networks and organisations, Aboriginal Health Services, Schools, and through interagency meetings.



The concept of the event was designed to appeal to young people. This was achieved by engaging Mad Proppa Deadly to run musical workshops, Basketball NSW to run skills/drills and games, and by providing a free BBQ at each location. Other local youth service providers were invited to each event and were encouraged to have their own activities and stalls which would help keep youth engaged throughout the day.



### **Who was the activity designed to reach?**

The aim of the Beats, Basketball and BBQ youth program was to raise awareness and provide education on the dangers of smoking and vaping, health effects of exposure to second- and third-hand smoke, support pathways to quit, and information and resources delivered to reduce the uptake of smoking and vaping. To increase the geographical reach of the TIS activities, the program was delivered at three locations identified as having high Indigenous populations.

### **Activity evaluation**

- Approximately 550 people attended across the three locations. Around 70-80% were Indigenous youth and community members.
- Approximately 140 Indigenous community members participated in education sessions, raising their awareness of the dangers of smoking and vaping, dangers of second- and third-hand smoke exposure, chronic diseases associated with smoking, cost of smoking, benefits of smoke-free homes and cars, and benefits of being smoke-free.
- 42 community knowledge surveys were completed. These asked community members about their current smoking/vaping status, if their homes/cars were smoke-free, if people knew who Solid Mob are, or have seen or engaged in TIS activities in the past, and if people believed the activities the TIS team delivers impacts on a person's decision to quit or prevent uptake smoking and/or vaping. Of the 42 surveys completed:



- 24 youth, 14 community members, one Elder and one pregnant woman
- 38 were non-smokers/vapers and four were current smokers
- 34 live in smoke/vape free homes
- Approximately 100 community members made personal commitments to keep homes and cars smoke-free by displaying 'My home and car are smoke-free zones' window hangers in their homes and cars.



### **Summary and conclusion**

Overall, the three events were a success, not only due to the amount of people who attended, but also by the fact the TIS team were able to engage with a high number of youth and community members to increase and improve their knowledge and understanding around the health impacts of tobacco use and vaping. The team also engaged with approximately 14 other service providers and organisations within our TIS region to help promote, plan and deliver the youth event.

In conversations with community members during the three activities, many stated Solid Mob TIS presence, and the education delivered during TIS community events, may impact on a person's decision to quit or avoid smoking and/or vaping.

The community knowledge survey results indicated:

- 30 community members believed TIS activities impact on a person's decision to quit or avoid smoking and vaping, five did not, and seven were unsure.

To ensure continued success of Youth TIS activities within the Solid Mob TIS region it is imperative the team continues to partner with services and Aboriginal organisations to support community members and youth quit by linking people into smoking cessation programs and provide supports with Nicotine Replacement Therapies through Aboriginal Health Services.



