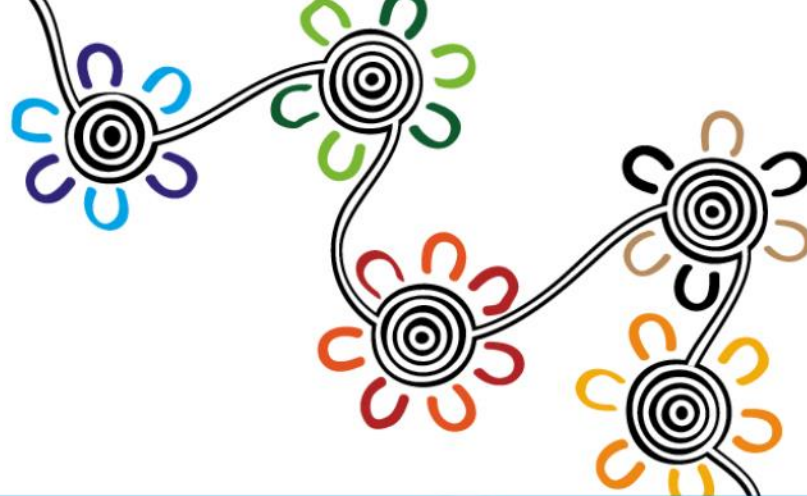


NATIONAL BEST
PRACTICE UNIT

**TACKLING
INDIGENOUS
SMOKING**



Taking a Tour of the TISRIC

ACT/NT/SA/WA Jurisdictional Workshop
13 March 2024

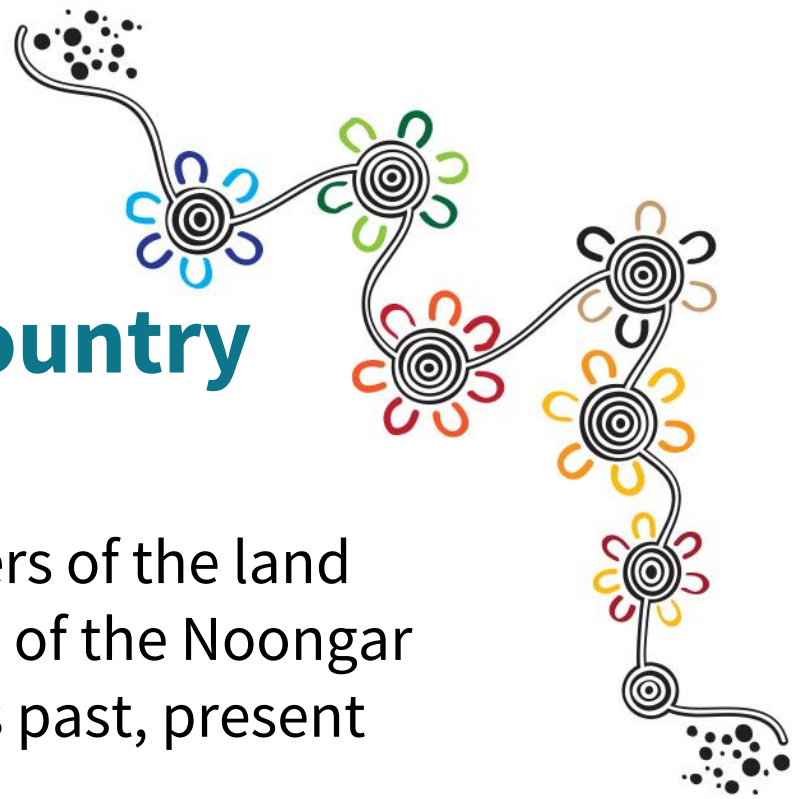
Ashleigh Parnell
Australian Indigenous HealthInfoNet

Core funding is
provided by the
Australian Government
Department of Health
and Aged Care



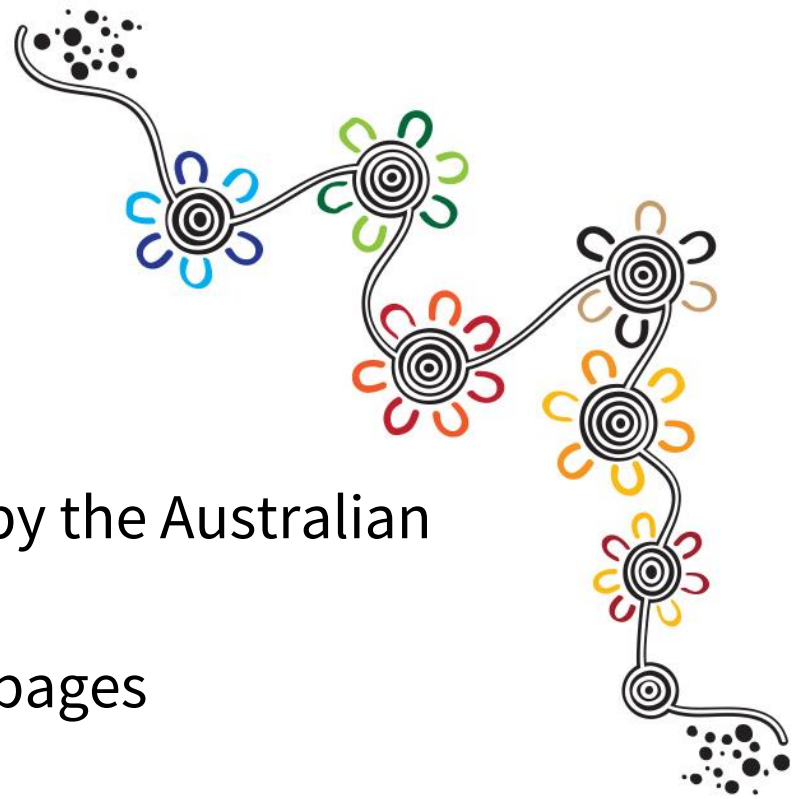
Acknowledgment of Country

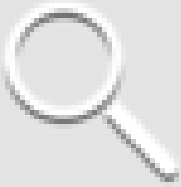
I acknowledge the Traditional Owners of the land we're on today, the Whadjuk people of the Noongar Nation and pay my respect to Elders past, present and emerging.



The TIS website

- Designed, created and managed by the Australian Indigenous Health *InfoNet*
- Has custom-built navigation and pages
- TISRIC
- Sections for Grant Recipients to showcase their work





tacklingsmoking.org.au



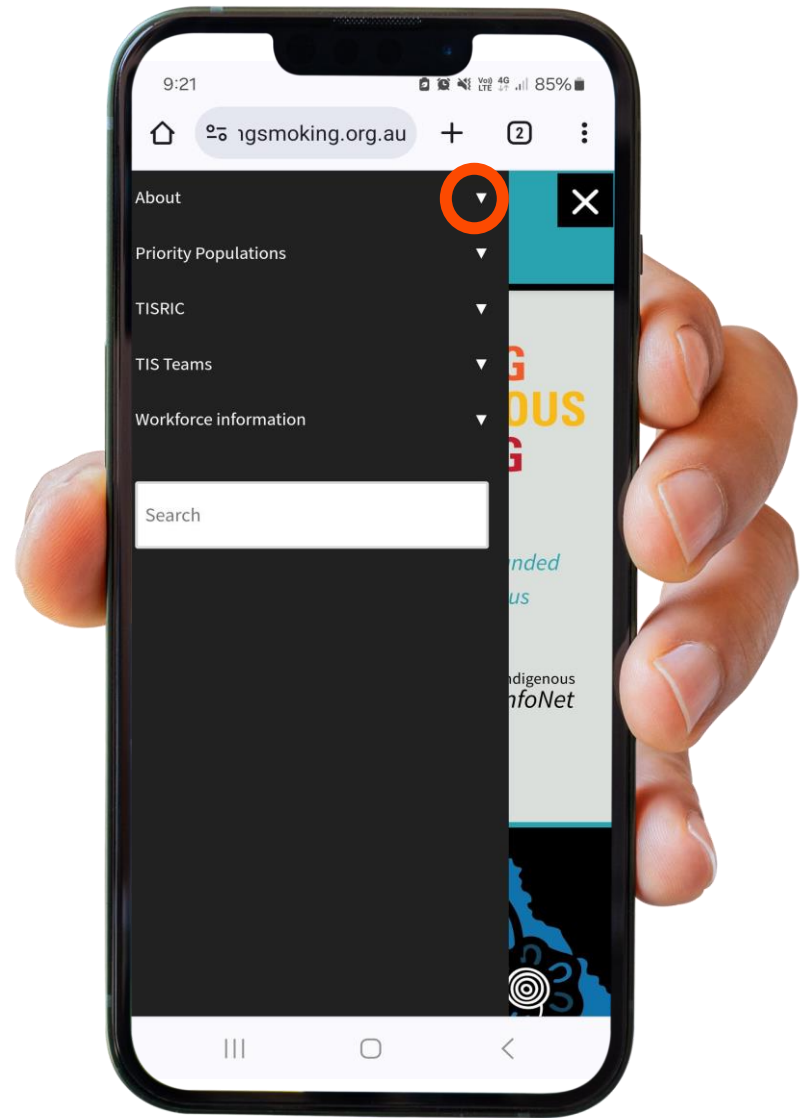
or

Scan QR code



NATIONAL BEST
PRACTICE UNIT

**TACKLING
INDIGENOUS
SMOKING**



Facts about smoking

Tobacco use has many health impacts, including increasing the risk of chronic diseases such as cardiovascular disease, many forms of cancer, and lung diseases. Tobacco use is also a risk factor for complications during pregnancy, and is associated with preterm birth, low birth weight, and perinatal death. Environmental tobacco smoke (second-hand smoke) is also a risk to health. Children are particularly susceptible to problems caused by breathing in second-hand smoke (passive smoking). This includes a greater risk of middle ear infections, more frequent and severe asthma attacks, and increased risk of sudden infant death syndrome (SIDS).

A recent study found that the health impacts of smoking among Aboriginal and Torres Strait Islander people have been underestimated by previous research. However the study also highlighted the benefits of quitting at any age. There is no level of smoking that is risk free. A person's risk of developing cancer increases the more they smoke, e.g. compared to non-smokers, people who smoke 1-5 cigarettes a day are 10 times more likely to develop lung cancer, while people who smoke more than 35 cigarettes per day are 39 times more likely. The best way to reduce cancer risk is by quitting smoking or not starting.

Extent of tobacco use among Aboriginal and Torres Strait Islander people

The latest data about smoking prevalence among Aboriginal and Torres Strait Islander people comes from the 2018-19 National Aboriginal and Torres Strait Islander Health Survey. The picture is a positive one, with the strong downward trend in smoking prevalence over the last 15 years leading to fewer tobacco related illnesses and many lives saved. There are now more Aboriginal and Torres Strait Islander people who do not smoke, than do smoke.



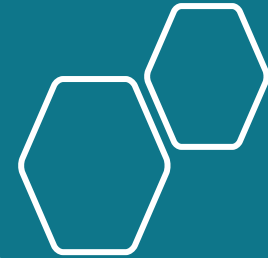
37%

37% of people aged 15 years+ reported that they currently smoked daily



47%

The age-group with the highest proportion of people who smoked daily was 35-44 years



Facts about smoking

Vaping (e-cigarettes) in Australia

The use of vapes (e-cigarettes) to quit tobacco smoking is a controversial topic which continues to be debated internationally. In Australia, the sale and use of non-nicotine vapes by adults is controlled by state and territory laws. This means restrictions vary across the country. For example, vapes may be sold by retailers in all states and territories except Western Australia, but may not be sold to minors. In some states and territories, they can only be sold by licensed retailers. Nicotine vapes are covered by federal law, because nicotine is regulated as a poison by the Therapeutic Goods Administration (TGA). The sale and use of nicotine vapes is illegal without a valid prescription as described below.

According to the National Drug Strategy Household Survey (NDSHS) 2022-2023, vaping increased across Australia between 2019 and 2022-2023 for most population groups, including Aboriginal and Torres Strait Islander people. The NDSHS found that for Aboriginal and Torres Strait Islander people aged over 14 years who were living in non-remote areas:

- almost 1 in 3 had ever tried a vape (31%)
- around 7% reported using vapes regularly (e.g., daily weekly, monthly)
- 1 in 20 both smoked and used vapes (5.1%).



Analysis of the 2018-19 National Aboriginal and Torres Strait Islander Health Survey by the Australian National University found Aboriginal and Torres Strait Islander people who had tried vaping were more likely to be:

- male
- younger (under 45 years of age)
- living in urban and regional areas.

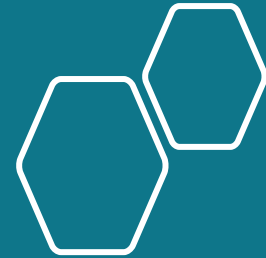
Vaping is increasingly popular in Australian youth who prefer vapes that are:

- cheap
- easy to conceal
- contain nicotine and flavourings.

Many youth who vape have never smoked conventional cigarettes. This suggests that many people in Australia who vape are not using vapes to help them quit. Staying up-to-date with the evidence about vaping is important as it is an evolving area of study. The Lung Foundation Australia, in partnership with La Perouse Local Aboriginal Land Council's TIS team Na Joomelah, and the NBPU TIS created a resource package, consisting of three short animations and accompanying factsheets, to help young First Nations people better understand how vaping can affect them, the people around them and the environment. You can access the resource package [here](#).



Facts about vaping





Connie the Clever Cockie Presents

Tobacco Control News

Evidence in Brief – February 2024

Findings from the Australian Secondary Students' Alcohol and Drug Survey



This month I thought you would be interested to hear about the latest findings from the Australian Secondary Students' Alcohol and Drug Survey (ASSAD), published in late December 2023. The survey includes questions about tobacco and e-cigarette use (vaping) as well as alcohol and other drugs. ASSAD is a national survey which is usually completed every three years by Australian secondary school students aged 12-17 years. The survey did not take place in 2020 due to COVID restrictions, so this is the first report on student smoking and vaping since 2017. Between March 2022 and July 2023 over 10,000 students from 83 schools completed the survey. We do not yet have Aboriginal and Torres Strait Islander specific results, however I thought you would be interested to hear about the broader survey findings since they are the most recent stats we have on youth smoking and vaping behaviours.

Key Messages:

- 1 Smoking Decline:** Smoking rates among students reached their lowest point ever, reflecting successful preventative health efforts. In 2022/23 one in seven students (14%) reported ever smoking, compared to around one in five in 2014 (19%) and 2017 (18%).
- 2 Vaping Increase:** Almost one-third (30%) of students tried vaping in the last two years – more than double the proportion who had tried vaping in 2014 (13%) and 2017 (14%).
- 3 Dual Usage:** More than one in nine students (12%) reported smoking and vaping. This is also higher than in 2014 (8%) and 2017 (8%).
- 4 Concern for Health:** The rise in vaping among students raises concerns about potential health implications and the need for continued monitoring and education regarding nicotine consumption among youth.

Smoking Prevalence 2022/23

In 2022/23 the study found that:

- 14% of Australian secondary school students had ever smoked even part of a tobacco cigarette;
- Less than one in 10 students (8%) had smoked in the past year;
- Around 3% had smoked in the past month;
- 2% had smoked in the past week.

Older students (16-17 years old) were more likely than younger students (12-15 years old) to have ever smoked or to have smoked recently (in the past year, past month, or past week). There were no significant differences in smoking behaviours between male and female students.

Changes in Smoking Behaviours over time

Smoking behaviours among Australian secondary school students have continued to decline in recent years. This includes:

- Ever-smoking – down to 14% in 2022/23 from 19% 2014 and 18% in 2017
- Smoking in the past year – down to 8% in 2022/23 from 14% in 2014 and 13% in 2017
- Smoking in the past month – down to 3% in 2022/23 from 8% in 2014 and 2017
- Smoking in the past week – down to 2% in 2022/23 from 5% in 2014 and 2017.

This shows a positive shift away from smoking behaviours among Australian youth.

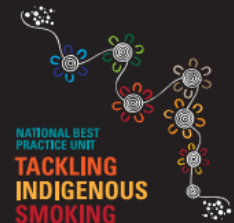
Smoking behaviours among Australian secondary school students have continued to decline in recent years

14% of Australian secondary school students had ever smoked even part of a tobacco cigarette



Almost 30% of Australian secondary school students had ever vaped



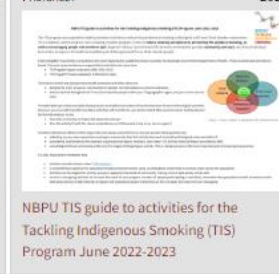






Young people who vape are three times more likely to take up smoking



TACKLINGSMOKING.ORG.AU

to Support Planning

recipient and require resources in alternative formats, please contact the National Best Practice Unit.

<p>2023</p>  <p>Community plan work template</p>	<p>FACTSHEET 2022</p>  <p>Resource development advice to TIS teams</p>	<p>FACTSHEET 2022</p>  <p>NBPUI TIS guide to activities for the Tackling Indigenous Smoking (TIS) Program June 2022-2023</p>
<p>2021</p>  <p>Resources for tobacco control</p>	<p>REPORT 2023</p>  <p>Aboriginal and Torres Strait Islander Health Performance Framework Summary report July 2023</p>	<p>RESOURCE PACKAGE 2020</p>  <p>Asset mapping and the 'we can' game guides</p>
<p>2016</p>  <p>Checklist for Recruiting Volunteers</p> <p>and retaining volunteers</p>	<p>REPORT 2016</p>  <p>The partnerships analysis tool</p>	<p>REPORT 2020</p>  <p>Partnerships in tobacco prevention and control</p>

Resource Development Advice to TIS teams

This advice follows the TIS program principles and is in line with how you should plan any activities.

The key things are that Resources should be:



Co-designed

Work with the community from the start of resource development because it shows respect for local Aboriginal and Torres Strait Islander knowledge. It also gives people ownership of resources and makes them more relevant and tailored to local culture – which means they will be more effective.



Accessible and relatable

Resources can take many different forms but whether you are developing posters, information leaflets, shirts, water bottles and so on its important that they are accessible and relatable for your target audience. You will achieve this if you make sure to engage the community in the co-development of resources. So, use local language, local images, local ambassadors.



Outcomes focused

Think about what you want to achieve with these resources. Is there a particular group in the population you are focused on? During the development process keep checking that the resources will be 'fit for purpose'. This will help you to develop resources that have a clear message, are meaningful and will have impact.



Evidence-based

Make sure that you have correct and up to date information on any resources you develop such as posters or brochures. Information should be based on the science not hearsay or 'old wives' tales. You can make sure information is accurate and up to date by looking on the TIS Website, or use other verified information sources such as Tobacco in Australia. Talk to your Project Officer who will be able to provide you with up-to-date evidence on Tobacco control.



Strengths based

All the evidence tell us that most people are aware of the dangers of smoking. Resources that focus on the benefits of quitting smoking (or never starting smoking) are more effective for motivating and supporting Aboriginal and Torres Strait Islander people to be smoke free.



A call to action

Good health promotion is not just about sharing knowledge and information. Educational resources are a good starting point for changing attitudes and behaviour but are more effective when they include a call to action.

Make sure to talk to your project officer throughout the development process – they can give you feedback to make sure resources are in line with the above principles (and they can also act as a proof-reader, spotting those typos that are so easy to miss).



Resources to Support Planning

Filter:

- All 197
- Bush Tobacco 1
- Cold Turkey 1
- Counselling and Smoking Cessation Information 10
- COVID-19 and Smoking 5
- Local Ambassadors 24
- Remote Communities 29
- Young People 25
- Pregnant Women and Families 30
- TIS Campaign 40
- Smoke-Free Environments 49
- Mass Media and Social Marketing 3
- NBPU TIS Calendar 4
- Pharmacology 7
- Physical Activity 2
- Quitline 8
- Social Media and Social Networking 3
- Stress 2
- Vaping 23
- Very Brief Advice 4

FACTSHEET 2020



Key facts about bush tobacco

ELECTRONIC SOURCE 2018



How to quit smoking 'cold turkey'

RESOURCE PACKAGE 2019



Harmful effects of smoking

LEAFLET 2010



Sick lung strong lung story

AUDIOVISUAL 2023




Winda-Mara Quit Stories - videos

AUDIOVISUAL 2021



Nor Mor Smok Ambassadors

AUDIOVISUAL 2023



Ready Mob Champions

AUDIOVISUAL 2023



World No Tobacco Day - let's celebrate a world without smoking and vaping

Resources to Support Activities

Resources to Monitor and Evaluate Your Program

KEY FACTS
TACKLING TOBACCO INDUSTRY SMOKING

Key Facts About Assessing the Strength of Partnerships

Building partnerships and collaborations to facilitate support for tobacco control is an important TIS Program activity. TIS funded organisations report on collaborations and partnerships under Program Indicator 2.

Partnerships and collaborations facilitate support for tobacco control

The performance report captures information about the number and type of organisations involved in planning/ implementing TIS activities. There is also a recommendation on the template to collect other numerical data such as:

- No. and type of collaborative arrangements/activities.
- No. and type of partnerships with local service providers to enable increased geographical reach.
- No. and type of partnerships with local service providers to enable increased reach to priority groups.

This means it is important to think about the success of these partnerships. Do they increase your reach/populations, or provide populations, or provide who do not normally attend ACCCO? You should also collect more detailed data which describe the strength of your partnerships. This information will be an important part of providing the story of change. There are nine key areas in which the strength of partnerships can be assessed:

- Effective communication
- Common values
- Long-term commitment
- Transparency
- Shared learning
- Mutual awareness
- Organisational growth
- Participatory processes
- Mutual respect

The strength of partnerships is usually measured through a survey or a focus group discussion. Remember that both organisations should benefit from the partnership, so you should give your partner organisation's views on how the relationship is developing or improve your own assessment. A survey template and a focus group discussion guide are provided for you to use (download from <http://tobaccoaction.org.au/tis/>). Please contact NERTU TIS if you would like a more version of either of these templates.

info@tobaccoaction.org.au

Smoking status/behaviour

- How often do you currently smoke cigarettes/tobacco?
 - Daily
 - Weekly but not every day
 - Less often than monthly
 - Not at all but I have smoked in the last 12 months
 - I have stopped smoking for more than 12 months/I've never smoked
- How many cigarettes/tobacco do you normally smoke a day?

Current smokers:
- How long have you been a smoker?
- At what age did you start smoking?
- What sort of cigarettes or tobacco do you smoke?

Quit intentions/behaviour

- Which one fits you best at the moment?
 - Have not thought about quitting

Survey question bank

HOW TO CONDUCT FOCUS GROUPS

Katherine West Health Board Aboriginal Corporation

Program status

DATES NOT SPECIFIED

Description

Indigenous Region (IREG) serviced by Katherine West Health Board Aboriginal Corporation: Katherine (IREG code: 705).

Katherine West Health Board (KWHB) Aboriginal Corporation is an Aboriginal Community Controlled Health Organisation located across the river and desert country of the remote outback to the southwest of Katherine in the NT.

KWHB provides clinical, preventative, and emergency health services in seven health centres based in the remote Aboriginal communities of:

- Timber Creek
- Bulla
- Amanbidji
- Yarralin
- Nitjpurru
- Kalkaringi
- Lajamanu.

Links

RESOURCE



[Dwayne Jones Quit story](#)

RESOURCE



[Nicotine Replacement Therapy information cards](#)

RESOURCE



[Katherine West Health Board videos - Smoking](#)

RESOURCE



[Katherine West Health Board videos - Smoking and pregnancy](#)

INFORMATION



[Katherine West Health Board YouTube channel](#)

INFORMATION



[Katherine West Health Board Facebook page](#)

WEBSITE



[Katherine West Health Board](#)

TIS Team Activities

NATIONAL BEST PRACTICE UNIT

TACKLING INDIGENOUS SMOKING

AUDIOVISUAL 2023



World No Tobacco Day - let's celebrate a world without smoking and vaping

RESOURCE PACKAGE 2022



Nicotine Replacement Therapy information cards

AUDIOVISUAL 2023



Winda-Mara Quit Stories - videos

AUDIOVISUAL 2023



Make a deadly choice: vaping ad

AUDIOVISUAL 2023



Traditional smoking heals, tobacco smoking kills

POSTER 2023



Smoke and vape free signs

POSTER 2023



Did you know? The nicotine in vapes

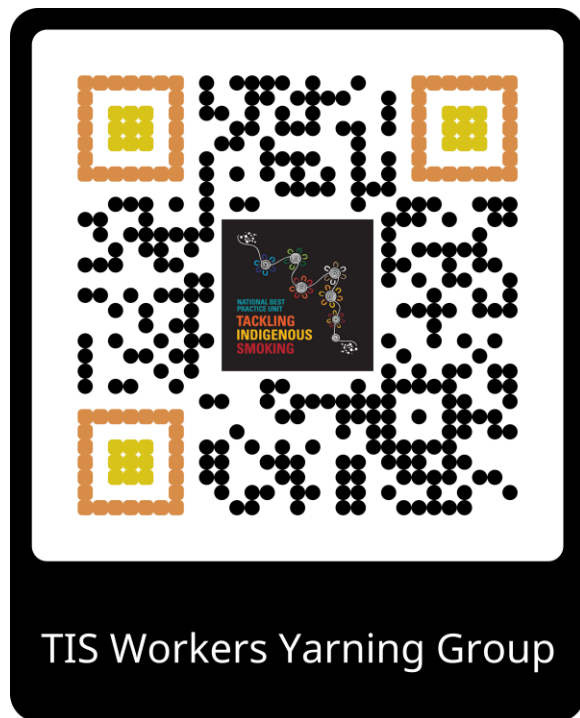
FLIPCHART 2023



E-cigarettes and vaping presentation

TIS Team Resources

Staying connected



Join the **National TIS Workers Yarning Group** on Facebook.

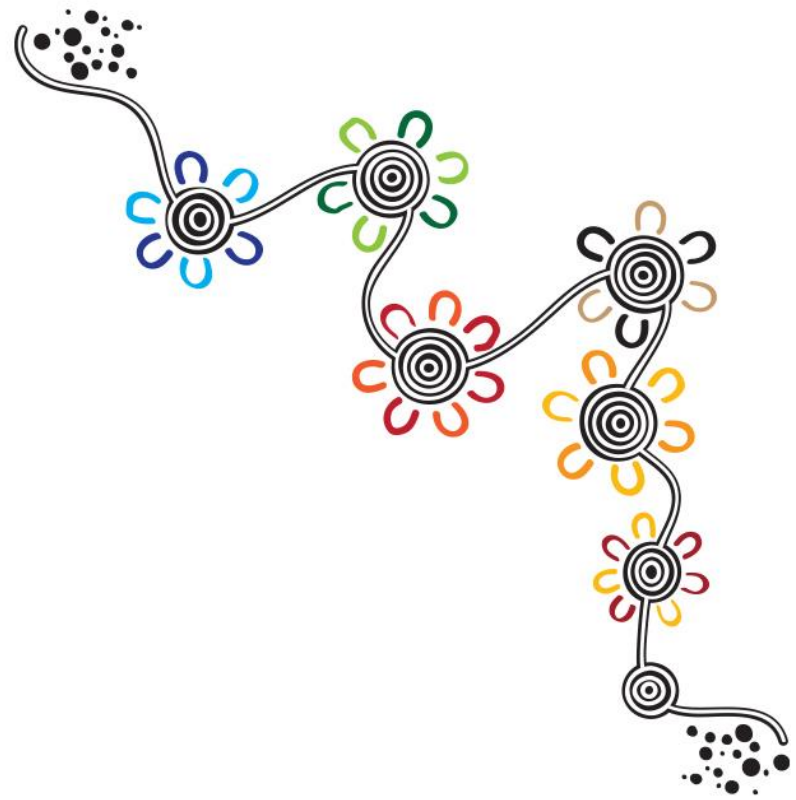
- Closed group – TIS Workers only
- Make sure you answer the membership questions after you click 'Join'.
- Safe space to connect with colleagues around Australia.

Staying connected



Sign up to the **NBPU TIS Monthly Newsletter**.

- Updates from NBPU TIS, Professor Tom Calma AO, DoHAC and partners
- TIS teams, including success stories – **send them in!**
- Features key dates, latest website additions and upcoming events.



Please contact us

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Email: a.parnell@ecu.edu.au