



## Danila Dilba Health Service

May 2024



*Danila Dilba's Caleb Niki, NBPU TIS Program Officer Clarkie and Danila Dilba's Tobacco Action Officer Nina Ferroah-Wong.*

This story was submitted to the National Best Practice Unit Tackling Indigenous Smoking (NBPU TIS) by Nina Ferroah-Wong, Tobacco Action Officer at Danila Dilba Health Service. Many thanks to the Danila Dilba TIS team for sharing their story.

### **What area do you service?**

Danila Dilba Biluru Butji Binnilutlum Health Service Aboriginal Corporation is the TIS grant recipient for the Darwin area, extending to Litchfield in the south, Batchelor in the east and the Gunn Point Peninsula in the north.

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

We are pleased to report the successful Tackling Tobacco Program BBQ at Leanyer Water Park on Friday May 3. This event, organised in collaboration with the residents and social workers of Sunrise Rehabilitation Centre, marked the completion of an intensive eight-week endeavour.

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

The initiative, originally designed for the broader community, was adapted to cater specifically to the needs of the residents at Sunrise Rehabilitation Centre. Our team conducted a comprehensive evaluation through



a structured group survey, allowing each resident to articulate their insights and experiences regarding the program. Among the notable outcomes, one resident shared their achievement of quitting vaping, attributing their success to the knowledge acquired during our vaping cessation session.



### **How did you evaluate your activity?**

It was observed through survey results that half of the residents were previously unaware of the concepts of second- and third-hand smoking until our Tobacco Information and Support team delivered a session on passive smoking. Encouragingly, the feedback received underscored a desire for additional smoking-related activities, affirming the relevance and impact of our tailored sessions on the residents of Sunrise Rehabilitation Centre.

Following our survey and comprehensive evaluation of the resident group, it is heartening to note that one individual made the decision to utilise the resources and information provided to embark on a journey toward smoking and vaping cessation.

Among the cohort of 20 residents, it was observed that:

- Initially, three residents were engaged in both smoking and vaping practices.
- Post-program completion, two individuals continued to engage in these habits.
- Prior to program commencement, 13 residents were smokers.
- At the conclusion of the eight-week program, 12 individuals remained smokers, but an encouraging consensus emerged from our assessment: all residents acknowledged a reduction in their smoking habits, attributing this positive change to the knowledge imparted during our program.



This collective progress underscores the efficacy of targeted interventions and underscores the potential for continued impact in fostering healthier lifestyles among our community members.

### **Summary and conclusion**

The Tackling Tobacco Program BBQ is testament to the efficacy of targeted community interventions in promoting health awareness and fostering positive behavioural change. We are proud to have contributed to the well-being of the residents and look forward to further collaborative efforts in the future.

