



Derby Aboriginal Health Service

September 2024



This story is from Kimberley Aboriginal Medical Services' (KAMS) partner West Kimberley – Quit Today, Live Tomorrow. The story was submitted to the National Best Practice Unit Tackling Indigenous Smoking (NBPU TIS) by Mandy McSherry, Tackling Indigenous Smoking Regional Coordinator at KAMS. Many thanks to the West Kimberley TIS team for sharing their story.

What area do you service?

West Kimberley - Quit Today, Live Tomorrow is based in Derby, working under Derby Aboriginal Health Service.

Tell us about your success story

It was the team's first time in Fitzroy Valley. Our first stop was at Bayulu Remote Community School, where we collaborated with the TIS team from Broome (No Joobuk). We organised the school education by reaching out to the principal, who gave us a proposed time to come down. At the school we targeted the primary school-aged kids and talked about the ingredients found in cigarettes and the health impacts of cigarette smoking.

We then proceeded to the Wankatjunga community for a health day at the Wankatjunga Remote



Community School. All the grades participated in this event and the TIS team focused on reducing uptake of smoking and recreational use of vapes (Be Smart, Don't Start). We collaborated with the Wangkatjunga Remote Community School, the [Nindilingarri](#) FASD team and the TIS team from Broome. We got involved through the school's program coordinator and discussed some of the activities and education materials we would be talking about on the day.

Lastly, we developed some smoke-free spaces at the Fitzroy renal clinic, the renal hostel, Wundkuntjunga store and Wundkuntjunga health clinic, giving out smoke-free signs to these organisations.



Who was the activity designed to reach?

The target population was young people (aged 12-24) and primary school-aged children.

How did you evaluate your activity?

The activity was an interactive session. Visual aids, interactive game activities and informal chats made this program a success, as the kids were more engaged. At the end of the session, the students gave feedback to their teacher on how they enjoyed some of the interactive activities like the 'vapes and ladders' game and the smokey eyes shooting game. The TIS team also used observation methods to evaluate the kids' reactions when they saw the visual aids of the health impact of smoking and vaping. Staff also used informal chats to evaluate; this was done at the end of the session, when questions were asked and kids provided answers.



Summary and conclusion

One of the major achievements of this event was increased awareness of the health impacts of smoking among the kids, as well as helping the kids learn some of the ingredients found in cigarettes. The TIS staff highlighted the harmful substances found in cigarettes and their smoke, such as nicotine, tar and carbon monoxide. The evaluation method used was essential, as TIS staff evaluated the knowledge of the kids before and after the session. Lastly, a lesson we learnt from this trip was preparing our activities in advance to avoid any information clashes between TIS teams.

