



Derbarl Yerrigan Health Service

January 2025



This story was submitted to the National Best Practice Unit Tackling Indigenous Smoking (NBPUS TIS) by Zachary Alexander, Derbarl Yerrigan Health Service's TIS Coordinator. Many thanks to the Derbarl Yerrigan TIS team for sharing their story.

What area do you service?

Derbarl Yerrigan Health Service takes care of the Perth IREG and has been a TIS team since 2023.

Tell us about your success story.

We hold 'Let's say BUH-BYE to smoking and vaping' fortnightly sessions at King Edward Memorial Hospital. We have the Aboriginal health promotion team at the hospital bring down their clients prior to their appointments to attend one of our sessions.



Who was the activity designed to reach?

This activity was designed to educate new mothers and fathers about the harms of second-hand and third-hand smoking/vaping while their babies are in the neonatal intensive care unit (NICU). We have had over 186 Indigenous mothers and fathers attend our sessions over the last 12 months. We have given away 14 mother starter kits (this includes pram, car seat, nappies, wipes, bath, towels, blankets, quit resources and Quitline information). The team worked closely with the neonatal department at the hospital to make sure all resources are culturally appropriate and relevant.

How did you measure the success of the activity?

The team used a pre-survey to gather a baseline. After each session we would then conduct a small quiz to see if they had increased their knowledge on the subject. We would have regular contact with the majority of parents in our sessions and visually see them improve their behaviours, such as changing their shirts after smoking or vaping, as well as washing their hands and forearms before going back into the NICU. After three sessions we then conduct another survey to see how much information they have retained. We then put all the parents into a draw to win one of our mother starter kits.

Summary and conclusion

With this activity we achieved a consistent attendance at our no smoking/vaping sessions. We were able to spread our message about the dangers of second- and third-hand smoking for babies and provide important information to community members. We learnt that most members of the community don't have a huge understanding on the effects of second- and third-hand smoking, so the team will be creating new ads to place around our region and the hospital to spread the information to the wider community.

