



The University of Sydney



NSW HEALTH

I would like to acknowledge and pay respect to the traditional owners of the land on which the University of Sydney now stands - the Gadigal peoples of the Eora nation. As we share our own knowledge, teachings, learning and research practices within this University may we also pay respect to the knowledge embedded forever within the Aboriginal Custodianship of Country.

Shane Hearn

Chief Investigator, SmokeCheck Project

From the Project Manager - Welcome to our first SmokeCheck newsletter!

The purpose of our newsletter is to update you on SmokeCheck activities and new tobacco control activities that may impact on your work, provide details about SmokeCheck training and invite you to share information with other health practitioners also working with Aboriginal communities.

This newsletter will be distributed at least 3 times per year through the SmokeCheck website and to all past workshop participants, local services and Area Health Service contacts. I encourage you also to visit our new website and share with us information about your work and activities and stories from your community.

Our report on Phase 1 will be released shortly. I am also thrilled to announce the SmokeCheck Project team for Phase 2 with the appointment of Luciana Massi and Sharon Daly to new positions on the team. Please see details later in this newsletter.

I look forward to working with you as we roll out our training program through 2010-2011 and implement new program initiatives that build on the previous work of the SmokeCheck Project and its capacity building efforts for smokefree Aboriginal communities over the coming year.

Bev Carroll
Project Manager



The traditional smoking ceremony cleanses and protects the strength of the spirit. Tobacco smoking is not part of Aboriginal culture and harms the body.

The screenshot shows the SmokeCheck website interface. At the top, it says "smokecheck" and "Working towards smoke free Aboriginal communities in NSW". There are navigation tabs for "Home", "About SmokeCheck", "Our programs", and "Smoking facts". A search bar is present. The main content area includes a sidebar with "About SmokeCheck" (Who we are, Background, Programs, Progress, Resources, Our partners, Contact us) and "Our programs" (Health services, Training, Quit programs, News, Sharing, Programs Contact). The main text area features a large image of a person performing a smoking ceremony with the text: "The traditional smoking ceremony cleanses and protects the strength of the spirit. Tobacco smoking is not part of our culture and harms the body." Below this is a "Welcome to SmokeCheck - A brief intervention for Smoking Cessation" section. It includes a quote from Shane Hearn: "Firstly, I would like to acknowledge and pay respect to the traditional owners of the land on which the University of Sydney now stands - the Gadigal peoples of the Eora nation. As we share our own knowledge, teachings, learning and research practices within this University may we also pay respect to the knowledge embedded forever within the Aboriginal Custodianship of Country." There are three call-to-action buttons: "A's of Brief Interventions (click, assess, advise, assist & arrange follow up)", "Register Here for a Training Workshop", and "Latest News (see our newsletter, photo gallery & sign our event book)". The footer contains copyright information: "© 2009-2009 The University of Sydney, NSW 2006 Australia. Phone +61 2 9356 7113. Fax +61 2 9352 9164" and logos for "The Aboriginal Map of Australia", "NSW HEALTH", "Cancer Institute NSW", and "AFAC".

SmokeCheck launches their website

Thank you to those who provided their input and assisted us with testing the website.

The SmokeCheck website has been developed to address the information and communication needs of health practitioners working with Aboriginal communities. It provides information on SmokeCheck workshops and how to register, up to date information on all our SmokeCheck program activities, local Area activities, general tobacco control information and new evidence and research around smoking in Indigenous communities. The website will be updated regularly with news, research, training workshops and new information will be added as it develops further.

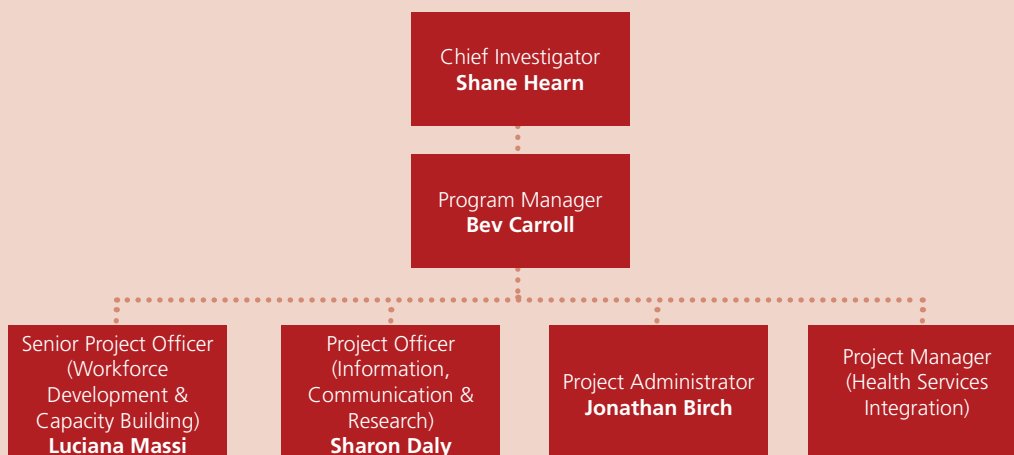
www.smokecheck.com.au

SmokeCheck resources and artwork used in this newsletter have been developed by the renowned NSW Aboriginal artist Bronwyn Bancroft.

SmokeCheck Phase 2 Project Team

We would like to thank Miranda Rose and Hannah Nancarrow for their wonderful contribution and dedication to the SmokeCheck Project throughout Phase 1. The SmokeCheck team congratulates Luciana Massi on her new role as Senior Project Officer (Workforce Development & Capacity Building) and welcomes Sharon Daly as Project Officer (Communication & Research) and Jonathan Birch as Project Administrator. Both Sharon & Luciana look forward to meeting you at SmokeCheck workshops in 2010.

Phase 1 of the SmokeCheck training program was delivered between 2007-2008 and additional training was conducted in 2009 reaching 718 participants in 81 workshop locations around NSW. A review process was undertaken in June-July 2009 which resulted in the development of the SmokeCheck Phase 2 Project Plan. As part of this Project Plan a new team position has been created – Project Manager (Health Services Integration Program). The SmokeCheck Team for Phase 2 is represented as follows:



Phase 2 of SmokeCheck

Since the start of the SmokeCheck Project, research has been an important component of our work. This research provides us with a clearer understanding of the needs of health professionals working with Aboriginal communities. It also helps us to target our programs to meet the needs of health workers in their efforts to encourage smoking cessation in Aboriginal communities.

Over the past few months the SmokeCheck team has conducted a number of research activities and has also undertaken field trips to better understand the issues and barriers to routinely providing brief intervention experienced by the health professionals attending our SmokeCheck training workshops. One of our research studies found that among the Aboriginal healthcare workforce participating in SmokeCheck workshops 70% do not receive information regularly or at all regarding tobacco control issues. As a result we have developed this newsletter and also launched the SmokeCheck

website in an attempt to provide our target group of health professionals working with Aboriginal health clients and communities with some general information about tobacco control, smoking issues for Aboriginal communities and about the SmokeCheck Project.

Over the last 6 weeks we have also met and consulted with local health workers & service managers across all Area Health Services in NSW. This has been undertaken to gain feedback about ways of improving our training program and for updating our SmokeCheck resources. We have also sought to gain input for the development of our new SmokeCheck Phase 2 program - Health Services Integration Program. We are now reviewing this information and the feedback provided in these meetings will assist us in tailoring all our Phase 2 activities.

Thank you to all those who took the time to meet with the SmokeCheck team and provided invaluable insights and suggestions.

How to contact the SmokeCheck team

If you have any questions or comments in relation to SmokeCheck we are always happy to hear from you, by:
Post: SmokeCheck Program, Sydney School of Public Health, Edward Ford Building A27, University of Sydney, NSW 2006
Phone: +61 (02) 9351 5129 Fax: +61 (02) 9351 5205 Email: smokecheck@health.usyd.edu.au Website: www.smokecheck.com.au



SmokeCheck Project Phase 2

Goal: Increase the quit smoking rates of Indigenous clients of NSW healthcare services and the quit smoking rates of Aboriginal Health Workers and other Indigenous healthcare workers participating in SmokeCheck training workshops.

Focus area 1:

Organisational capacity building

-Support healthcare systems/ environments to provide brief smoking cessation intervention practices in routine healthcare to Indigenous clients.

Focus area 2:

Workforce capacity building

- Provide training and support to Indigenous health workforce in brief smoking cessation intervention.

Focus area 3:

Smoking cessation for Indigenous Health workforce

- Provide support for Indigenous health workforce making quit smoking attempts.

Formative research, Resource development, Information and Communication, Evaluation, Reporting, Partnerships and stakeholder relationships

SmokeCheck Training Workshop

The SmokeCheck training workshops have been developed for Aboriginal Health Workers (AHW) and other health professionals with a primary responsibility for the health care of Aboriginal people in NSW.

SmokeCheck workshops will be held all around NSW between February 2010 and February 2011. The dates and exact locations are being finalised. If you are interested in attending a SmokeCheck workshop in your area please email smokecheck@health.usyd.edu.au and we will provide you with details of training locations and dates as soon as they are confirmed.

Workshop details and registration will also be available on our new website www.smokecheck.com.au. If you have any questions please contact Sharon directly on smokecheck@health.usyd.edu.au

Topics covered in the SmokeCheck training workshop include

Brief intervention & motivational interviewing	Health effects
History of tobacco use	Nicotine dependence
Smoking prevalence & tobacco use	Nicotine replacement therapy & other quit smoking aids
Impact of tobacco on Indigenous Australians	Environmental tobacco smoke
Social determinants of health	Health promotion & stages of change
Cigarette content	SmokeCheck resources & case studies



Sydney University Workshop 2009



Newcastle Workshop 2008

News desk

SmokeCheck Phase 1 Final Report

The SmokeCheck Phase 1 Final Report will be published shortly and available on our website www.smokecheck.com.au.

Summary of findings from Phase 1 (2007-2008)

In Phase 1, 519 people were trained in 63 workshops, including 35% of the NSW Aboriginal Health Workers workforce. Forty-eight per cent of participants identified themselves as Aboriginal and/or Torres Strait Islander. A breakdown by Area Health Service can be found in the Phase 1 Final Report.

The results of the impact evaluation found statistically significant increases in the proportion of participants who reported (after training) increased confidence in:

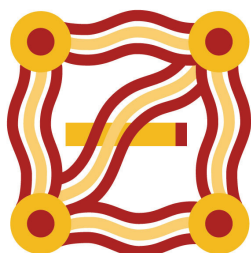
- Talking to their clients about the health effects of smoking – an increase of 22% (from 53% to 75%)
- Raising the possibility of 'quitting' with clients making health visits for unrelated health reasons - increase of 27% (from 43% to 70%)
- Assessing clients' stage of change for smoking cessation/readiness to quit doubled (from 31% to 62%)
- Raising smoking as a point of discussion increased by 24% (42% to 66%)

There were also statistically significant increases in the number of health professionals:

- Providing advice about nicotine replacement therapy increased by 15% (from 51% to 66%)
- Providing advice/information about environmental tobacco smoke increased by 12% (from 37% to 49%)
- Providing advice on cutting down tobacco use by 10% (from 55% to 65%)

Oceania Tobacco Control Conference, Darwin.

This meeting was hosted by Cancer Council Northern Territory in Darwin on 7-9th October 2009 and around 300 delegates attended. A report will be available shortly at www.oceaniatc2009.org/



Smoke Free Cars Legislation



Image provided with thanks to North Sydney Central Coast Area Health Service

From 1 July 2009, smoking in a car with children under the age of 16 is against the law. A \$250 on the spot fine applies to the driver and any passenger who breaks the law. For further information visit www.health.nsw.gov.au/resources/publichealth/healthpromotion/tobacco/pdf/a5_smoke_free-cars_factsheet.pdf

Feedback

We'd love to hear from you! Your feedback on our newsletters and our new website is very welcome. If you have any comments please email smokecheck@health.usyd.edu.au

Order SmokeCheck newsletters for your service

If you would like to sign up to receive copies of this and future newsletters for your service please complete your details below and return to SmokeCheck, Sydney School of Public Health, Edward Ford Building A27, University of Sydney, NSW 2006 or email these details to smokecheck@health.usyd.edu.au

Your Name

Your Position

Best Contact Phone Number

Your Email Address

The Address of your Service

How many newsletters do you require (max 15 per service).....

Is there anyone else in your service who should also receive the SmokeCheck newsletter? (please provide name, title & email address)

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