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Health

A special message from Chief Investigator

Welcome all, the SmokeCheck team is delighted to provide you with *Ngaina* edition 3.

Firstly I would like to acknowledge and pay respect to the traditional owners of the land on which the University of Sydney is located - the Gadigal peoples of the Eora nation.



Smoking is the number one cause of the 17 year gap in life expectancy between Indigenous and non-Indigenous people in Australia. While the national smoking rates in the Australian Indigenous population remain at around 50%, according to research conducted by David Thomas there was a 2.4% decrease in smoking rates between 1994 and 2004. While this decrease in smoking rates is positive, the challenge still remains to reduce the prevalence of smoking in our people.

It is therefore encouraging to see the Council of Australian Governments' commitment of \$100.6 million over four years to address smoking in our Aboriginal communities. As part of the investment 57 Regional Tobacco Coordinators will be employed. I am also delighted that this group will be led by the Indigenous anti-smoking campaigner Mr Tom Calma as the National Coordinator for Tackling Indigenous Smoking.

With funding allocated and knowledge of what works we are in a good position to continue to contribute to reducing smoking rates in our Aboriginal communities and increasing life expectancy for future generations. As we develop the SmokeCheck program further we will continue to support Mr Calma's work to encourage smoke free Aboriginal communities in NSW.

Shane Hearn
Chief Investigator SmokeCheck Project
Senior Lecturer Sydney School of Public Health

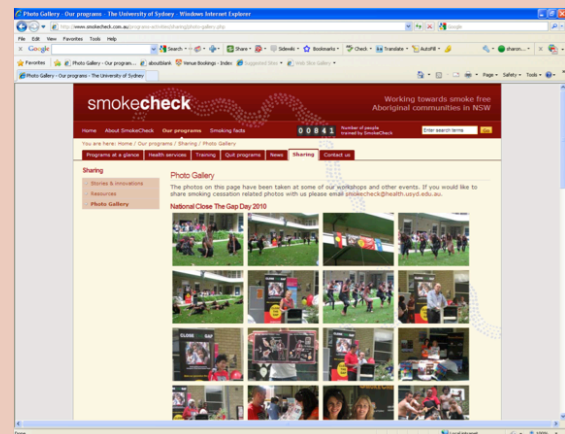
SmokeCheck *Ngaina*

The word *Ngaina* is from 'The Sydney Language' and means 'to breathe'. The work of SmokeCheck supports Aboriginal communities in NSW to breathe clean fresh air!

Have you visited the SmokeCheck website lately?

Thank you to those who have visited our website. Since 'go live' in November 2009 there have been 5,600 visitors to the site and 172,000 hits!

Our new photo gallery displays photos from our training workshops and also showcases some of the events that we have attended in the past few months to support our health colleagues in the field. If you have photos of events in your community please send them by email to smokecheck@sydney.edu.au



www.smokecheck.com.au



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

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

World No Tobacco Day

This year SmokeCheck promoted World No Tobacco Day through emails, text messages and our website. Our focus was to encourage all SmokeCheck-trained workers to make a special effort on World No Tobacco Day and have an encouraging yarn with Aboriginal women about their smoking. **Thank you for talking to your clients about their smoking on World No Tobacco Day.** During May we had over 1,200 hits on our website and the highest hit page was the World No Tobacco Day page. We also had requests for over 1,900 SmokeCheck resources!



World No Tobacco Day at Redfern AMS

The SmokeCheck team also attended a fantastic community event for World No Tobacco Day in Redfern AMS. Thanks to the organisers for having us and for a really great day. This event was for the community and staff, including the Area Health Service. The service took the occasion to sign a Memorandum of Understanding between SSWAHS, Redfern AMS, Tharawal AMS and Babana Aboriginal Men's Group. The event was also covered in the Aboriginal & Islander Health Worker Journal July/August 2010 edition.



Mark Mitchell (HSI Project Manager) and Sharon Daly (Project Officer Communications and Training) from the SmokeCheck Team.

Smokerlyzers get people talking!

Smokerlyzers are a range of breath Carbon Monoxide (CO) monitors and testers that measure the amount of CO in exhaled breath. The more you smoke, the higher your CO reading will be. The use of Smokerlyzers at community events and as part of health promotion programs has become very popular with health workers. Andy Mark of the Heart Foundation encourages health workers to use smokerlyzers where they are available. Andy tells us that "smokerlyzers are great to use to engage people to discuss quitting smoking."



Participants at the SmokeCheck training workshops will now be given a demonstration and have the opportunity to practice using a smokerlyzer during their training day. For more information on smokerlyzers visit www.smokecheck.com.au/news

The 'Kick the Habit' campaign was launched on World No Tobacco Day

Six participating Aboriginal Community Controlled Health Services (ACCHSs) and their communities, in conjunction with the Aboriginal Health & Medical Research Council (AH&MRC) launched 'Kick the Habit' social marketing campaign on World No Tobacco Day. The aim of 'Kick the Habit' is to promote and increase awareness of smoking cessation options in Aboriginal communities.

Champion ex-smokers from each of the communities volunteered to star in video advertisements, promoting key messages to their communities. 17 video ads have been created and posted on YouTube.

A number of resources and a 'Kick the Habit' Facebook page have been developed to compliment the videos. For further information on this campaign and links to the videos visit www.smokecheck.com.au/news



SmokeCheck Training Schedule 2010

The SmokeCheck training workshops have been developed for Aboriginal Health Workers (AHWs) and other health professionals who work with Aboriginal people in NSW. If you would like to attend a SmokeCheck workshop in your area register online, visit www.smokecheck.com.au, by email smokecheck@sydney.edu.au or phone (02) 9351 5129.

Note: The contribution and attendance of health workers who smoke will be valued and is encouraged.



SmokeCheck workshop in Tamworth



SmokeCheck workshop in Broken Hill

"Training was excellent, I use so much of it all the time. Training gave extra info and ways to ask questions which makes it easy...I haven't had a cigarette since the workshop. I made a decision I wasn't going to have a cigarette again. As a health worker, it's great to be a role model. I am nicotine free!"
Graham, SmokeCheck workshop Broken Hill June 2010

"The course was great, providing me with wonderful resources that are user friendly."
SmokeCheck workshop in Wellington, June 2010

Health Services Integration project

Over the past few months the Health Services Integration (HSI) project has been visiting and talking to many of our colleagues around NSW about how we can better support our trained health workers to use the SmokeCheck brief intervention in routine practice with Aboriginal clients. A hands-on guide is now being developed as a result of these discussions. A group of managers and senior clinicians have been invited to review and provide advice to SmokeCheck as this guide

SmokeCheck training schedule 2010

August		
Tuesday	August 24th	Rooty Hill
Wednesday	August 25th	Katoomba
September		
Tuesday	September 7th	Shell Harbour
Wednesday	September 8th	Nowra
October		
Tuesday	October 12th	Dolls Point
Tuesday	October 19th	Coffs Harbour
Wednesday	October 20th	Kempsey
Tuesday	October 26th	Albury
Thursday	October 28th	Queanbeyan
November		
Wednesday	November 10th	Tweed Heads
Thursday	November 11th	Lismore
Tuesday	November 16th	Griffith

SmokeCheck will also be available to deliver workshops on request after November.

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

is developed. As well, all managers of staff participating in SmokeCheck workshops are receiving information about how they can support their staff to put the brief intervention for smoking cessation training into practice.

For further information on the HSI project visit the SmokeCheck website or contact Mark Mitchell HSI Project Manager on 9036 7112.

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:
Phone: +61 (02) 9351 5129 Fax: +61 (02) 9351 5205 Email: smokecheck@sydney.edu.au Website: www.smokecheck.com.au
Post: SmokeCheck Program, Sydney School of Public Health, Edward Ford Building A27, University of Sydney, NSW 2006

News desk

25% increase in tax on cigarettes

On 30 April 2010, the Australian Government increased tax on tobacco products by 25%. This means that a pack of 30 cigarettes has increased by around \$2.16. It has been estimated this price increase should result in a 6% decrease in tobacco use which means approximately 87,000 less smokers over the next 10 years.

Estimate how much can be saved when you Quit

Not only will your clients experience benefits in terms of their health and quality of life when they quit smoking, they will also have more money to spend on themselves and their family. Visit our website for more information on estimating how much your client will save.

How much are you Spending on Cigarettes??

The best thing you can do for your health and pocket is to stop smoking.

1 Pack per day	Week	Month	Year	10 Years
	\$87.50	\$375	\$4562.50	\$45,625

www.quit.org.au

Call the **Quitline 13 7848** a free service.

LIVE LIFE WELL
NSW HEALTH
NORTHERN TERRITORY
SOUTH AUSTRALIA
TASMANIA
VIC
WESTERN AUSTRALIA

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

Introducing plain packaging of cigarettes

In a world first measure, the Australian Government will introduce plain packaging for all cigarettes sold in Australia by 1st July 2012. This means the logos, colours and graphics will be removed, the brand name will be written the same across all brands and larger health warning pictures will be included.

Ban on the display of tobacco products extended

The tobacco display ban was extended to stores with less than 50 employees on 1st July 2010. It is now required by law that all retailers selling tobacco in Australian states and territories remove the display of tobacco products from public view and display health warnings and Quitline messages in their store. The only exception is approved specialist tobacconists, who must comply with new limits on their displays.

If you have any questions call the toll-free NSW Health Tobacco Info Line on 1800 357 412.

Low daily number of cigarettes smoked reported in remote Aboriginal communities

New data published in the Australian and New Zealand Journal of Public Health in July 2010 has suggested that Indigenous Australians may smoke half as many cigarettes as non-Indigenous Australians, even though Indigenous people suffer far higher rates of smoking-related illness.

\$100.6 million funding to reduce smoking in Indigenous communities

A commitment has been made by the Council of Australian Governments (COAG) to invest \$1.6 billion over four years to Close the Gap in Indigenous health, \$100.6 million of this has been allocated to tackle tobacco smoking among Indigenous Australians.



Over four years funding will be used nationally to develop the Indigenous workforce and produce specific anti-tobacco campaigns. An outline of the Tobacco Action Workforce is provided in the chart below. We will keep you updated on the National action to reduce Indigenous smoking rates through our website.

The Tobacco Action Workforce



Promote Smoke Free events in your community

By making events in your community smoke free we can all do our bit to protect those around us especially our children and older community members.



Image provided with thanks to South East Sydney Illawarra Area Health Service and NSCCAHS

Feedback

We'd love to hear from you! If you have any comments please email smokecheck@sydney.edu.au

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For further information about these news items visit
www.smokecheck.com.au/news