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Health

A special message from Chief Investigator

Welcome everyone to the first SmokeCheck newsletter for 2011, Ngaina issue 4.

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.



The 2006-2009 Report on Adult Aboriginal Health was recently released by the NSW Department of Health and it contains some interesting data, including the fact that there has been a significant decrease in the proportion of Aboriginal adults who were current smokers, down from 41.3% (2002-2005) to 33.9% (2006-09). Although these statistics are extremely encouraging, there are some questions with regard to sample size and method of interview which should be considered when reading the data.

Within the Aboriginal and Torres Strait Islander community there are still groups who experience higher than average smoking rates, such as young males living in rural areas, where 44.4% of males aged 16-24 smoke (compared to 41.2% in urban areas) and Aboriginal women who are pregnant, with more than half of this group smoking during pregnancy (NSW Department of Health 2005, NSW Department of Health, 2006).

Overall I think we are seeing an improvement but there are still huge inequalities within the Aboriginal and Torres Strait Islander community. SmokeCheck, as a leading evidence-based brief intervention smoking cessation program designed specifically for Aboriginal people, is in a unique position to continue to contribute to the decline of smoking prevalence in our communities.

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?

We are always updating our website with the most recent and relevant news and information. Recently we added a calculator to our home page that helps your clients work out exactly how much their smoking is costing them. We hear a lot about how smoking affects our health but it is interesting to see how it affects our bank balance too. We are also really excited about the new SmokeCheck online module – more news over the page!



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 designed by the renowned NSW Aboriginal Artist Bronwyn Bancroft.

New resources!

The team here at SmokeCheck have been working on updating our resources and they are now ready to order! After working in consultation with health workers and taking on board your comments we have amended our existing resources to include more artwork, as well as practical and updated information to help your clients with quitting.

- **Booklet 1: Not ready** now has useful information on exactly what chemicals and poisons are in a cigarette.
- **Booklet 2: Unsure** has more information on health and other effects of smoking.
- **Booklet 3: Ready to give up** has a fresh new colour (now green, not orange!), has the latest information on NRT and practical tips for quitting.
- **Booklet 4: Stay a non-smoker** now includes a non-smoker checklist.
- **Pregnancy Booklet** has lots of extra information on the harm smoking while pregnant will do to a baby.

The SmokeCheck Booklets are part of a collection of resources for SmokeCheck trained health workers. There is also a desktop tool card, a DVD demonstrating brief motivational interviewing and fridge magnets, all of which are available to everyone who completes the one day training workshop.

If you would like to order any of our resources free of charge please email the NSW Department of Health Resource Distribution Unit at tobinfo@doh.health.nsw.gov.au



Belinda and Yvonne from Mootang Tarimi practising with the new resources

SmokeCheck introduces an online module

Now you can refresh your SmokeCheck knowledge online! An online module has been designed as an additional learning tool for health practitioners who have completed the SmokeCheck workshop. The module provides an overview of the things covered in the training and is a good way for people to test their skills and understanding. Listen to the audio files or read the information on the screen and answer the quiz questions at the end of each section to see if you were paying attention! There is a link to the module on our homepage so head to www.smokecheck.com.au and check it out.



Alex testing the new module

Important dates for 2011

Close the Gap Day **24 March**

World No Tobacco Day **31 May**

Aboriginal Tobacco Resistance And Control Program (A-TRAC) Symposium hosted by the Aboriginal Health & Medical Research Council NSW (AH&MRC) Sydney **21-23 June**

NAIDOC Week **3-10 July**

Oceania Tobacco Control Conference 2011, Brisbane **18-20 October**



Almost 1000!

Our 'travelling trainers' were busy in 2010 and after running 22 workshops last year we've now completed a total 106 workshops and trained almost 1000 people since the program began in 2007! We would like to take this opportunity to thank all of you who have attended the training and contributed to the success of the program. Help us hit the 1000 mark and register for a workshop today!



SmokeCheck workshop, Griffith, November 2010

"This is one of the best educational workshops I've ever been to! I learned so much! Thank you for being so warm, friendly and great presenters full of the most up to date knowledge".

SmokeCheck workshop, Tweed Heads, November 2010.

"I now feel more confident talking to clients about their smoking habits".

SmokeCheck workshop, Albury, October 2010.

SmokeCheck training schedule 2011

SmokeCheck is a one day smoking cessation brief intervention workshop for all health workers working with Aboriginal clients in NSW. As well as our scheduled workshops, in 2011 workshops are available on request, so if you have 10 or more people and are interested in holding one in your area or service please feel free to register your interest online:

www.smokecheck.com.au contact us by email: smokecheck@sydney.edu.au or phone: (02) 9036 7113.

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

February		
Friday	February 18	Kempsey
March		
Tuesday	March 16	Queanbeyan
Tuesday	March 22	Redfern (tbc)
Tuesday	March 29	Wollongong
April		
Tuesday	April 5	Newcastle (tbc)
May		
Tuesday	May 3	Broken Hill (tbc)
June		
Tuesday	June 21	Sydney

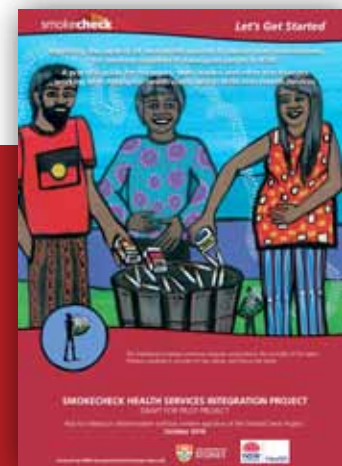
Health Services Integration project

The Health Services Integration (HSI) project aims to build the capacity of health services to integrate the SmokeCheck brief intervention into routine health care practices. During 2010 a practical guide for managers, team leaders and other practitioners working with Aboriginal clients/patients within NSW Area Health Services was developed with input from clinicians and health service managers from across NSW.

The working title for this resource is *Let's get started - Improving the capacity of local health services to deliver brief interventions for smoking cessation to Aboriginal people in NSW.*

Currently the Birra-Li Aboriginal Birthing Service in the Newcastle area, Mootang Tarimi Renal Screening Outreach Program in Western Sydney and Auntie Jean's Healthy Lifestyle Program on the south coast are using this resource to test its usefulness. The feedback provided by these services will be invaluable in fine tuning this practical tool kit.

If your service has been able to successfully integrate brief interventions for smoking cessation into routine practice we would love to hear from you. 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: 02 9351 5129 Fax: 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, The University of Sydney NSW 2006.

News Desk

Early success in efforts to 'Close the Gap'

The Minister for Indigenous Health, Warren Snowdon, recently released the first government report detailing the achievements and progress of the 'Close the Gap' campaign. The annual report shows that since July 2009 progress has been made, including the establishment of a Tackling Smoking and Healthy Lifestyle workforce made up of 21 Tobacco Action Coordinators, 20 Tobacco Action Workers and 41 Healthy Lifestyle Workers.



Anti-smoking campaigns targeting Indigenous Australians

Mainstream anti-smoking campaigns are failing Aboriginal and Torres Strait Islander communities according to the Minister for Indigenous Health, Warren Snowdon. "What we haven't done is communicate in a way where Aboriginal and Torres Strait Islander people are accepting of the message," Mr Snowdon said. New education posters include messages such as, "Traditional smoking heals...tobacco smoke kills" and another features Indigenous boxer Anthony Mundine and the slogan, "Get with the plan if you wanna be a real man - stop smoking."

No butts: NSW gets tough on smokers in public places

The New South Wales government has released a discussion paper on proposed bans on smoking in enclosed public areas. The Minister Assisting the Minister for Health (Cancer), Frank Sartor, said that "Councils have banned smoking in outdoor dining areas in many municipalities in Sydney ... and in the state and we're just looking at whether a more uniform, rational approach is better than all these ad-hoc rules." The Discussion Paper also identifies working in partnership with Aboriginal communities and peak bodies to reduce smoking and exposure to environmental tobacco smoke among Aboriginal people as a key priority area.

Study shows that second-hand smoke is killing 600,000 a year

A study published in the medical journal The Lancet in November 2010 has found that passive smoking claims more than 600,000 lives each year around the world, an estimated 1 per cent of all deaths. In the first look at the global impact of second-hand smoking, researchers analysed data from 2004 for 192 countries. They found 40 per cent of children and more than 30 per cent of non-smoking men and women regularly breathe in second-hand smoke.

Australia to restrict internet tobacco advertising

The federal government has announced a plan to restrict internet tobacco advertising, preventing retailers from promoting cheap or tax free cigarettes, as part of a campaign to cut smoking rates by 10 percent by 2018. "Prohibiting retailers from peddling cigarettes as 'cheap' or 'tax-free' on the internet is the latest step in the ... government's hard hitting and comprehensive action to reduce Australia's smoking rates," Health Minister Nicola Roxon said.

iCanQuit website launched

The Cancer Institute NSW has launched a new website to assist people to quit smoking. iCanQuit motivates smokers to stop smoking by providing them with the information and tools they need so they can personalise their quit journey, and interact and connect with like-minded users. It allows smokers to share their stories about previous, current or planned quit attempts, provides helpful hints on how to quit as well as a goal-tracker and savings calculator so smokers can see the tangible results of quitting. It could be the perfect tool to help you or your clients give up smoking, check it out at: www.icanquit.com.au



If you would like to sign up to receive copies of this and future newsletters please email your details to smokecheck@sydney.edu.au

