



Galnya Angin (Good Air)

The community newsletter of the
**Centre for Excellence in Indigenous
Tobacco Control (CEITC)**
ISSUE NO. 4, December 2007

From the Manager

Welcome to Issue 4 of *Galnya Angin*. I hope you will enjoy reading about some of CEITC's major achievements over the past year.

2007 has been an eventful year for CEITC and has seen the culmination of several important milestones, including the launch of our *Talkin' Up Good Air* resource kit and the bringing together of researchers in Indigenous tobacco control for a two-day meeting.

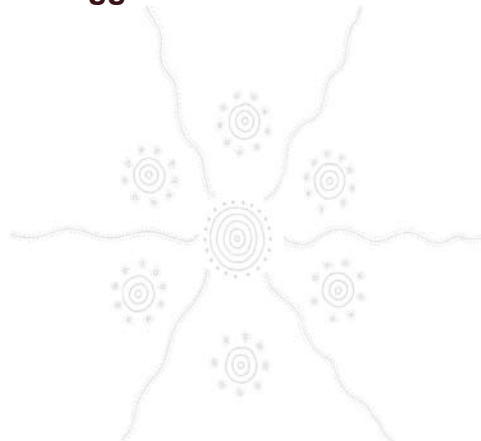
CEITC continually seeks to get people engaged in Indigenous tobacco control together to yarn about their work. The relaunch of our website will also provide a central point through which our community can exchange their knowledge and experiences. So why not check it out at www.ceitc.org.au

We are extremely pleased to report that the Commonwealth Department of Health and Ageing has granted CEITC a further three years of funding that will enable us to continue operating until December 2010. Over the next three

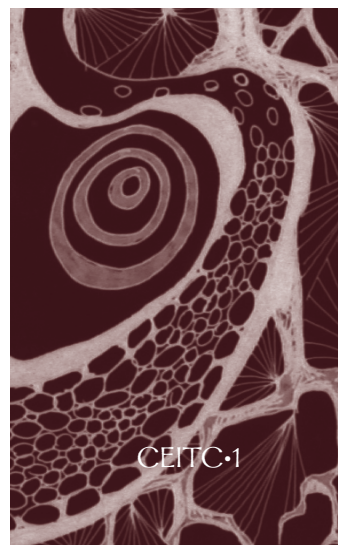
years CEITC's activities will shift into research, so that we can increase our understanding of why smoking in our community continues at nearly three times the rate of other Australians. CEITC is working with other researchers to find the gaps in current knowledge and to set an ongoing research agenda.

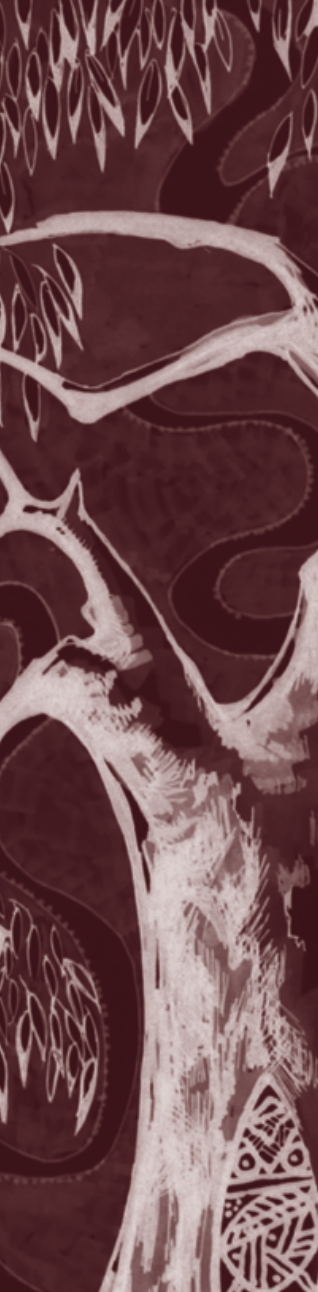
Finally we would like to wish you all a safe and happy Christmas and New Year, and a return to work ready for all the challenges 2008 will bring!

Viki Briggs



Would you like to join our
online Tobacco Control Network?
Go to www.ceitc.org.au and click on
'Join our Community of Practice'





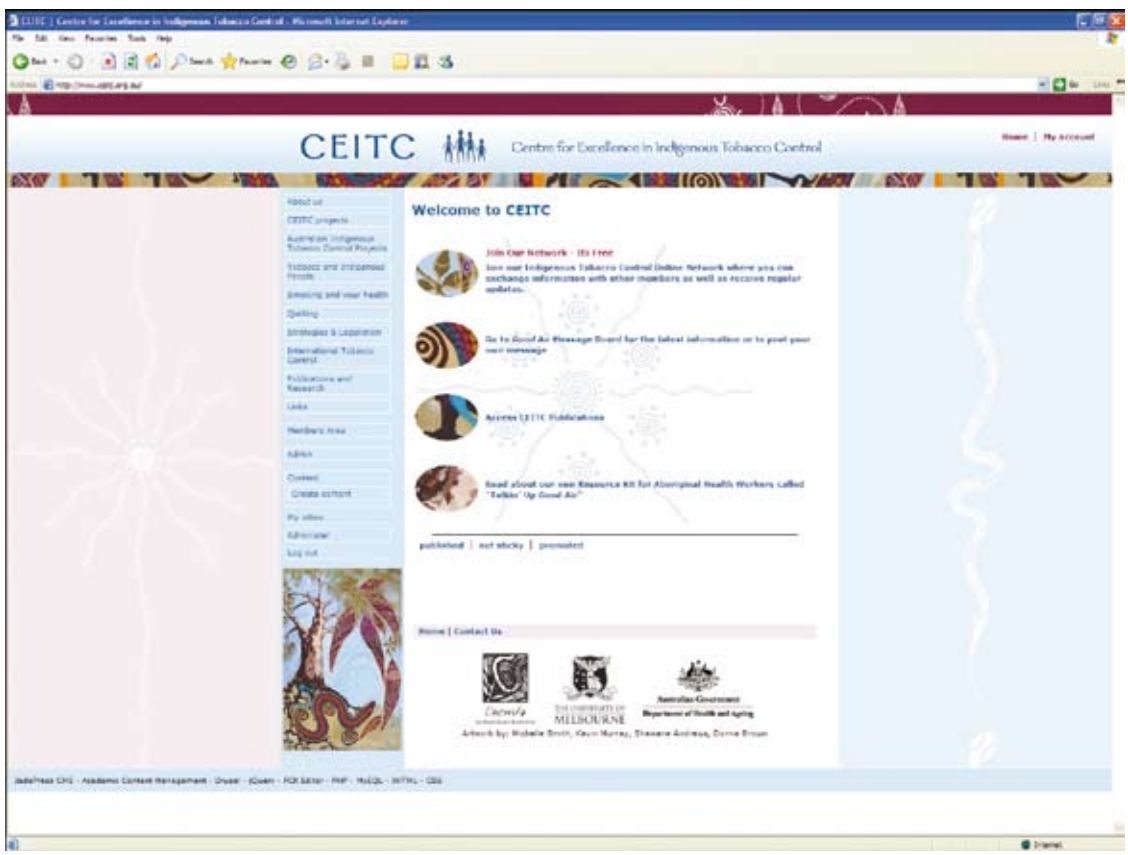
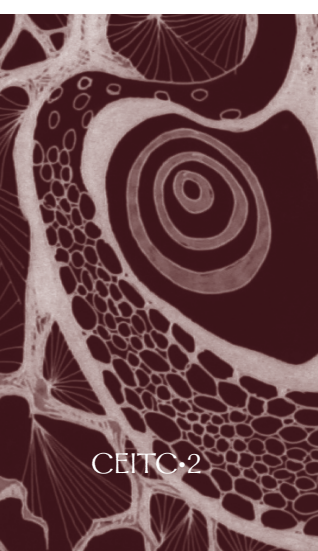
CEITC's website gets a new look

At the beginning of 2007 CEITC relaunched its website (www.ceitc.org.au). Our new look website also has the ability to be regularly updated and will provide a dynamic means of keeping up to date with the activities of CEITC and its online membership.

We hope to continue to build on our current network of people working within Indigenous tobacco control and encourage people to visit our website and become a member. This network provides a valuable opportunity for members to exchange their knowledge, experiences and resources with each other.

Share your tobacco control 'know how'

We encourage you to share your knowledge, information and experience with others working in the area of Indigenous tobacco control. Just send a hard copy of any articles, reports, conference presentations or other written material to us at the address on the back of this newsletter. Alternatively you can post an overview of your project or share your resources via CEITC's website: www.ceitc.org.au/register_your_project



Launch of Talkin' Up Good Air in Melbourne

The culmination of one of CEITC's major projects occurred on 6 April 2007 with the launch of its new Indigenous tobacco control resource kit *Talkin' Up Good Air*. The kit was launched at The University of Melbourne and represented a major achievement for CEITC.

This tobacco control resource kit for Indigenous Australian communities aims:

- to assist health professionals, along with community and education workers, to become community leaders in the area of tobacco control.
- to raise the priority of tobacco control in Indigenous communities.
- to build community ownership in tobacco control by supporting community-initiated and controlled action.

A practical manual, which encourages community action, the kit is full of information for health professionals, but particularly Aboriginal and Torres



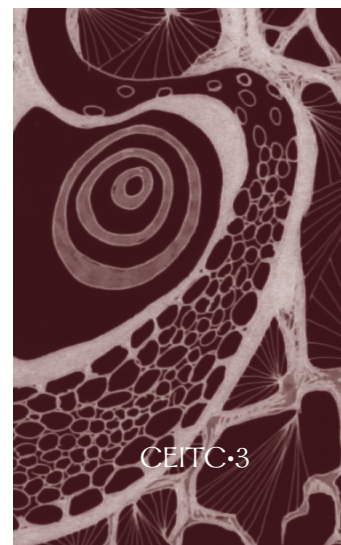
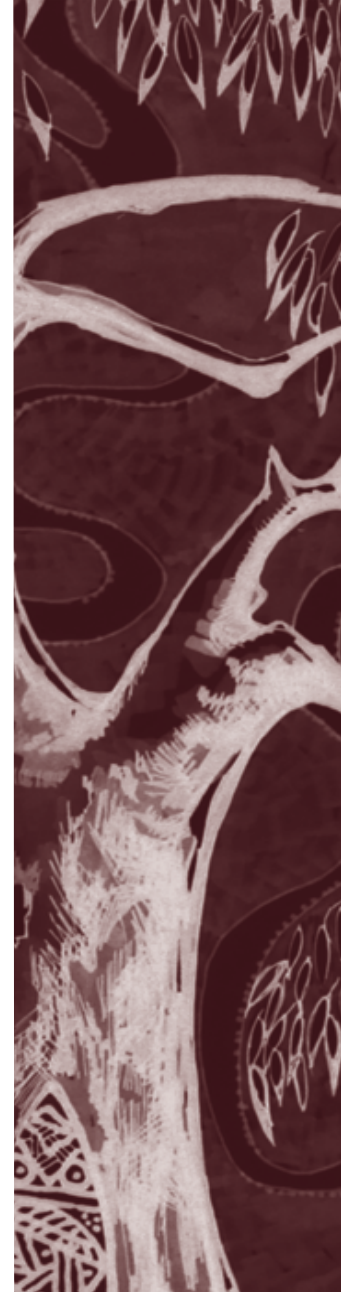
Strait Islander Health Workers, to develop further their tobacco control knowledge.

The kit draws on the expertise of many individuals and organisations working in the area of tobacco control, Aboriginal and Torres Strait Islander health, community health and health promotion. It is a tool box of helpful information, ideas, activities, success stories, and reference materials.

CEITC is currently sending copies out to all Aboriginal Medical Services throughout Australia free of charge. We are also making copies available to other health professionals working with Aboriginal clients. You can request a copy by sending an email to ceitc-info@unimelb.edu.au

An electronic version of the kit is also downloadable from our website: www.ceitc.org.au/resource_development_program

A training package in the use of the kit is being currently developed and will be offered to Health Workers in the first half of 2008 at a limited number of locations throughout the country.



Community launch of Talkin' Up Good Air

CEITC, together with Danila Dilba Health Service, held a family fun day in Darwin to celebrate the launch of CEITC's new resource kit *Talkin' Up Good Air*. More than 100 adults and children participated in an afternoon of fun and games in the sunshine at Malak Park. Guests enjoyed a BBQ lunch and were able to gather helpful information from Quit NT, The Heart Foundation, Mission Australia, and the Hep C Project stalls as well as view copies of *Talkin' Up Good Air*. Chrissy Jenner from the Larrakia Nation welcomed guests to country and inspired others by recounting her own battle to Quit the smokes. The highlight of the afternoon was a special appearance by Deadly Dan, our Smoke-free Superhero, whose catch cry 'U Smoke... U Choke' helped to spread the smoke-free message.

CEITC would like to thank Danila Dilba Health Service and, in particular, Daryl Thomas, Kane Ellis and Shaun Tatipata for all their help in organising the day. The Jumping Castle was an absolute winner! We would also like to thank Aus Kick for their footy clinic.



From Top: Deadly Dan and his Deadly Mob; Chrissy Jenner welcomes guests to the Larrakia Nation and tells her own Quitting Story; Deadly Dan our Smoke-Free Man reckons 'U Smoke... U Choke'

Community Profile

Quitting Builds Strong Children at Wathaurong

Research has identified Environmental Tobacco Smoke (ETS) as a significant contributor towards chronic ear problems in children, which in turn can lead to permanent hearing loss. As a part of her PhD Research project on Otitis Media (a build up of fluid in the middle ear), Karen Adams surveyed parents of children from the Wathaurong Community in Geelong, Victoria about factors that impacted on their children's health such as diet, access to health care, family income as well as exposure to ETS.

After looking at the results of her survey, Karen approached Renee Owen, a Women's Health Worker at the Wathaurong Health Service, to run a multifaceted program that assisted parents to make improvements in their children's environment. She was able to obtain some funding to run the program and worked closely with Renee to formulate an eight-week program called 'Baia Lak Birrah-Lii' or 'To build strong children'.

As a part of this program—which included group sessions with themes such as nutritional advice and cooking lessons, financial advice and relaxation techniques—parents were encouraged to take part in a Quit Fresh Start program. Parents were also offered supporting therapies such as free Nicotine Replacement Therapy or referrals to a doctor to obtain Zyban®, as well as a referral to the Quit Line.

Renee was encouraged by the enthusiasm with which her offer was accepted and she attracted 10 highly motivated women to the Quit program. Disappointingly she didn't have any men in the group, which she believes was because the men associated the Quit classes as being part of the mothers' group. Despite their reluctance to take part in this initial program the men were really supportive of their partners' efforts in quitting. Renee has identified that, in future, the health service should hold a Quit program targeted specifically at men.

Each individual in the group was able to choose their preferred method of support: some ended up using Zyban®, others opted for nicotine patches or gum, and a couple of women were able to kick the habit 'cold turkey'. Renee felt that providing free therapies was an important part of the program and she would endeavour to have similar resources available for any future programs.

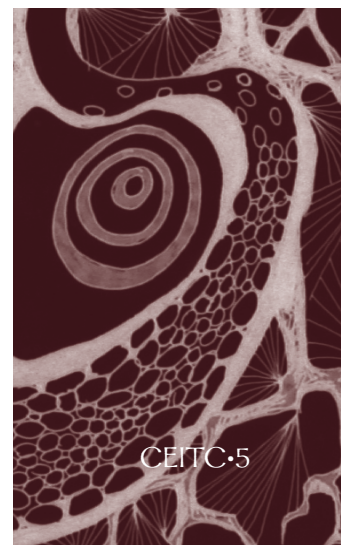
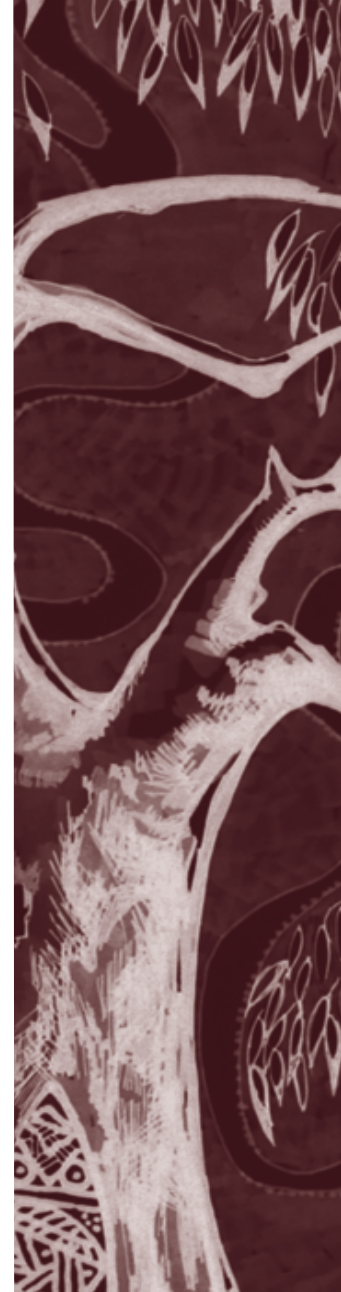
The women were registered with the Quit Line and they received regular calls from counsellors. The women also worked well as a group and they stayed in touch throughout the week for mutual support. Interestingly, Renee found that there was one woman in the group who took on the role of a motivator and became a role model for the rest of the group. This, she felt, greatly benefited the group as a whole.

Of the 10 women who participated in the Fresh Start program half were able to stay off the smokes for at least three months, but Renee believes that a year later all but one are back smoking. For many this was their first attempt at quitting and Renee thinks that, even though they may have lapsed back into smoking, some have managed to cut back and that quitting remains high on their agenda. She feels proud of their attempts and is still highly motivated to continue to support their efforts to quit in the future.

Since running the Quit Fresh Start program, Renee has been able to qualify as a Quit facilitator and
(continued page 7)



Renee Owen from Wathaurong Health Service



Oceania Tobacco Control Conference New Zealand and Indigenous Scholarships

From Vision to Reality, the Oceania Tobacco Control Conference held in Auckland, New Zealand, from 5–7 September 2007, brought together for the first time nearly 400 delegates from Australia, New Zealand and the Pacific Islands. It was preceded by an Indigenous Gateway conference on 4 September, which attracted 110 delegates, nearly 30 of whom were Indigenous Australians.

CEITC was pleased to be involved, along with the conference organisers Health Sponsorship Council, New Zealand, in awarding six Indigenous Scholarships for attendance at the conference. Due to the outstanding level of interest and the high calibre of applicants, CEITC was able to obtain further funding from the Commonwealth Department of Health and Ageing so that seven more applicants could attend. This is a terrific result and will greatly enhance the knowledge base of Indigenous tobacco control workers and researchers.

The conference itself featured presentations by many Indigenous people from around Oceania. It highlighted that although much good tobacco control work is being done throughout the region,

Indigenous people's smoking prevalence is overwhelmingly high—with Australia's Indigenous people among the highest of all. Given the daunting statistics it was great to see the enthusiasm and dedication that Indigenous tobacco control workers continue to display. The conference offered the opportunity for delegates to take back new ideas to their communities and workplaces, with renewed vigour and inspiration. If you would like to hear more about the conference, check out the website at: www.smokefreeoceania.org.nz

Congratulations to all of the following Scholarship winners:

Dallas Young
Peggy Manton-Williams
James Ward
James Charles
Alwin Chong
Renee Owen
Lyn Dimer
Graham Nettle
David Parfitt
Lynette Masuda
Sharon Minniecon
Selma Kum-Sing
Sharon Wallace



Scholarship winners and friends enjoy the official conference dinner at the Aotea Centre Auckland, New Zealand

Researchers' Meeting on Tobacco Control

On 26 and 27 August 2007, CEITC held a two-day meeting to bring together leading tobacco control researchers from around Australia. The meeting, which we plan to be the first of a regular series, aims to establish a forum where researchers can identify gaps in the research knowledge as well as providing an opportunity to share current research.

The meeting attracted 32 researchers and leading tobacco control workers and was held at the Koorie Heritage Trust in Melbourne. The first day of the workshop featured presentations by Kevin Rowley from the *Oremda* VicHealth Koori Health Unit, Rowena Ivers and Lillian Karlsson from the Illawarra Aboriginal Medical Service, Anaru Waa from the Maori Smokefree Coalition of New Zealand, Grant 'Snowy' Day and James Charles

from 'Deadly Nunga's Say No To Puiya', Muna Paiendi Primary Health Care Centre and Dallas Young and Sandy Campbell from James Cook University in Cairns. Day 2 followed a workshop format where attendees were asked to identify what tobacco control research has been well covered, what areas still need work and which of those are the most critical.

A report of the workshop has been written and will be made available. If you are interested in receiving a copy you can download it from our website at www.ceitc.org.au/ceitc_publications

CEITC would like to take this opportunity to thank all attendees and, in particular, our presenters.



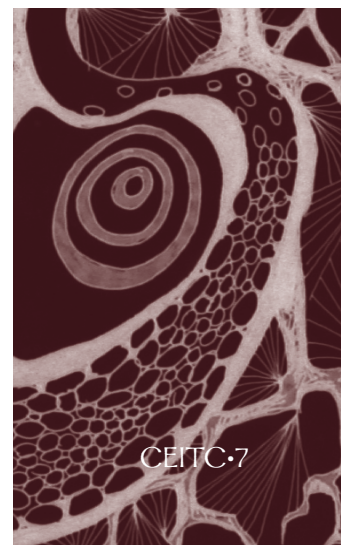
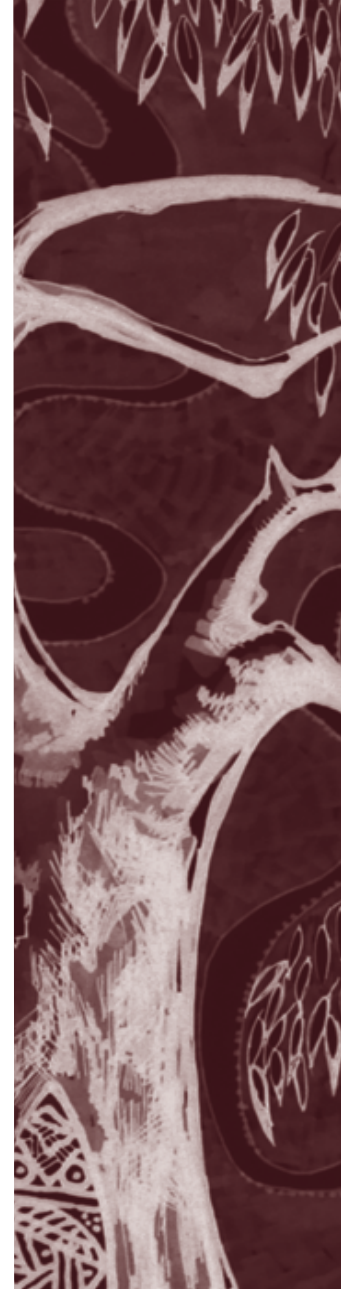
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will be able to run her own quitting classes. When training to be a Quit facilitator she learnt that people rarely stop for good on their first attempt, but that the more they try the greater their chance for success in the future. She is eager to continue to offer opportunities for her Community to try to quit and plans to run further classes starting from early 2008. Wathaurong also has a Men's Health Worker who has qualified as a Quit facilitator, so the health service is ideally placed to continue to tackle smoking in their Community.

When asked what she felt were the barriers in running the program Renee cited the lack of space and facilities as her biggest hurdle. Fortunately the health service has since moved into new premises so this should not be such a problem for any future programs. Renee praised the invaluable support of her co-workers and their willingness to lend a hand when she needed it.

Well done—both Renee and the Wathaurong Health Service. We wish you every success in the future and congratulate you on taking this important step in improving the health of your Community.

If you would like to speak to Renee Owen about the project call (03) 5277 2038 or email her at r.owen@wathaurong.org.au





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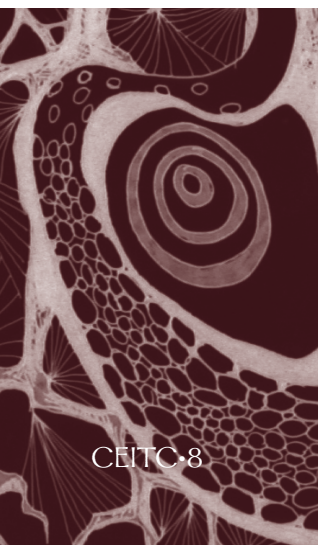
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Onemda
VicHealth Koori
Health Unit



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