



Galnya Angin (Good Air)

The community newsletter of the
**Centre for Excellence in Indigenous
Tobacco Control (CEITC)**
ISSUE NO. 7, March 2010

From the Manager

On behalf of CEITC, I would like to wish all our CEITC friends a happy and healthy 2010 and hope that the year brings us another step forward in our work for a smoke-free Indigenous Australia.

For the last six years, CEITC has enjoyed the support and excellent working relationship with the Department of Health and Ageing and would like to thank in particular Penny Marshall, Director of the Tobacco Control Section and all her team.

Throughout the life of CEITC we have sought to establish ourselves as a valuable contributor to the Indigenous tobacco control sector. During this time, we have kept our finger in many pies; lobbying, advocating, advising, resourcing, encouraging and investigating ways of reducing the negative impact smoking has on our community. While we are only small in size, we have been quietly (and occasionally

not so quietly) going about the business of tobacco control in a manner that engages with all the many different voices from across Australia.

Currently, CEITC is seeking further funding from the Department of Health and Ageing to continue its work for another three years. Fingers crossed then...

As CEITC approaches the final months of our current funding round, we would like to share with you in this newsletter some of our most recent news and achievements.

Viki Briggs



Oceania Tobacco Control Conference 2009

Reducing inequalities through tobacco control

This year's Oceania Tobacco Control Conference was held from 7 to 9 October in Darwin and attracted nearly 300 delegates. The theme of the conference was 'Reducing inequalities through tobacco control' which meant that the conference was particularly relevant to those of us working in Indigenous tobacco control.

The conference brought together delegates mainly from New Zealand and Australia and it was good to see strong representation from both countries' Indigenous peoples. The conference provided an opportunity for Indigenous programs to showcase their research and/or projects and share their valuable experiences.

CEITC appreciated the chance to hear innovations and best practice models that are being implemented around our two nations. It was interesting to hear about these community-driven projects which rely so heavily on a passionate and dedicated group of people, and also to acknowledge that work they are doing is having a positive impact on the health of their communities.

The conference provided a great

opportunity for delegates to enhance their networks both in Australian and across the Tasman. Not only did the conference provide an opportunity to share our ideas but also reinvigorate our commitment and to reinforce our understanding that the health of our Indigenous communities will only improve if we can reduce smoking rates.

CEITC sensed a real building of momentum brought about by the Federal Government's injection of funding under its 'Closing the Gap tobacco initiative' and delegates were able to hear the first announcements of how these measures are to be rolled out (see also our COAG funding update later in this newsletter).

CEITC, like many other delegates, will be busy over the coming months chasing up new contacts and building on the new knowledge gained during the conference. CEITC understands that abstracts and presentation slides will be made available via the website at <www.oceaniatc2009.org>.



One Mob – Different Country Dancers at the Opening Ceremony

From the Top: One of the deadly Auahi Kore – Smokefree posters from New Zealand on display; Dallas Young and Keagan James from CEITC presenting at the conference; and Nicole McMillan, Terry James and Christine Joy from CEITC at a poster session.



Oceania Tobacco Control Conference 2009

Indigenous pre-conference workshop

CEITC were pleased to co-convene a one-day workshop at the Oceania Tobacco Control conference on the day preceding the main conference. This workshop was extremely well attended with 90 delegates from across Australia and New Zealand.

The workshop provided a chance for delegates to focus on and discuss emerging issues in Indigenous tobacco control. The workshop started with a welcome to country by Dr Aleeta Fejo, from the Larrakia Nation, followed by dancing from the 'One Mob – Different Country' dance troupe. Presentations from Viki Briggs from CEITC on the COAG Tackling Smoking Initiative and Shane Bradbrook on the Framework Convention on Tobacco Control (FCTC) set the scene for the day.

Two discussion sessions followed where delegates were invited to choose from a range of themes relating to sharing best practice ideal around smoking cessation, and sharing best practice ideas around workforce development and sustainability. Some delegates also nominated to discuss advocacy in Indigenous tobacco control during the second session. Each theme was broken down into a number of discussion questions and delegates were asked to relate them to their work and to strategise ways of dealing with the challenges. The 2 session's discussion questions broadly focused on:

Sharing best practice ideas around smoking cessation

- How do we prompt more quit attempts and support people to stay quit?
- Family-based interventions – What are the challenges in implementing a family-based approach and how do we address these?





- Health worker smoking – How do we support Aboriginal Health Workers to quit? How do we help them to feel comfortable to promote cessation when they themselves smoke?
- Smoke-free workplaces and public community spaces – How do we develop and implement smoke-free policies?

Sharing best practice ideas around workforce development and sustainability



- Implementing a specialist tobacco control workforce – What would they do and what are the challenges facing them?
- Sustainability – What are the challenges in building and sustaining the workforce and how do we overcome them?
- Capacity – What is needed to build the capacity of individual workers to undertake tobacco control work in their communities?



Advocacy

- How do we strengthen the Indigenous arm of FCTC network?

The discussion sessions were a hot-house of ideas brought about by having so many Indigenous Tobacco Control experts in the one room and it was interesting to hear all the ideas reported back to the workshop as a whole.



A report detailing the workshop will be available shortly for download via the CEITC website at <www.ceitc.org.au/ceitc_publications>. If you wish to be advised when the report is available please register your name, organisation and email address via email at <ceitc-info@unimelb.edu.au>.



Indigenous Scholarships to Oceania Tobacco Control Conference 2009

At each Oceania Tobacco Control Conference CEITC has run a scholarship program for Indigenous tobacco control workers. At this year's conference we were able to assist 7 delegates to attend. They were:

Jasmine Sarin – Illawarra Aboriginal Medical Service

Roxanne Brown – Winnunga Nimmityjah AHS

Juli Coffin – Combined Universities for Rural Health

Robert Barnett – North Coast Area Health Service

David Parfitt – Department of Health and Families, NT

Ian Gentle – Port Augusta Hospital/ Country Health

Melissa Dunbar – Menzies School of Health Research

From all reports, scholarship recipients appreciated the opportunity to attend the conference and will take back to their workplaces many new ideas and contacts. CEITC would also like to thank the Cancer Council, NT for their support and the Department of Health and Ageing for their funding support.



Scholarship recipient Jasmin Sarin with the Aboriginal and Torres Strait Islander Social Justice Commissioner Tom Calma at the conference

Review of capacity and needs of the health workforce in Indigenous tobacco control

CEITC is in the process of completing a review for the Australian Government's Department of Health and Ageing (DoHA) on the capacity and needs of the health workforce to deliver smoking prevention and cessation interventions to Indigenous people.

To date, we have held discussions with health workers from eleven organisations to discuss the challenges they face in doing tobacco control activities, and the sorts of support needed for them to do these activities. Health Workers have indicated that their organisations require skills and resources to develop better coordinated and strategic approaches to Indigenous tobacco control in their communities. They have suggested that strengthening this capacity requires:

- improved training opportunities across a range of skill areas;
- improving access to appropriate resources;
- developing and maintaining strong partnerships within and between organisations;
- developing and implementing policies, protocols and practices within workplaces that could better support tobacco control activities; and
- promoting the implementation and monitoring of strong legislation to support tobacco control activities.

We are in the process of completing these discussions in a number of locations and hope to report on these to DoHA by March 2010. We will also be reporting back to the organisations that have been involved in the discussions within the next few weeks. Detailed findings of the review should be more widely available by the middle of the year. If you would like further information about this project, please contact Anke van der Sterren, <ankevds@unimelb.edu.au>.

Community Community Profile Profile

Preparing mentally and physically helps Lisa quit

Lisa Thorpe is a well known and committed member of the Victorian Aboriginal Community in which she lives and works. She is a proud mother to Medika and is the eldest sibling of two brothers and four sisters.

Lisa is currently the CEO at the Elizabeth Hoffman House. Lisa describes her position as a supportiveroletoAboriginalwomenandchildren who are 'survivors of domestic violence'. The house provides crisis accommodation (refuge) and an outreach service that helps Aboriginal women and children access specialist services and safe and secure accommodation.

Lisa started smoking at aged 20 but quit over 11 months ago. She decided to give up smoking because of her daughter and her family history of heart disease. She also decided to stop because of the lack of fitness levels within herself.

Lisa had tried to quit before using patches but wasn't mentally ready. She believes smoking was an emotional comfort for her at the time. Smoking over the years damaged Lisa's body but by quitting smoking has now turned her life around.

Lisa quit using Champix® and followed the daily dose of two tablets per day. Lisa feels the tablets stopped the cravings and after the ninth day she did not feel like smoking at all. Lisa had a lot of support from her family and friends and especially her daughter.

Lisa's advice to smokers wanting to quit: 'Prepare mentally and emotionally, don't rush into it. Make sure you know why you want to stop smoking. Accept that there will be some physical changes and don't worry about the weight gain for the minute... that's the next hurdle'.



Talkin' Up Good Air training sessions

Dallas McKeown-Young continues to deliver *Talkin' Up Good Air* (TUGA) training around Australia. To date the one-day workshops have been presented at sites including: Cairns, Mt Isa, Darwin, Katherine, Gove, Broome, Melbourne (VACCHO) and Albany.

In Albany, WA, Paul Hayward from the Great Southern General Practice Network (GSGPN) hosted a group of colleagues for a workshop at which Dallas presented a range of ways in which information from the TUGA manual could be utilised. The GSGPN is working with a range of stakeholders to address issues of Aboriginal disadvantage and Paul Hayward is one member of a strong Aboriginal team working for the network.

In Broome, the TUGA workshop took place at the TAFE college and participants were from Broome Regional Aboriginal Medical Service (BRAMS), WA Health, and the Cancer Council of WA. Sharon Phillips, who works for BRAMS, is a tobacco champion and her role is to provide moral support and to assist smokers who want to quit.

Workshop participants are encouraged to make use of the TUGA resource and use the workshop as an opportunity to think about and discuss tobacco control issues facing them in their workplace and community.

The workshop consists of three sessions;

- Session 1 — presentation of comprehensive information about tobacco control in Aboriginal and Torres Strait Islander populations;
- Session 2 — practical application of the TUGA resources with a facilitated group-based activity focusing on basic research skills; and

- Session 3 — facilitated activity encouraging workshop participants to develop, implement and evaluate tobacco control programs.

If your organisation is interested in hosting a TUGA workshop, please contact CEITC for more information.



Dallas Young, Paul Hayward, Murray Gomm and Jonathon Hancock in Albany.



Paul Hayward, Murray Gomm, Jonathon Hancock, Shelly Russell in Albany.



Jenny Costigan, Sharon Phillips, Tommy McKenzie, Dallas Young, Laura Handscombe, Andrea Bin Bakar in Broome.

National Indigenous tobacco control project register

Did you know that CEITC hosts a national Indigenous tobacco control project register at <www.ceitc.org.au/project_register>? Information sharing is essential in building capacity in tobacco control. CEITC feels that a register such as this one will enhance the sectors ability to network between projects; share innovations and best practice ideas; and to build strong, evidence based projects.

Although the register continues to build its membership, we are still looking to add any new and existing Indigenous tobacco control projects not already registered as well as keep currently registered projects up to date.

Please contact Nicole McMillan at <nicolem@unimelb.edu.au> or alternatively download a questionnaire from our website at <www.ceitc.org.au/register_your_project>.

CEITC News

Congratulations...

... to Keagan James and Maggie McKenzie on the birth of baby Isla Grace James born on Wednesday 3 February at 6.15am at the Royal Women's Hospital, weighing in at just under 6 pounds.



Welcome Carly Donovan

My name is Carly Donovan, I am 22 and was born in Wagga Wagga, NSW. I am from the Wiradjuri Tribe. I have just started with CEITC as a part-time project officer. In my role I will be working with Indigenous Youth on a tobacco project that looks at smoking initiation.

This year I will also be starting my first year of University where I will begin a Bachelor of Arts in International Studies. Eventually, when I have finished studying, I want to work in community development, aid assistance, and, most importantly, closing the gap within Indigenous Health.



Dallas' wedding news

All the staff at CEITC would like to congratulate Dallas Young and Brett McKeown on their Christmas Day wedding and wish them lots of happiness for their future together.



Update on the COAG *Tackling Smoking* initiative

On 29 November 2008, COAG leaders agreed to an historic \$1.6 billion National Partnership Agreement (NPA) on Closing the Gap in Indigenous Health Outcomes (the NPA) to specifically address the first of the COAG Closing the Gap targets – to close the gap in life expectancy within a generation. The Commonwealth will contribute \$805.5 million to address three priority areas of the NPA. One element of the NPA is the Tackling Smoking measure which is providing \$100.6 million over four years.

The Tackling Smoking measure under the NPA seeks to reduce smoking rates in Indigenous communities and the burden of chronic disease associated with smoking.

The engagement of a National Tackling Smoking Coordinator is expected in the near future. The National Coordinator will provide practical leadership in the national implementation of culturally appropriate smoking reduction measures and guide the Tobacco Action Workforce.

The Commonwealth has established a technical reference group to inform the development of specific measures within the package. Members include key Indigenous stakeholders, mainstream health organisations, relevant content matter experts, and where relevant, state and territory governments. The CEITC representative for the group is Viki Briggs.

The measure also includes a shared responsibility with states and territories to deliver a social marketing program to promote and maintain smoking cessation. A literature review has been completed. Winangali/Ipsos-Eureka has been engaged to undertake developmental research for the social marketing activity and is expected to report by the end of May 2010.

In October and November 2009, the Department participated in consultations with state and territory governments on implementation of the Tackling Smoking measure. These consultations were held with the state-based Partnership Forums – which include representatives from the Aboriginal Community-Controlled Health

sector, state and territory governments, the Australia General Practice Network and other stakeholders.

State and territory governments have been invited to submit proposals to enhance Quitline to provide a more culturally sensitive service to Aboriginal and Torres Strait Islander people. Responses are expected by the end of February 2010.

*Indigenous Tobacco & Chronic Disease
Department of Health and Ageing*

Where's Deadly Been?



Deadly Dan visits Yappera child care centre in Melbourne, then...



...Deadly Dan went to the Garma Festival in Nhulunbuy, NT...



... and finally he showed up in Mt Gambier

Don't forget to visit us at
www.ceitc.org.au

- register your project
www.ceitc.org.au/register_your_project
- read about other projects
www.ceitc.org.au/project_register
- join our community of practice
www.ceitc.org.au/user/register
- download all our publications
www.ceitc.org.au/ceitc_publications
- check out our bibliography of Indigenous tobacco control articles and papers
www.ceitc.org.au/bibliographies



APACT Indigenous Preconference Workshop?

CEITC would like to hear from anyone working in Indigenous Tobacco Control who is planning to attend the APACT conference to establish if there will be interest in running an Indigenous pre-conference workshop. If you are intending to go please contact CEITC by sending your details to <ceitc-info@unimelb.edu.au>.

Upcoming conferences

NIDAC

The National Indigenous Drug and Alcohol Conference

16-18 June 2010

Adelaide Convention Centre, South Australia

Across Australia, there are a number of people, organisations and communities working together to address Indigenous alcohol and drug issues and associated harm. The National Indigenous Drug and Alcohol Conference (NIDAC 2010) aims to celebrate and showcase their effort and achievements. NIDAC 2010's theme is about listening, learning and leading the way on what can be accomplished within Australia.

www.nidaconference.com.au



APACT

Asia Pacific Conference on Tobacco and Health

6-9 October 2010

Sydney Convention & Exhibition Centre, Sydney, Australia

The APACT conference is the premier tobacco control conference for the Asia Pacific, with the 2010 conference focusing on FCTC in the Asia Pacific: Change, Challenge and Progress.

www.apact2010.org





Where you will find us

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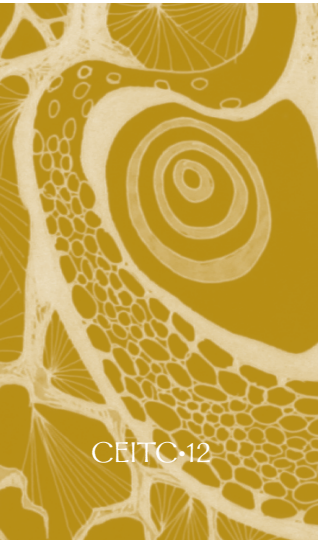
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