



I-Quitt Tobacco Control Profile

I-Quitt program is an Indigenous Tobacco Control Initiative funded from the Department of Health and Ageing commencing from 2009-2012. The Program aims to decrease tobacco consumption in the Aboriginal & Torres Strait Islander community as a strategy towards “Close the Gap” in Indigenous life expectancy. Promote smoke free messages throughout the community in addition increase the knowledge also raise awareness on chronic related illnesses due to daily tobacco inhalation.

Program Delivery:

One on one consultation

Internal/external referrals, self help strategies, information on nicotine replacement therapy (NRT), motivational interviewing, addressing behavioural changes, primarily providing ongoing support to clients to motivate them to reduce or quit.

Culturally appropriate early intervention educational sessions to various schools, youth group's drives to increase the knowledge also raise the awareness of chronic related illnesses due to tobacco smoking.

Educational Sessions for Students/Youth

Timeframe: 1x 30-45min Sessions

- ✓ Explore why students smoke/non smoke
- ✓ Highlight the 3 aspects of nicotine dependence
- ✓ Educate on the chronic related diseases due to smoking
- ✓ Support services in the community



Adult Focus Groups

Timeframe: 3x 2hr Sessions

Culturally appropriate

- ✓ To provide information on tobacco and smoking behaviours
- ✓ Assist smokers to identify what kind of smoker they are
- ✓ Support everyone with the process of quitting
- ✓ Build skills and confidence in for making successful quit attempts
- ✓ Provide general information about Nicotine replacement therapy (NRT) and other stop-smoking methods
- ✓ Develop strategies and overcome the challengers that they may encounter whilst quitting
- ✓ Provide information about smoking the smoking cessation resources and support that available in the community.

CLOSE THE GAP

Consulting within the community and relevant stakeholder's community service providers to develop models and maintain sustainable partnerships. In addition ensuring the right outcomes and service delivery is achieved within the community.

Target groups:

Target various groups such as, Aboriginal & Torres Strait Islander community members Carbal Medical Centre patients/clients, pregnant and lactating mothers, parents and carers, high school students, sporting participants and supporters All data collected including: client feedback, outcomes of various programs, pre-post evaluations etc.

The target groups will be Aboriginal & Torres Strait Islander people who are:

- Pregnant and lactating
- Parents and carers
- Students and youth in general with consent, and
- Sporting participants and supporters
- ATSI Community as a whole

Services Provided:

- Brief and early intervention to community members
- Raising awareness of the health affects of smoking
- One on One consultations, self help strategies
- Motivational interviewing, behavioural changes
- Providing ongoing support to clients/patients
- Motivate smokers to reduce or quit smoking
- Deliver focus groups adult, students, youth
- Encourage nicotine replacement therapy (NRT)
- Promote smoke free messages



Accessibility:

Community members, clients, patient's community organisations and external referrals from relevant community service providers. You may do this by booking an appointment via telephone, or directly at the centre. Transportation is also available to Indigenous Patients, Clients and immediate family members only on request 24 hours prior to any appointments.

Program Evaluation:

Conducted internally by the Indigenous I-Quitt Coordinator and also undertaken externally through the University Of Southern Queensland Rural Remote Area Of Health (USQ CRRAH). All data/feedback is collated; depending on the outcomes of this will be inaugural part of the "Continuous Quality Improvement" of the program.

Contact details:

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