



Galnya Angin (Good Air)

ISSUE NO. 8, August 2011

From the Manager

Already it is July, the cold weather is here (at least for we Southerners) and, unbelievably, the year is half over. It has been some time since our last newsletter but as you read on you will see that we have been busy nonetheless and have lots of news to share! Firstly, I would like to welcome several new members to our CEITC team: Vanessa Vine, Deb Knoche, Alister Thorpe and Sarah McMillan... welcome. Sadly, we also bid farewell to Carly Donovan who is embarking on an exciting new career with a cadetship with the Department of Foreign Affairs. Carly, I hope you will enjoy reading our news and don't forget to drop us a line to let us know what you are up to.

Viki Briggs



CEITC gets refunded for three years

CEITC is very pleased that in June 2010 we were refunded by the Department of Health and Ageing for three years until the end of June 2013.

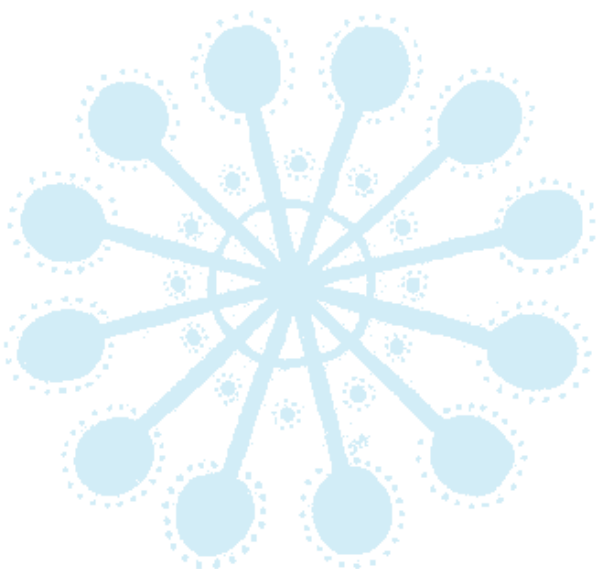
CEITC, which has been in operation since 2004, works to build national capacity for effective tobacco control to reduce the health, social and financial burden associated with tobacco use in Aboriginal and Torres Strait Islander communities. So far, we have done this through a range of activities primarily focused on research, policy development, advocacy and a particular emphasis on knowledge sharing.

Going forward, CEITC hopes to shift its attention towards supporting Indigenous tobacco control initiatives implemented as part of the Council of Australian Government's (COAG) \$100million agreement to tackle Indigenous smoking. As the State and Commonwealth government programs gear up, we believe that CEITC will be ideally placed to assist organisations with their experience and knowledge. We hope to bring together the Indigenous Tobacco Control community through a range of activities including an enhanced website and annual events such as the Indigenous Preconference Workshop at the Oceania Tobacco

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Control Conference 2011 in October <www.oceaniatc2011.org>. In addition, CEITC has been funded to deliver Tobacco Control Induction Training to Tobacco Action Workers funded by the National Indigenous Tobacco Control Initiative and to collaborate in a couple of major research projects. But more on that later in this newsletter.

CEITC is confident that during the next three years we can fulfil a unique role in keeping our finger on the pulse of Indigenous Tobacco Control nationally, and that our work will complement all the effort and enthusiasm of those of you working at all different levels to address the harm done to our community by smoking.



Indigenous Preconference Workshop October 17

Oceania Tobacco Control
Conference 2011, Brisbane
18–20 October

CEITC will be holding a one day Indigenous Preconference Workshop at the Oceania Tobacco Control Conference 2011 'Burying the Habit: Moving to a tobacco free future'. The workshop, which is on Monday 17 October, is free of charge and open to conference attendees.

Indigenous Preconference Workshops at the past four Oceania and Australian Tobacco Control Conferences have been useful forums for Indigenous and non-Indigenous people working in this area to network, share ideas and learn. Past workshops have focused mainly on 'barriers' or 'what is needed' but, with the significant increase in funding and workforce in Indigenous tobacco control, it is time to focus on 'moving towards a tobacco-free future' for Indigenous people.

The broad objective of this workshop is to bring together workers, researchers and policy makers in the area of Indigenous tobacco control to network and learn from each other.

For further information about the workshop, or to register, visit the conference website at <www.oceaniatc2011.org> and go to the '2011 Program' and click on the 'Indigenous Workshop' link or contact Ngarra Murray on T: 03 9035 8292 or E:<nmurray@unimelb.edu.au>.

Oceania
Tobacco Control
Conference **2011**

October
18 – 20, 2011
Brisbane Australia

Register
now!



Have you checked out these new CEITC resources?

CEITC has produced two new brochures to assist health professionals who wish to help Aboriginal and Torres Strait Islander smokers to quit. Each brochure has space where health services can add their own contact details.

You may send your request for up to 100 copies of each per health service to <ceitc-info@unimelb.edu.au>. There is no cost. You can view downloadable PDFs of these brochures at <www.ceitc.org.au/ceitc_publications>.

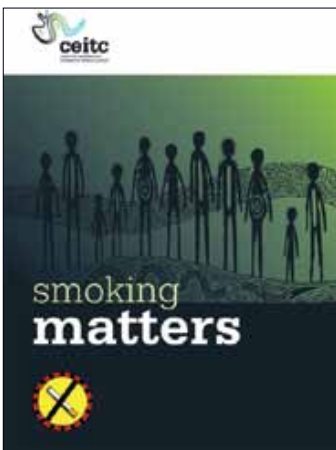
Clearing the Air on Passive Smoking

This brochure engages community members to consider the impact that their smoking has on the health of those around them, in particular children.



Smoking Matters

This brochure engages community members to consider the impact that smoking has on their own health and offers suggestions as to how they can quit and where they can get help.



CEITC Fact Sheets

Just the Facts: A fact sheet about tobacco use among Indigenous Australians.

Plus...

What do we know about:

- Brief intervention?
- The success of using incentives?
- Smoking in Indigenous communities around the world?
- The success of NRT and other medicines for quitting?
- Aboriginal and Torres Strait Islander women and smoking during pregnancy?
- The success of telephone quitlines?
- The success of smoke-free workplaces, homes and cars?
- Using breath carbon monoxide testers?

Plus...

Top Tips to:

- Encourage quitting
- Implement a family based approach
- Tackle a health worker's smoking
- Implement smoke-free workplaces and public community spaces.

To download PDFs of these fact sheets, go to <www.ceitc.org.au/ceitc_publications>.



Research

Talking About the Smokes project

Finding out what works in tobacco control for Aboriginal and Torres Strait Islander peoples.

The Talking About the Smokes (TATS) project is a national research project that aims to find out what works in tobacco control for Aboriginal and Torres Strait Islander peoples. We don't yet know what initiatives are likely to be most effective in Indigenous tobacco control and this project has the potential to answer many of these questions.

CEITC is part of the research team being led by Associate Professor David Thomas from the Menzies School of Health Research, also including researchers from the National Aboriginal Community Controlled Health Organisation (NACCHO), Aboriginal Health & Medical Research Council (AHMRC), Queensland Aboriginal and Islander Health Council (QAIHC), and the Cancer Council Victoria. The project is being funded by the Department of Health and Ageing, and is linked to the International Tobacco Control Policy Evaluation Project that runs in 20 countries across the world.

The project team will work closely with those Aboriginal and Torres Strait Islander community-controlled health services throughout Australia that choose to participate. The project involves talking to smokers, non-smokers and health service staff at each participating health service twice between 2011–13. Survey information will be collected by a local Research Assistant who will be trained and supported by the research project team. That team will include two Regional Project Coordinators and a Communications Coordinator who will be recruited over the next two months and will be based at NACCHO in Canberra.

If you would like to find out more about this project, please contact the Project Manager, Anna Nicholson, T: 08 8922 8412, E: <anna.nicholson@menzies.edu.au>.

ASSAD Pilot Project

CEITC is at present collaborating with QUIT Victoria to conduct a pilot project that will trial a way to recruit and survey Indigenous secondary school students (aged 12–17 years) about youth smoking, using an adapted Australian Secondary School Alcohol & Drug (ASSAD) survey. The ASSAD survey is conducted nationally with a random sample of students, but in the past it has failed to capture a substantial number of Indigenous students to participate.

This project will be trialled in Victoria and Queensland in the first semester of 2012, and will be funded by the Victoria and Queensland Departments of Health. The community engagement strategy will seek support from key stakeholders in Indigenous health and education by liaising with community reference groups in each State and targeting schools with a high number of Indigenous students.

The project team has been established and has met several times, with research protocols and surveys in development. Soon they will be meeting for schools to be identified and strategies to be finalised.



Tobacco Control training helps to 'Close the Gap'

In December 2010, CEITC conducted in Canberra the first round of Tobacco Control Induction Training to workers from across Australia who are part of a new Tackling Indigenous Smoking Initiative by the Council of Australian Governments (COAG). This initiative is part of COAG's commitment to close the gap in life expectancy between Indigenous people and other Australians.

Under the Closing the Gap agreement, the Commonwealth, State and Territory governments will build a workforce of Tobacco Action Workers and Healthy Lifestyle Workers to reduce smoking rates and to improve nutrition and physical activity in Indigenous communities. These positions will be rolled out over a three-year period and will be based in community health organisations and state government agencies. Over this period, CEITC will deliver the tobacco-related component of the training for Tobacco Action Workers and Regional Coordinators, while HealthInfoNet will train the Healthy Lifestyle Workers.

The first round of workers were welcomed by the Minister for Indigenous Health, the Hon. Warren Snowdon who said: "Wherever they are, the teams will facilitate culturally appropriate community education, health promotions, and social marketing activities to promote quitting. They'll also encourage smoke-free environments and provide people with information about healthier lifestyles".

Aboriginal and Torres Strait Islander leader Dr Tom Calma, the National Coordinator for Tackling Indigenous Smoking, inspired the group by reminding them of the important role they will play in improving the health of their communities.

The tobacco-related component took three of the five days allocated to the induction program and was facilitated by CEITC's Dallas McKeown-Young. For several years now, Dallas has worked nationally delivering training based on the *Talkin' Up Good Air* resource kit and therefore was well placed to smoothe our progress in Canberra.



From left: Dr Tom Calma, Hon Warren Snowdon and Ms Viki Briggs



From left: Training attendees with Dr Tom Calma and Hon. Warren Snowdon



Harold Stewart from the AHCSA and Dallas McKeown-Young who facilitated the training workshop

Talkin' Up Good Air training

CEITC continues to offer a one day workshop which utilizes the *Talkin' Up Good Air* resource kit. The kit was produced by CEITC and contains a useful set of tools and information that will assist health workers to become community leaders in the area of tobacco control.



Freemantle, WA participants



Croydon, Vic participants

CEITC's most recent training was with Quit Tasmania in Campbell Town and Flinders Island; the Aboriginal Health Medical Research Council of South Australia; the Department of Health, Eastern Metropolitan Region in Croydon, Victoria; the LaTrobe Community Health Service in Victoria, and two sessions in Freemantle in WA.

Aboriginal medical services with a group of health workers interested in taking up the tobacco control challenge can request the training by sending an email to <ceitc-info@unimelb.edu.au> or calling Vanessa Vine on T: 03 8344 0870. Copies of the kit are available to health professionals who are working, or wish to work, with Aboriginal and Torres Strait Islander in tobacco control at <www.ceitc.org.au/talkinupgoodair>.

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. To share articles, reports, conference presentations or any type of written material you can send a hard copy to us at the address on the back of the newsletter. Alternatively you can send us your resource via our website at <www.ceitc.org.au/register_your_project>, and submit your information for us to list on our site's publications section.

Copies of the *Talkin' Up Good Air* kit are available free of charge to health professionals working on Aboriginal and Torres Strait Islander Tobacco Control projects. Please send your email request to <ceitc-info@unimelb.edu.au>.



Community Profile

Ngarra's story

I first quit smoking when I fell pregnant with my first child. As soon as I found out that I was pregnant I went 'cold turkey'. It wasn't really an issue for me because all I could think of was that the smoke would harm my baby.

I had smoked on and off for 12 years but never tried to give up. I didn't have a smoke for 15 months and then I started up smoking again before I went back to work.

I have never smoked in my home or car or around my children, always outside.

When I had my second child, I quit smoking again and then took it back up when my daughter was only 1 month old. I took it up quicker this time because there were a lot of people around me smoking, I went back to work, so it was a real social thing.

I started working for CEITC in 2009 and with all I learnt in my job it soon became clear to me that I really needed to quit. I quit for the third time, as soon as I was pregnant with my third child. At the time just the smell of smoke made me feel sick. My daughter is now 11 months old and I haven't picked it up again.

You also don't realise how much time smoking takes up. Just thinking about smoking and actually going to have the smoke. I have a lot more free time now. I feel so much healthier.

I'm hoping I have quit the smokes for good. Our people already live ten years less than non-Indigenous Australians so I want to be healthy, live a long life and set a good example for my kids.

Join our Community of Practice (Indigenous tobacco control interest group)

If you are working or studying in areas that deal with Indigenous tobacco control we invite you to become a member of the CEITC interest group.

The interest group gives members the opportunity to find others working in tobacco in your area or interest. There is a wealth of knowledge out there and we support open communication and sharing of information for the direct benefit of smoking prevention in Aboriginal and Torres Strait Islander communities.

Stay up to date with what is happening in Indigenous Tobacco Control through the regular bulletins sent out to members. Similarly, you can let us know about job vacancies or events and we will add them to the bulletin.

We hope you continue to find the CEITC interest group a useful networking tool and we welcome any feedback or suggestions for improvement.

www.ceitc.edu.au



Deadly out and about

CEITC has a Deadly Dan the Smoke-Free Man costume available for community organisations to borrow for community events. Please contact Vanessa Vine on T: (03) 8344 0870 or send an email to <ceitc-info@unimelb.edu.au>.



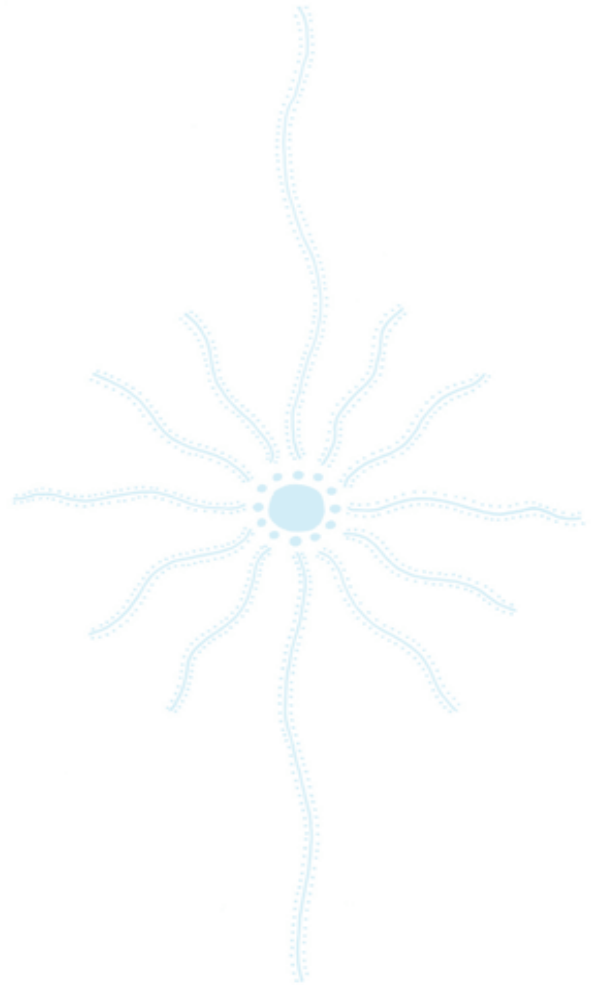
Deadly Dan joins forces with the Victoria Police Force at Bunurong Health Service's Harmony Day



...and again at Harmony Day



Deadly Dan goes to Mildura - photo courtesy of Quit Victoria and Fiona Moncur



Yappera Children's Centre get creative

Have you watched this?

The 'Smoking: An Indigenous Health Challenge' webcast, presented by Rural Health Australia Education Foundation in May is now available for free podcast and web stream at:

www.rhef.com.au/programs/program-1/?program_id=563

This program assists health practitioners with the knowledge and understanding to help Aboriginal and Torres Strait Islander people quit smoking. A range of interventions to both help prevent tobacco use and assist Indigenous Australians to quit are examined.

Program Participants:

Chair: Dr Norman Swan,
Presenter of the Health Report on ABC
Radio National

Professor Nick Zwar,
General Practitioner, Director, School of
Public Health and Community Medicine

Mr Sean Appoo,
Regional Tobacco Coordinator, Tharawal
Aboriginal Medical Service, NSW

Ms Toni Mason,
Aboriginal Tobacco Control Project Officer,
Quit Victoria

Ms Jasmine Sarin,
AH&MRC Senior Tobacco Resistance
Control Officer, NSW, and

Dr Rowena Ivers,
General Practitioner, Illawarra Aboriginal
Medical Service, NSW.

Stay tuned for some developments on our website!

During CEITC's current funding phase we felt it was time for a bit of a fresh look at our website. We are currently in the process of reviewing our current site with new artwork, information sections, images and resources and would welcome any feedback or suggestions from our visitors. Please drop us a line at ceitc-info@unimelb.edu.au or visit us at www.ceitc.org.au. We hope to go live with the new website in August/September 2011.

Work experience student Ruby

In June CEITC hosted Ruby Sampson for one week of work experience. Ruby is a year 10 student at Viewbank College. After school, Ruby hopes to continue her studies here at the University of Melbourne. During her week with CEITC she visited 3KND radio station, the Koorie Heritage Trust and attended a seminar at Turning Point Drug and Alcohol Service (Jack Charles' life). She also got to experience a campus tour and lunch at Ormond College.



Ruby meets AFL Melbourne Football Club team member Aaron Davey while helping out on a segment on Indigenous eye health at the radio station 3KND

Staff News

Baby News...

... Ngalu Naika Wanjarra Thorpe was born on 14 July 2010. Congratulations to Ngarra and Alister on your new daughter, a little sister to Willun and Koki. Time flies and Ngalu is proving to be a little athlete and is up and running already!



Farewell...

... to Carly Donovan who finished with CEITC in March 2011 to take up a traineeship at the Department of Foreign Affairs. Carly is also in her second year of a Bachelor of Arts in International Studies at RMIT. CEITC would like to congratulate Carly on gaining this highly contested traineeship and is proud to have had yet another strong emerging Indigenous leader pass through its office. Good luck for the future Carly!



Welcome...

... to Ngarra Murray who returned from maternity leave in March this year after the birth of Ngalu. Ngarra's first task is to organize CEITC's preconference workshop at the Oceania Tobacco Control Conference in October. In addition to being a busy mother of three children and settling into her new house, Ngarra is the 2010 recipient of the Fellowship for Indigenous Leadership. This prestigious award saw her presenting at the Long Walk luncheon last October to an audience of over 700 people including Her Excellency the Governor General of Australia, Ms Quentin Bryce.



Photo courtesy of Tracey Johnston

... to Vanessa Vine who started as our new Administration Officer in November 2010. Vanessa brings with her many years of experience in administration, which ensures that CEITC runs like clockwork. Vanessa is the mother of three children Charlie, Ruby and Floyd.



... to Sarah McMillan, who joins us one day a week to help out doing some of the office administration. Sarah finished her VCE last year is currently studying Graphic Design at RMIT.



... to Deb Knoche, who commenced with us in February as Research Fellow. Deb will support CEITC's research activities initially by building the CEITC network of researchers nationally. She will contribute to the exchange of research knowledge in the area of Indigenous tobacco control, including literature reviews and the development of an evaluation handbook.



... to Alister Thorpe, a Gunnai (East Gippsland), Yorta Yorta (Goulbourn Valley), and Gunditjmara (Western Districts) man with many family connections throughout Victoria.

Alister is currently the Project Officer (Youth) for CEITC and is coordinating a pilot program that focuses on gathering data on the smoking habits of Indigenous school students in Victoria.

He is also studying for his Masters of Public Health at the Indigenous Koori Education centre at Deakin University

Before coming to CEITC, Alister worked at *Onemda* on the Support Systems for Aboriginal Primary Health Care Services Project and the development of a Victorian Aboriginal Child Health Development and Wellbeing Survey. He also has experience working in several Indigenous community organisations including the Victorian Aboriginal Health Service as a research assistant.

Alister enjoys playing in Indigenous sporting carnivals and attending all of the related events and community gatherings. He is a dancer with the Koori Youth Will Shake Spears dance troupe. He has a strong interest in protecting and promoting his Indigenous cultural heritage and working with the community on Indigenous health and wellbeing, in particular with Indigenous young people. CEITC would also like to congratulate Alister on recently quitting smoking.





Where you will find us Centre for Excellence in Indigenous Tobacco Control (CEITC)

Omemda VicHealth Koori Health Unit,
Centre for Health and Society,
Melbourne School of Population Health

Level 4, 207 Bouverie Street
The University of Melbourne
Victoria 3010 AUSTRALIA

Tel: +61 3 8344 0870
Fax: +61 3 8344 0824
Web: www.ceitc.edu.au
Email: ceitc-info@unimelb.edu.au



Omemda



Australian Government
Department of Health and Ageing

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*Original artwork by
Michelle Smith, Kevin Murray and
Shawana Andrews*