#CommunityControl
#WorldNoTobaccoDay
#YourHealthYourFuture

Twitter Festival Report
- discussions on World No Tobacco Day
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Twitter Festival
World No Tobacco Day

We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
Foreword

Around the world, activities for World No Tobacco Day 2019 put the spotlight on “tobacco and lung health”, aiming to increase awareness of tobacco’s impact on people’s lung health and the fundamental role lungs play for the health and well-being of all people.

The campaign also served as a call to action, advocating for effective policies to reduce tobacco consumption and engaging stakeholders across multiple sectors in the fight for tobacco control.

In Australia, the Aboriginal Health and Medical Research Council of NSW (AH&MRC) sponsored an innovative Twitter Festival, to profile the work being done by Aboriginal Community Controlled Health Services in tobacco control.

This report summarises the discussions, which were moderated by Amy McQuire, Dr Tim Senior and Hayley McQuire.

The event trended nationally on Twitter by 9.30am and generated sustained engagement throughout the day, with hundreds of participants.

It provided a platform for amplifying the collective voices of ACCHS, and sharing their innovative work across NSW.
As many of you know – I am a Darumbal/ SSI woman from Central Queensland but today I am tweeting from Ngunnawal country down in Canberra so I want to acknowledge this proud country and nation today.

I’m really excited to help amplify the work of the enormously important Aboriginal community controlled health sector around this issue – it has been this sector that has been at the forefront.

ACCHS were set up to combat the discrimination faced by blackfellas in the mainstream health system and are a central hub for communities across the nation. #CommunityControl. #YourHealthYourFuture

While the smoking rate among Aboriginal communities has dropped by more than half since 1994, the higher rate could be explained by colonialism - which is why Aboriginal control is so vital #CommunityControl. #YourHealthYourFuture

Colonial practices implicated in indigenous smoki... Discriminatory practices dating back to Australia’s colonial history are at least partly to blame for a comparatively high smoking rate among Indigenous abc.net.au
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
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Twitter Festival
World No Tobacco Day

#CommunityControl
#WorldNoTobaccoDay
#YourHealthYourFuture

Tim Senior
@timsenior

I’m here on Tharawal land, and would like to acknowledge their elders past and present and emerging. I work in #CommunityControl and see first hand the wonderful work they do. #YourHealthYourFuture

3:05 PM - 30 May 2019
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.

Twitter Festival
World No Tobacco Day

Check out our events listing on the #TIS website to see what some of our TIS teams are up to bit.ly/2Dc1d3x #Communitycontrol
Introductions

Aboriginal Health & Medical Research Council: Your health Your Future, the strengths of the Aboriginal Community Controlled Health Service sector @ahmrc

It’s vital that brief tobacco interventions are embedded into routine health care and checks. Our staff love to yarn with community to help them quit. You can read about the #ATRAC Yarning Tool here: https://buff.ly/2JLvWaF

We have developed the #ATRAC Yarning Tool which has been incorporated into smoking cessation programs across the country. The tool has assisted many health workers to initiate meaningful smoking cessation discussions with clients.

A #YourHealthYourFuture Aboriginal Health Assessment can be the beginning of a healthy lifestyle. We encourage you to think about having your next annual health check at your local AMS.

The assessment is free and a great opportunity to chat with your Aboriginal Health Worker about quitting smoking.

Keep your mob strong from the start. There is no safe level of smoking during pregnancy. Exposure to smoke in the womb can lead to chronic health conditions such as glue ear and asthma.

Later today we’ll be hearing from @GillianSGould about successes in the iSISTAgirl program and what this has meant for pregnant women, children, and their families in community.

Important to the topic of pregnancy is the subject of passive, or second & third hand smoking. When a client smokes at home, their family smokes too. Many clients don’t fully understand the effects of second and third hand smoke.

Smoking indoors puts children’s lives at risk. @ReadyMob and @WamindaSthCoast have had great successes in building community knowledge and awareness. We will hear more on this later in the day.
Did you know that smoking can worsen diabetes and obesity & potentially lead to tissue death & amputation? Our members offer holistic integrated care to their clients to address health issues that arise from smoking or are a cause of smoking behaviour.

Stay tuned to hear from our service members @WamindaSthCoast @ReadyMob RivMed and Redfern AMS about the deadly initiatives they are leading to tackle tobacco.

We all know that smoking causes cancer. Lung cancer is not the only risk you run if you smoke. Smoking can lead to increased risk for mouth, oesophageal, stomach, and bowel cancer. Smoking isn’t worth the risk to #YourHealthYourFuture.

We’ll be hearing from @cancerinstitute about the latest data around smoking related cancer deaths specific to Aboriginal people. They are doing great work in collaboration with our services and other government agencies to address this problem.

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**Twitter Festival**

**World No Tobacco Day**

We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
This artwork aims to increase awareness of the negative impact that tobacco has on peoples’ lung health and the fundamental role lungs play for the health and well-being of all people, as well as our natural environment.

Healthy, happy people make up healthy, happy, flourishing communities. This artwork is also a call to action for people and communities to get proactive about World No Tobacco Day and helping more people to quit smoking.
Thank you to all our partners involved in the Twitter Festival today. We can’t wait to read everyone’s stories and learn from your valuable experiences working in collaboration with your communities.

AH&MRc of NSW @ahmrc

Later today we’ll be hearing from @GillianGould about successes in the iSISTAgirl program and what this has meant for pregnant women, children, and their families in community. #CommunityControl #YourHealthYourFuture #WNTD2019
National perspective

National Aboriginal Community Controlled Health Organisation:
Tobacco Control from the Aboriginal Community Controlled Health Service sector nationally.

@NACCHOAustralia

Twitter Festival
World No Tobacco Day
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We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
Aboriginal Health in Aboriginal Hands ❤️bih❤️@NACCHOAu… • 19m

5 of 10 Our first post the 2011 Tom Calma and Tackling Smoking and Health Lifestyle National Networking and Training workshop in Canberra

Where you there in 2011?

#WNTD2019 #CommunityControl #YourHealthYourFuture

nacchocommunique.com/2012/05/07/tac…

Aboriginal Health in Aboriginal Hands ❤️bih❤️@NACCHOAu… • 18m

6 of 10 NACCHO Aboriginal Women’s Health and How to #quitsmoking during pregnancy with @sistaquit

Plus #WorldNoTobaccoDay2019 May31

nacchocommunique.com/2019/05/22/nac…
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
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Trending nationally

**Australia trends**

*Change*

#CrazySocks4Docs
AMA Media, AMA Victoria, and 2 more are Tweeting about this

#qualtricsX4SYD

#thejoshuatreetour2019
1,055 Tweets

#YourHealthYourFuture
#VoteACCHO (Tim Senior) is Tweeting about this

#CommunityControl
#VoteACCHO (Tim Senior) is Tweeting about this

**Ben Stokes**
Ben Stokes might have made the 'greatest catch of all time' at the Cricket World Cup

**Latika**

**James Packer**
James Packer sells $1.76 billion stake in Crown Resorts

**Dark Crystal**
The stunning first trailer for The Dark Crystal: Age of Resistance is here

**Jordan Thompson**
Celebrating success in tobacco control initiatives in the South Coast region of NSW

Waminda South Coast Women’s Health and Welfare Aboriginal Corporation
@WamindaSthCoast

Waminda @WamindaSthCoast · 29m
‘Paying our respects to our Elders passed, those present & emerging who have paved the way for our future journeys & acknowledging Traditional Owners of the 13 tribes on the South Coast where the sea meets the mountains’. #WorldNoTobaccoDay #CommunityControl #YourHealthYourFuture

Waminda @WamindaSthCoast · 28m
Thank you to all our partners involved in the Twitter Festival today.
#communitycontrol #worldnotobaccoday @crockeyblog @ahmrc #yourhealthyourfuture #nsmokes #healthyliving

Waminda @WamindaSthCoast · 23m
Dead or Deadly is a healthy lifestyle program focusing on exercise, nutrition, smoking cessation and chronic disease prevention and management.
@Deadordeadly1 #WorldNoTobaccoDay2019 @crockeyblog @ahmrc #nsmokes #tacklingindigenoussmoking

Twitter Festival
World No Tobacco Day

We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
Waminda is an ACCHO for Women and their Aboriginal families living on the South Coast of NSW. We provide culturally safe & holistic services through quality health and well-being initiatives & strengths-based care.

#CommunityControl #YourHealthYourFuture #Deadordeadly1 #ACCHO

Tobacco is not our medicine. #WorldNoTobaccoDay #communitycontrol #YourHealthYourFuture #toodeadlyforsmokes
Waminda addresses the social determinants of health while providing a centre of excellence for women’s health and is a leader in linking culture with education, health and well-being. For more information, please contact us [http://www.waminda.org.au](http://www.waminda.org.au)

Waminda’s Comprehensive Care program is a combination of healthy lifestyle & chronic disease prevention/management strategies delivered through a strength-based, individualised culturally driven framework offering a whole-of-life approach to health & well-being #Unfunded

Twitter Festival
World No Tobacco Day
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
Our Aboriginal Health Worker being a role model... #exerciseismedicine #cleanair #nosmokes #AHW

Twitter Festival
World No Tobacco Day

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#CommunityControl
#WorldNoTobaccoDay
#YourHealthYourFuture

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**Dead, OR Deadly @Deadordeadly1 • 4m**

Thanks to @ahmrc & @croakeyblog for the opportunity to share our service and stories! #giveupthesmokes #WorldNoTobaccoDay @WamindaSthCoast #nosmokes #toodeadlyforsmokes

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**#VoteACCHO (Tim Senior) @timsenior • 18m**

Two phrases struck me from @WamindaSthCoast that are good reminders about #CommunityControl and #YourHealthYourFuture.

Tobacco is not our medicine and Too deadly for smokes!

#WNTD2019

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**#VoteACCHO (Tim Senior) @timsenior • 14m**

The wonderful and important work of Aboriginal Health Workers across the country in #CommunityControl will be a theme of the day, I’m sure.

#YourHealthYourFuture

#WNTD2019

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**Waminda @WamindaSthCoast • 8m**

Our Aboriginal Health Worker being a role model 
#exerciseismedicine #cleanair #nosmokes #ahw @Life_Style_Med #lifestylemedicine @croakeyblog @ahmrc #healthylifestyle

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**Dr Michelle Bovill @michelle_bovill • 8m**

Love seeing the amazing work our #CommunityControl work that often goes #unfunded but holds maximum benefits #YourHealthYourFuture #WNTD2019 
The often unnoticed and selfless work in communities.

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**Waminda @WamindaSthCoast @Deadordeadly1 • 4m**

A program is a whole of life approach to comprehensive, strength based holistic care about healthy lifestyle, Cancer prevention&Support initiatives with a key focus on tobacco control/cancer prevention. Our...
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
A big shout out to AH&MRC. Today is World No Tobacco Day (WNTD).

#CommunityControl #YourHealthYourFuture Love the jersey 😊
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.

Cancer Institute NSW
@cancerNSW

We are thrilled to be starting our session of the @AHMRC #WNTD2019 Twitter Festival. We would like to acknowledge we’re taking part on the land of the Gadigal people of the Eora Nation. #CommunityControl #YourHealthYourFuture #WNTD2019

World No Tobacco Day
Twitter Festival
31 May 2019

#WNTD2019 is an important day for us each year. We develop anti-smoking campaigns, provide support services, fund researchers and implements projects to help reduce smoking across the state. cancer.nsw.gov.au/how-we-help/ca... #CommunityControl #YourHealthYourFuture

Stopping smoking
Find out why the Cancer Institute NSW is working to prevent smoking across the state.
cancer.nsw.gov.au
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
"I've been off the cigarettes now for a few months. I'm feeling healthy and fit and I train nearly every day." Listen to Suvanna's story. facebook.com/AboriginalQuit... #CommunityControl #YourHealthYourFuture #WNTD2019

"It took me 10 years and 3 attempts but I haven't had a smoke for over 9 years."

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Watch the videos via Aboriginal Quitline.

@AQuitline

Hearing success stories from people in your community is such an important part of it I think... and also ensures it is not about shame, but really about empowerment
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Twitter Festival
World No Tobacco Day

We’re all about strength and strengths-based approaches to health at @VACCHO_org, CommunityControl is where it’s at for us. It’s YourHealthYourFuture so QuitTheSmokes this WorldNoTobaccoDay2019 to feel healthier (and wealthier)!
VACCHO @VACCHO_org · 4m
A message from Kirrae Health Service:
How long can you go? Can you go 1 hour? Can you go 2? 3? OMG could you go a full 24 hours without smoking?

#QuitTheSmokes #StrongMob #CommunityControl #YourHealthYourFuture #WorldNoTobaccoDay #SmokeFreeMob #GWVTIS

Nicotine Replacement Therapy Information (NRT)

KICK YOUR HABIT TODAY...

KIRRAE HEALTH SERVICE

VACCHO, Quit Victoria, Aboriginal Health in Aboriginal Hands ❤️❤️❤️❤️ and 4 others

VACCHO @VACCHO_org · 2m
Real Heroes Don’t Smoke
Community Gathering today.
Horsham Angling Club 3pm - 5pm.
Come down, enjoy a snap, soup & damper! Face painting, boomerang throwing, Jumping Castle, games and giveaways. Dress up and get a prize!!!

#CommunityControl #StrongMob #SmokeFreeMob

REAL HEROES DON’T SMOKE!!!

World No Tobacco Day Community Gathering
Goolum Goolum is hosting a community gathering on World No Tobacco day. The theme of this gathering is SUPER HEROES so you and/or your child can dress up as your favourite hero!!! There will be free food, face painting, games and activities available for community.

Where:
Horsham Sound Shell

When:
Friday, 31st of May
Time:
3-5pm

Super Damper/
and Super
Sausage Sizzle

Super Face
Paintings!

Twitter Festival
World No Tobacco Day

We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
Gunditj Health Clinic on 3 Banyan Street
Take the Pledge to Quit & receive a Sample NRT pack (in the photo below),
journal with support from the Indigenous Quit Line & support from your
Aboriginal Health Worker! #SmokeFreeMob #WNTD2019 #CommunityControl

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We pay our respects to the Traditional Custodians
of the country where we live, work and travel
upon, and to Elders, past, present and future.
International perspective

IndigenousNCDs

@IndigenousNCDs

International perspective

IndigenousNCDs

@IndigenousNCDs

Many #WeAreIndigenous Communities have never heard about #NCDs & have few resources in traditional language to help #BeatNCDs #IYIL19 #YHYF

Indigenous peoples are descendants of populations “which inhabited the country or geographical region... at the time of conquest or colonisation or the establishment of present state boundaries”

AND

“retain some or all of their own social, economic, cultural and political institutions” which “distinguish them from other sections of the national community”.

ARTICLE 1, RO
CONVENTION NO. 169

Twitter Festival
World No Tobacco Day

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We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
Colonisation is not a historical artefact and it continues contemporaneously at both country and global levels. Indigenous knowledge, values, behaviours and protocols have been suppressed (or sometimes appropriated) through colonisation processes, implemented by governments, churches and other institutions. However, Indigenous peoples remain steadfastly resistant and resilient in the face of colonisation in its many forms. The global promotion of commercial tobacco and the subsequent addiction of Indigenous peoples to nicotine products is a modern form of colonisation. Colonial forms of oppression include, but are not limited to, forced removal and relocation of Indigenous peoples from their land, removal of Indigenous children and using commercial tobacco as a form of payment prior to engagement.

"Instead, a significant life event and supportive relationships were the most useful predictors of successful smoking cessation acting as both a motivator and enabler to behavioural change."

#CommunityControl #YourHealthYourFuture #WNTD2019
I think the research paper cited most often this morning has been @drcbond’s article here, a cautionary tale of ensuring we don’t reinforce colonial oppression through our tobacco control activities. tandfonline.com/doi/abs/10.108...
#CommunityControl
#WorldNoTobaccoDay
#YourHealthYourFuture
#WNTD2019

‘It had to be my choice’ Indigenous smoking cessation and negotiati...
tandfonline.com

There are great resources to help #TackleTobacco & #BeatNCDs eg @who
#KnowledgeActionPortal #YHYF #CommunityControl
knowledge-action-portal.com
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
Empowering Aboriginal and Torres Strait Islander women to be smoke-free during pregnancy

Dr Michelle Bovill – University of Newcastle
@michelle_bovill

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We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
Aboriginal people are motivated to quit. AIHW reported Aboriginal people are more likely to make a quit attempt (39%) than other Australians (30%), [https://bit.ly/2wqD3Nc](https://bit.ly/2wqD3Nc)


We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.


durany-garra (deliver a message): We need to make our #healthpromotion specific. Even #lowconsumption affects LBW of babies. LBW has associations with our shortened life expectancy.

The narrative of poor parenting is too frequent, I am committed to re-writing these narratives.
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.

#CommunityControl
#WorldNoTobaccoDay
#YourHealthYourFuture

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**Dr Michelle Bovill** (@michelle_bovill)

Ngidhi yinaaru nhali yayi (this woman told me): Often health providers advising reduction rather than quitting during pregnancy. Aboriginal women are following this advice. bit.ly/2W3pYnp

#CommunityControl #YourHealthYourFuture

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**Amy McQuire** (@amymcquire)

This morning has been really interesting hearing from tobacco cessation on a national level, NSW state level, Victorian level and also strategies specific to Aboriginal women. Thank you so much to @tmsenior for co-moderating... My sister @HayleyMcQuire will be joining now.

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**Hayley McQuire** (@HayleyMcQuire)

Gudamool everyone. I’m so excited to take part in today’s #CommunityControl #YourHealthYourFuture twitter fest for World No Tobacco Day. I’m a Darumbal and South Sea Islander woman from Central QLD, but today I’m tweeting from beautiful Ngunawal Country.

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**Hayley McQuire** (@HayleyMcQuire)

I want to take a step back real quick and acknowledge the history of our ACCHO sector. In @gregoryabstarr’ PhD thesis, he states that Aboriginal health and medical services didn't happen in isolation, but were part of a broader social and political movement for equality.
Let me also share this deadly webinar held on WNTD last by @IAHA_National with Prof. Tom Calma AO, the National Coordinator Tackling Indigenous Smoking. Check it out here:
Ready Mob

Galambila Aboriginal Medical Service

@ReadyMob

The Tackling Indigenous Smoking program team Ready Mob is a federally funded program based out of Galambila Aboriginal Health Service in Coffs Harbour, covering the Mid North Coast region from Coffs Harbour through to Port Macquarie.

My name is Kristy Pursch and my ancestral ties are to the Butchulla people of Fraser Island in Queensland. I have lived in NSW for the past 20 years and brought my children up in beautiful Gumbaynggirr country for the past 14 years.

Ready Mob is an acronym for Really Evaluate and Decide Yourself, Make Ourselves Better which is all about self determination, we don’t tell our mob what to do we just provide the tools and education so that people can make their own informed decisions.

Our strategy to work in and with our local communities is to use local places and local faces. Our relationships in communities are paramount to our effectiveness as a health promotion program.

There are 8 people in our team and all are Aboriginal people with the majority working within their own ancestral lands. This connection and investment in our own local people is integral at ensuring our approach is both determined by and effective for our local mob.

Second and third hand smoke causes just as much damage to small lungs as smoking resulting in more acute respiratory infections, severe asthma attacks and can cause middle infections.
Encouraging our smokers to ‘take a look around and see, who are you sharing your smoke with?’ A non shame based campaign encouraging introspection and positive decision making especially around the impacts smoking causes to those around you.

As with all our campaigns the call to action is to seek quit support by calling the Quitline or visiting your GP and local Aboriginal Medical Service.
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Riverina Medical and Dental Aboriginal Corporation

AH&MRC tweeting live from RivMed: Celebrating success in tobacco control initiatives in the Riverina region NSW

@ahmrc

We are reporting live from Wagga Wagga in the beautiful lands of the Wiradjuri people. We would like to acknowledge the strength, resilience and knowledge of their Elders; past, present and emerging. #CommunityControl #YourHealthYourFuture @Indigenous_gov @WaggaCouncil

Welcome to Wagga Wagga

We are currently at RivMed – the Riverina Medical and Dental Aboriginal Corporation. They offer a range of tobacco cessation programs for the Aboriginal Community. #CommunityControl #YourHealthYourFuture @closethegapDZ @NACCHOAustralia

Welcome Yamma Dummarung

SMOKE-FREE GROUNDS

Thank you for supporting our smoke-free policy by not smoking within these premises.

Twitter Festival
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Twitter Festival
World No Tobacco Day

Heyley McQuire Retweeted

AH&MRC of NSW @ahmrc · 1h
Kymme, a member of the great RivMed team. Is handing out some deadly resources for World No Tobacco Day! What a STAR! #CommunityControl #YourHealthYourFuture @WHO @NSWHealth @CCNewSouthWales @NACCHOAustralia

Amy McQuire @amymcquire · 6h
that colouring in book looks deadly

AH&MRC of NSW @ahmrc
Kymme, a member of the great RivMed team. Is handing out some deadly resources for World No Tobacco Day! What a STAR! #CommunityControl #YourHealthYourFuture @WHO @NSWHealth @CCNewSouthWales ...

Dr Gillian Gould @GillianSGould · 6h
I love RivMed they were one of our #ICANQUITinPregnancy Pilot sites! we hope they come back on board for #ISISTAQUIT

AH&MRC of NSW @ahmrc
We are currently at RivMed - the Riverina Medical and Dental Aboriginal Corporation. They offer a range of tobacco cessation programs for the Aboriginal Community #CommunityControl #YourHealthYourFuture ...
Dr Gillian Gould: Successes in reducing the incidence of smoking during pregnancy

@GillianSGould

Tweeting from Gumbaynggirr country in Coffs Harbour, I’m a GP researcher developing Indigenous smoking cessation strategies for the last 14 years – invited by #communitycontrol to do this work.
#iSISTAQUIT is a brand new program funded by Dept of Health @healthgovau & @TIS. We will roll-out @sistaquit to more services across Australia in 2020. Wow thanks DOH and TIS! New online training available.

Our new #iSISTAQUIT centre in Coffs Harbour will support excellence in #regional #research @UONresearch we are seeking three full-time researchers (as many as possible to be Indigenous) and offering Indigenous PhD scholarship – get in touch.
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Twitter Festival
World No Tobacco Day

DrGillianGould @GillianSGould · 6h

#Quitting in pregnancy best for mum & bub. Avoids huge number of Indigenous NCDs & birth complications. #Providers - give mums best chance of quitting – make a #quitplan #empowerwomenquit #YourHealthYourFuture #CommunityControl

DrGillianGould @GillianSGould · 6h

For Indigenous people to have the same health outcomes as non-Indigenous people #prevention needs to start before birth #first1000days. @sistaquit helps women quit and we are making an #App tool! #YourHealthYourFuture #CommunityControl #empowerwomenquit
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.

#CommunityControl
#WorldNoTobaccoDay
#YourHealthYourFuture

DrGillianGould @GillianSGould 
6h

#MAMASEMPower we co-developed smart #App to empower pregnant Aboriginal women to quit smoking, quit drinking, eat healthy, exercise, and improve wellbeing – what’s not to like about that? Thanks #Aboriginal & #TorresStraitislander women MNC-HNE for input. #yourhealthyourfuture

DrGillianGould @GillianSGould 
6h

#MAMASEMPower App Pilot starting soon! Looking for #Aboriginal #pregnant mums to give App a go and give feedback in July 2019. If your #ACCHS can help recruit women to try our App – reach out. #yourhealthyourfuture
#communitycontrol
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
A GP’s perspective

Dr Tim Senior
@timsenior

#VoteACCHO (Tim Senior) @timsenior
So, I'm a GP, also known as Family doctor, also known as Primary Care Physician. Take your pick!
I live and work on Tharawal land, in
#CommunityControl
#WNMD2019 #YourHealthYourFuture

#VoteACCHO (Tim Senior) @timsenior
The importance of #CommunityControl is that I am employed by the community to provide care to the community. I don't own the service, it's not mine!
#yourhealthyfuture

#VoteACCHO (Tim Senior) @timsenior
Anyway, we GPs have a really important role in smoking cessation. Each time we ask about smoking, we increase the quit rate by 2%! And people do expect us to ask.
#communitycontrol #yourhealthyfuture #WNMD2019

#VoteACCHO (Tim Senior) @timsenior
Importantly people can come and see us about anything. And they do. Some have illnesses, many have several illnesses, some need reassurance that nothing is wrong.
#communitycontrol #yourhealthyfuture

#VoteACCHO (Tim Senior) @timsenior
It means there’s no wrong reason to come and see your GP. The most important thing is the relationship you have with your GP.
#communitycontrol #yourhealthyfuture

#VoteACCHO (Tim Senior) @timsenior
That relationship means we can have an ongoing discussion about smoking, that’s tailored to you, your family and what’s going on in your life.
#communitycontrol #yourhealthyfuture #WNMD2019
And working in #communitycontrol means they know the service is set up for them, and they have friends and relatives employed there and on the board! And we have staff and programs that will help.

So for example, I have access to free nicotine replacement, as well as the medicines on the PBS. And especially important are our health workers and our mums and bubs and social and emotional wellbeing programs. And dentists.

Fundamentally, my goal as a GP in #CommunityControl is to enable people to make decisions about their life, NOT tell people what to do. (We’ve tried that for >200 yrs. It doesn’t work!)

And having a relationship with a patient, means the discussion we have can be very practical.

I’ve never met anyone who doesn’t know that smoking is bad for them. But stress, poverty, boredom, habit, socialising underscored by addiction are all reasons people continue to smoke.

We can offer practical advice for all of these things, in complete confidence, with onward referral as appropriate.

FYI, these are the smoking cessation guidelines.
Live from Redfern

@ahmrc tweeted from the Redfern Aboriginal Medical Service and their World No Tobacco Day Community Event.

Today AMS Redfern have organised a World No Tobacco Day Community event. There are some great banners up such as this one saying ‘Stop smoking and let your body heal’ #CommunityControl #YourHealthYourFuture #WNTD2019

And these great posters around the place. #CommunityControl #YourHealthYourFuture #WNTD2019
World No Tobacco Day

We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.
Twitter Festival
World No Tobacco Day

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Wrapping it up

Amy McQuire
@amymcquire

Thank you so much to the @ahmrc for their live coverage out at Redfern AMS and also for all your work highlighting the success stories across the state today on #WorldNoTobaccoDay #CommunityControl

7:47 PM - 30 May 2019
3 Retweets 7 Likes

What stood out to me most was just how mob get in and get things done and also the critical importance of culturally supportive environments. I was really heartened to see a lot of the research particularly around smoking in pregnancy because I'm really concerned about...

Hayley McQuire
@HayleyMcQuire

...how health promotion campaigns can further stigmatise Aboriginal women in this area (and other areas like drinking etc.). It was really great to see the research and work that is being done this, and from Aboriginal women researchers.

We know this works and it also means that we connect with other locally-driven organisations, like local Indigenous Community Media. #CommunityControl #YourHealthYourFuture

Twitter Festival
World No Tobacco Day

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Twitter Festival
World No Tobacco Day

Thanks

AH&MRC of NSW @ahmrc · 3m
Thank you to everyone involved with the #WNTD2019 Twitter Festival! Thank you to our informative (and witty) moderators @amymcquire @timsenior @HayleyMcQuire #CommunityControl #YourHealthYourFuture

AH&MRC of NSW @ahmrc · 1m
Thank you to @NACCHO and @VACCHO_org for your insight in tobacco control nationally and in Victoria #CommunityControl #YourHealthYourFuture #WNTD2019

Melissa Sweet @croakeyblog · 6h
Big thanks to all who contributed to the #CommunityControl #YourHealthYourFuture discussions, from so many different places and with so much knowledge, expertise & commitment. #Brilliance #ShiningStars

Melissa Sweet @croakeyblog · 6h
And #BigBouquet to @ahmrc team for the vision; and organising the #CommunityControl #YourHealthYourFuture Twitter Festival program. @CroakeyNews Professional Services delighted to host these important conversations on #WorldNoTobaccoDay
Twitter Analytics

During the period when Croakey was publishing about the Twitter Festival (13 May-3 June 2019), 299 Twitter accounts sent more than 2,000 tweets using the #CommunityControl hashtag, creating more than 17 million Twitter impressions.

See the Symplur Analytics here, and the Twitter transcript here.

As well as trending nationally at the hashtags #CommunityControl and #YourHealthYourFuture, some participants also brought the discussions into the #WorldNoTobaccoDay discussions, which also trended nationally.
The Waminda story of holistic innovation for health – #CommunityControl

Holistic and innovative approaches to addressing the health needs of Aboriginal and Torres Strait Islander people in the Shoalhaven region of NSW have been developed by the Waminda South Coast Women's Health & Welfare Aboriginal Corporation.

However, Waminda’s Tackling Indigenous Smoking (TIS) and cancer care programs are due to cease on the 30th of June “with no clear indication what the future will hold for these significant community-driven programs”, according to the article below.

This article is sponsored by the Aboriginal Health & Medical Research Council of NSW, and is published by Croakey Professional Services, following the recent #CommunityControl Twitter Festival held to mark World No Tobacco Day.

Waminda writes:

Waminda’s Tackling Indigenous Smoking (TIS) Innovation program is a unique smoking cessation program that sits within our Dead or Deadly health promotion/healthy lifestyle program and has been conducted over the last 18 months.

It does this by: increasing awareness about the health impacts of smoking, particularly amongst young women and pregnant women; improving access to targeted support through clinical/non-clinical services; supporting participants to quit and maintain smoking cessation; and improving the knowledge, skills and understanding of the health impacts of smoking and pathways to quitting.

The program uses exercise to create change in other areas of the client’s lives. Based on research, we know that when people start habitually exercising, even as infrequently as once a week, they start changing other patterns in their lives, often unknowingly.

We take this opportunity to use motivational interviewing, opportunistic screenings and brief interventions to help break habits and create change. The client comes around to decide for themselves that they would like to have a quit attempt with our advice, education and ongoing support.

The program has delivered a number of outcomes for clients, including healthy lifestyle changes, strengthening of community, chronic disease prevention and management, building support networks, profiling Indigenous voices, and social/emotional wellbeing support, and smoking cessation.

Yarning circles have always been an integral part of Aboriginal culture. Sitting around discussing women’s business is something that has been happening for thousands of years. It feels natural and comfortable within our program to yarn about health education, chronic disease, weight management, trauma/healing, stress, women’s business etc.
With the support of the Lifestyle Medicine movement, we are trialling the use of Shared Medical Appointments (SMAs). These are like our traditional yarning circles with a GP and allied health professional. We are trialling three programs – weight wellness, pain management, and smoking cessation.

Lifestyle Medicine deals with the root cause of the problem: the modifiable aspects of the whole person (physical, emotional, spiritually, psychological), health behaviours, environment, and circumstances, underpinned by self-empowerment and self-efficacy to manage and improve our own health.

It doesn’t just treat the disease, it looks at the person and all factors and increases quality of life.

**Having impact**

Initial results from the evaluation demonstrate the program has gone some way towards meeting key short-term and medium-term impacts for clients:

- Over the recent 12-month period, the Dead or Deadly program saw 248 participants, 20 percent of whom participated in TIS.

- Most participants were smokers (83 percent) and 41 percent were categorised as being in the moderate to high level of nicotine dependence.

- Whilst formal mental health diagnosis was not collected, scores on the participants Kessler-10 suggest that up to 47 percent of participants were in the moderate to severe range for psychological distress.

- Diabetes finger prick tests indicated that 29 percent of the participants screened positive for diabetes.

- Based on waist circumference, nearly all participants (96 percent) were at risk for chronic disease (Heart Foundation 2018).

Our results include:

- Regular and strong engagement by participants across the four program sites.

- Nearly a quarter of participants reported a reduction in their smoking with most participants reporting increased quit attempts and tenacity for quitting.

- 12 percent of smokers involved in the program confirmed that they had quit smoking altogether.

- Nearly all participants reported a reduction in anxiety and depression and about 22 percent of participants demonstrated a reduction in their K10 scores for their first assessment to a follow-up point.
Cancer care

Waminda’s Comprehensive Care program model is a combination of healthy lifestyle and chronic disease prevention and management strategies delivered through a strength-based, individualised, culturally driven framework offering a whole-of-life approach to the health and wellbeing of Aboriginal and Torres Strait Islander people living in the Shoalhaven region.

All program service delivery is individualised and tailored to family and community needs and involves our communities throughout the planning, design and evaluation of program activities.

Ultimately the model is aimed at removing the health disparity gaps between Aboriginal and Non-Aboriginal Australia and to encourage and promote the concept of “Making Healthy Normal”.

This comprehensive model includes services that cover the whole spectrum of health and cancer care, including early awareness and prevention initiatives to screening, referral, investigation and diagnosis support through to holistic treatment support, survivorship and palliative/end of life care support.

This concept is achieved through building capacity within local Koori communities and services to promote positive, healthy lifestyle awareness-based initiatives, and building effective partnerships across the Aboriginal community controlled, private and public health sectors to improve and coordinate care for Aboriginal people in the Shoalhaven.

The model also aims to increase the Aboriginal work force and provide training opportunities for existing staff and health workers and increase health literacy to improve awareness and education initiatives relevant to Aboriginal people in the Shoalhaven.

Ultimately Waminda’s Comprehensive Care – Keep your Health in Check, Make Healthy Normal Program is a whole of life approach to comprehensive, strength-based holistic continuous care regarding healthy lifestyle, cancer prevention and support initiatives with a key focus on tobacco control/cancer prevention.

Unfortunately, our current Tackling Indigenous Smoking (TIS) and cancer care programs are due to cease on the 30th of June 2019, with no clear indication what the future will hold for these significant community driven programs.

The Waminda team will continue to lobby and investigate possible funding opportunities to continue this incredibly important work.

This article is written by Kristine Falzon & Willow Firth (Waminda), sponsored by the Aboriginal Health & Medical Research Council of NSW, and published by Croakey Professional Services.
This report was prepared by Croakey Professional Services for the AH&MRC.