



BEYOND THE BIG SMOKE

KAMSC BULLETIN • APRIL 2009

Please contact Mena Lewis if you have any news for this bulletin

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TOBACCO PRESENTATION AT BROOME NOTRE DAME UNIVERSITY

On 20th February 2009, the KAMSC Tobacco Control Project Officer was invited to deliver a presentation based on the Tobacco Message to the KAMSC School of Health Studies (SOHS) students at the Broome Notre Dame University Campus.

There were 15 students in class and two (2) mentors. A talk on the detrimental effects of smoking was delivered, in combination with brief intervention chats and questions from the class. The response was very enthusiastic, with the tobacco message taken very seriously by participants.

As there were many areas to cover, the Tobacco Message presentation took an hour to deliver. Of the 15 students who were present, one has already decided to quit the fags and the rest have not decided on quitting as yet.

The Tobacco Message has now been delivered throughout the Kimberley to ACCHS and it's communities. ACCHS staff and Aboriginal communities have also been advised that local AMSS provide support and information for individuals who want to quit.



Mena Williams delivers the Tobacco Message to SOHS students

- LUNG BUSTER
- FAGS
- CIGGIES
- CANCER STICK

- WEED
- CHULL
- JUUBUK
- COUSIRUCU

LOCAL TOBACCO WORDS

THE STORY OF QUITTING

CHAPTER ONE

Once upon a time, there was a young 17-year-old girl who was easily influenced by her peers and wanted to be part of her peer group.

In the 1970's through to the 80's, there seemed to be no information for the public on smoking cigarettes and marijuana and the damage that smoking can do. Everywhere you looked, there were cigarette butts exposed to the public. If you were to see a film, there were always movies with John Wayne, Clark Gable, Marilyn Monroe and Yul Brennan showing. If you were to stay at home and watch the telly, you would be watching Homicide, The Box, No. 96, Division 4 and Sons and Daughters. Many of the actors in these shows smoked on screen, which in turn, impressed upon the global community that smoking was OK. Now, however, these actors are deceased - their deaths a lasting legacy to the fact that tobacco smoking kills. Fortunately, present society now has a lot of information on tobacco smoking. We know that tobacco smoking is dangerous and is certainly not good for your health.

So back to my story. This silly teenager finally got some brains when she got married and decided to start a family at a mature age of 31 (you would think she would get some sense earlier in life). She had her first appointment with the Gynecologist and guess what? The Gyno shouted at her and said with a harsh voice, "You quit this filthy habit now lady - otherwise your child will grow up smoking and inhaling all the terrible chemicals. Don't you want your child to grow up strong and healthy?" All the time the Gyno was explaining everything to her, she totally turned a deaf ear, and she was very ignorant.

Later the lady bragged and said, "Gosh, it's easy to quit! Anyone can do it... it's a piece of cake". "Yeah, sure!" said her friends, "Who is she kidding?". GOSH IT IS HARD!!!

The lady continued to smoke for 14 years, but was determined to do the best for herself and her child. To both stay healthy and strong was the best incentive for her. Later on the lady finally quit and did not smoke for the next 23 years.

Million of people have this bad smoking habit. People may quit but will have a craving at sometime or another, but what to do about it?????



Irena

All you readers will just have to wait till the next chapter in the kamsco bulletin as it is going to be a masterpiece...

YOU WILL HAVE TO BE STRONG TO QUIT TOBACCO SMOKING AND DO IT FOR YOURSELF AND FOR YOUR FAMILY.

**Irena Reid
Receptionist @ OVAHS
(Tobacco Champion)**

WELCOME TO THIS ISSUE



Mena

Hi Folks,

This is your Kimberley Smoke-Free Guru, here to share just a brief message to you mob.

I must apologize for the delay of the KAMSC Bulletin. It was rather hectic in attempting to collect all information for print. The Bulletin will be ready for distribution after Easter. Happy reading.

We would like to thank Irena Reid (Tobacco Champion) from Kununurra for sharing her yarn with us.

So people, we want to hear your yarn. Please help the "Beyond the Big Smoke" project and tell us your story of how you gave up the fags.

BUTTS, BUTTS, BUTTS



Is your butt worth the cost of littering in public areas?

The Broome Shire has a policy regarding the throwing away of cigarette butts in public. Offenders caught in the act will be given an on the spot fine of \$75.

Children love to play outdoors and inhale the fresh air. We would love to see our community smoke and butts free.

Discarded cigarette butts can get caught up in street sewage systems and clog the drains. Cigarette butts also cause damage to plants, particularly during the rain season when saturated cigarette butts leak out all their deadly chemicals to the environment.

Quite often, when people smoke outside they tend to forget to butt their butts in an ashtray... then along comes toddlers and crawling babies, and put the cigarette butts in their mouth.

So everyone should be responsible in disposing their own cigarette butts appropriately.

Please be advised that if you need to quit fags, KAMSC do offer their services. If anyone needs information on NRT, KAMSC also have two (2) pharmacists. Please call KAMSC on 08 9193 6043 and ask for Corina, Sabina or Mena.

NEW YEARS RESOLUTION

From the beginning of January to the end of March 2009, KAMSC "Beyond the Big Smoke" project staff developed an in-house 'New Year Resolution' activity for the staff of KAMSC. The aim of the activity was for staff to think about and kick their bad habits.

There were eight (8) participants who joined in the NYR competition. The prizes were \$50 vouchers for first, second and third place.

Some of the New Year Resolutions included quitting smoking, cutting down on the fags, cutting down on junk food, eating more healthy tucker, being nice to family, increasing physical exercise and walking to work.

BtBS staff provided messages regarding smoking and exercising and also encouraged all staff with a brief intervention.

Hopefully the KAMSC "Beyond the Big Smoke" project will be able to run two more competitions before the end of the year.

The next two (2) competition activities will include the whole ACCHS staff in the Kimberley, so you mob better start losing weight or maybe start thinking about quitting.

The competition is for all staff to either quit smoking or cut down on the fags and lose weight by doing physical exercise. These activities will be supervised by the KAMSC "Beyond the Big Smoke" Tobacco Champions.



Candice

Now I would like to announce the winners:

Candice Lawrence won the first prize. Candice quit smoking on 12th January 2009. It's now been 11 weeks since she had her last cigarette. Well done Candice! She is now starting her exercise routine and makes a great role model.



Mark

Mark Robins won the second prize. Mark used to smoke 50 cigarettes per day but has now has dramatically cut down on his fags. Good on you Mark!



Terri

Terri Oliver won the third prize. Terri has increased her healthy diet, minimized junk food and alcohol and has been nice to family. Great job Terri.

To enrol for the competition, all staff have to fill in a "Beyond the Big Smoke" project form and send it back to the KAMSC Tobacco Control Project Officer.

SMOKE FREE WORKPLACE



The KAMSC Tobacco Control Project Officer has contacted several Aboriginal Organisations in the Broome region to encourage them to go smoke free in their workplace.

KAMSC went smoke free in July 2006. The KAMSC Council has since introduced the 'No smoking in uniform policy', which was implemented from 1st January 2008. KAMSC Inc. is now attempting to encourage all Aboriginal Organisations to go "Smoke Free" in the workplace.

A letter and promotional posters were sent out to all Aboriginal Organisations (in the Broome region) from the KAMSC "Beyond the Big Smoke" project. The goal of this incentive is for the Kimberley to become the first region in Australia with Aboriginal Organisations that are completely smoke free.

The letter sent to each organisation asked them to come on board in becoming a smoke free workplace. The message is very important to all Aboriginal and Torres Strait Islander people, as we all know that smoking is one of the deadly diseases that is killing our people. The message of tobacco must be heard far and wide for our people to understand what tobacco is doing to their communities.

WHAT IS HEALTH?

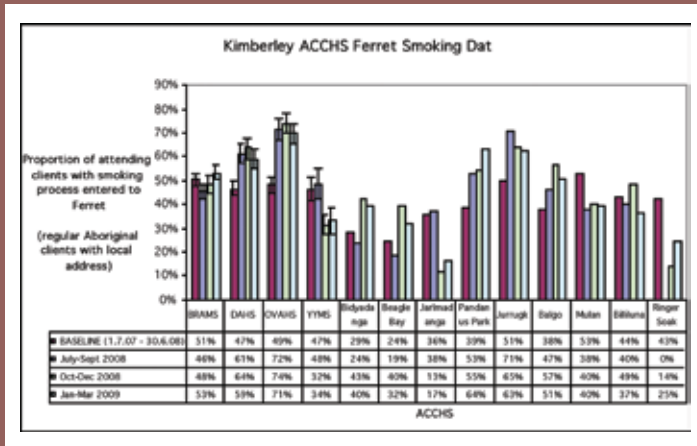
The World Health Organisation (WHO) defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. We think spiritual wellbeing is important too!

YARNING ABOUT TOBACCO COMPETITION

4TH QUARTER: JANUARY - MARCH

Well everyone, it is that time again to see how well our Kimberley ACCHS staff have screened their clients in quitting the smoking habit. Below is a table that shows us how many clients have been asked about smoking by their AHWs. The results of the information that is shared between the AHWs and the clients are then entered into the Ferret system.

We are now looking at the most improved Smoking Data in all of the Kimberley ACCHS.



CONGRATULATIONS TO OVAHS and BALGO.

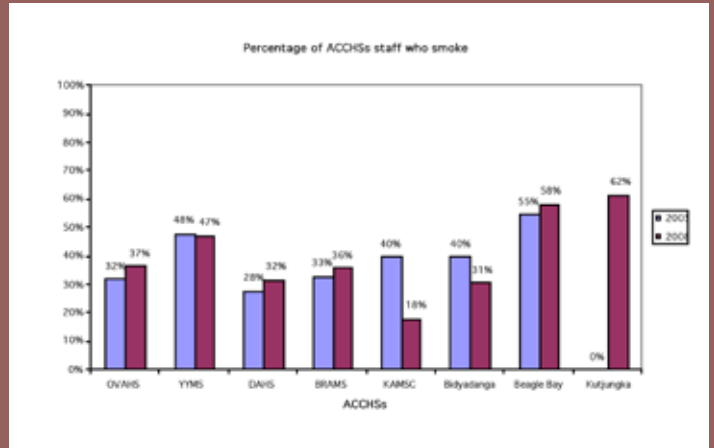
The town based winner goes to: OVAHS - 71%
The remote winner goes to: Balgo - 51%

GREAT WORK GUYS!

Both organisations will receive a voucher to the value of \$80 to be used to provide a staff morning or afternoon tea.

Now it would be interesting to see who is going to be winners for the 5th quarter.

If you mob want to be in the running, you ACCHS mob better get cracking.



Congratulations to staff at KAMSC, YYMS and Bidyadanga, where there are now less staff smoking than there were in 2005. The original survey was done in 2005 by Stephanie Trust (now OVAHS GP registrar) and then repeated in 2008 by KAMSC (thanks to Dr Alex, Cathy Harris (nee Larkin) and Sue Metcalf).

The 2009 graph will be in the next KAMSC Bulletin in June, so come on you mob. Let's see if we can make an effort by cutting back the fags and improve our smoking percentage.

The KAMSC Tobacco Control Project Officer, is not there to judge or criticise staff or patients. Our aim is to have "smoke free" work places right through the Kimberley ACCHS. If that could only happen, we can all pat ourselves on the back.

MATTHEW YAP TO THE RESCUE



The Kimberley is 400,000 square kilometres (the size of Victoria). Therefore it is very difficult for one person to deliver the tobacco message to all the Kimberley ACCHS and Indigenous communities.

The Kimberley has four (4) main town based ACCHS and twelve (12) remote clinics. The remote clinics are covered by their own town based ACCHS in their own areas.

Fortunately, we now have a temporary person to help out with some activities for the "Beyond the Big Smoke" project. Matthew Yap will be working with the BtBS project for two (2) months. We would like to welcome Matthew aboard.

Matthew will be working along side with Mena Lewis who is the KAMSC Tobacco Control Project Officer.

Left: Matthew Yap