

# Using CQI to improve tobacco control at health services in the NT David Thomas and Theresa Paterson

NT CQI Collaborative, Darwin, 21 June 2022

## CQI is everyone's business

### COVID has been everyone's business

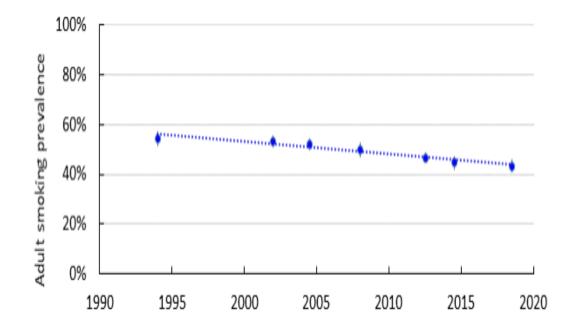
• 5 million global deaths so far in about 2 years

# Tobacco control is everyone's business

• 8 million global deaths EVERY year



### Improvements are happening



Source: https://openresearch-repository.anu.edu.au/bitstream/1885/210569/1/Aboriginal%20cigarette%20ecigarette%20prevalence%20trends 2020.pdf



### Improvements in remote areas

- No improvements in smoking rate, but..
  - Fewer kids taking up smoking
  - Fewer kids exposed to smokers inside home
  - Fewer cigs smoked each day



### Improvements in the NT

- Fewer men and women smoking in Darwin
- Fewer men smoking in Alice Springs

But...

More women smoking remote Central Australia



### Is there research evidence to guide us?

osether for our Health



### Tobacco control research evidence to monitor and support a comprehensive approach to tobacco control in NT health services

A report for the Tobacco Working Group of the NT Aboriginal Health Forum prepared by David P. Thomas, 15 December 2020

### SUMMARY

It can be difficult to summarise trends in smoking prevalence and smoking/quitting behaviours as published reports and online tables do not always report the same outcome or for the same population group. Results are rarely compared or comparable to previous reports. Of the routinely collected data, much is not regularly collated, analysed or reported. Most useful are the Australian Bureau of Statistics' surveys of Aboriginal and Torres Strait Islander households every 3 years, NT Aboriginal Health Key Performance Indicators (NT AHKPIs), and the NT Midwives Collection. Other datasets with potential include: Australian Secondary Students' Alcohol and Drug (ASSAD) surveys, Quitline, Pharmaceutical Benefits Scheme prescriptions, and NT tobacco wholesale/retail sales National Aboriginal and Torres Strait Islander smoking prevalence is falling in

non-remote areas but not in remote areas

(54% in 1994 and 59% in 2018/19). A

similar pattern is apparent in the NT, with

a possible increase in smoking prevalence

Central Australia. There may be a small

improvement in smoking in pregnancy

among NT Aboriginal women (49% of NT

Aboriginal women smoked in their first 20

weeks of pregnancy in 2017, compared

with 51% in 2011).

among women in remote areas of

remote areas in 2018-19, compared to 18% in 2002). However, the national proportion of Aboriginal and Torres Strait Islander daily smokers in remote areas who have attempted to quit in the past year (but are still smoking) is increasing (58% in 2014-15, compared to 43% in 2008). Similarly, there are national improvements in smoking initiation, with fewer Aboriginal and Torres Strait Islander people in remote and non-remote areas taking up smoking. There are also national reductions in smoking intensity in remote areas, with fewer smoking 20+ cigarettes per day, and more non-daily smokers. More Aboriginal and Torres Strait Islander children (aged 0-14 years) are being protected by living in smoke-free homes. Fewer are living in homes where smokers smoke inside (17% of remote children in 2014-15, compared to 33% in 2004/5). This report then summarises the increasing body of research evidence about what works to assist Aboriginal and Torres Strait Islander smokers to guit in remote areas, and in other settings.

Similarly, the national percentage of

who have ever smoked but have now

has increased, but there has been less

improvement in remote areas (21% in

Aboriginal and Torres Strait Islander people

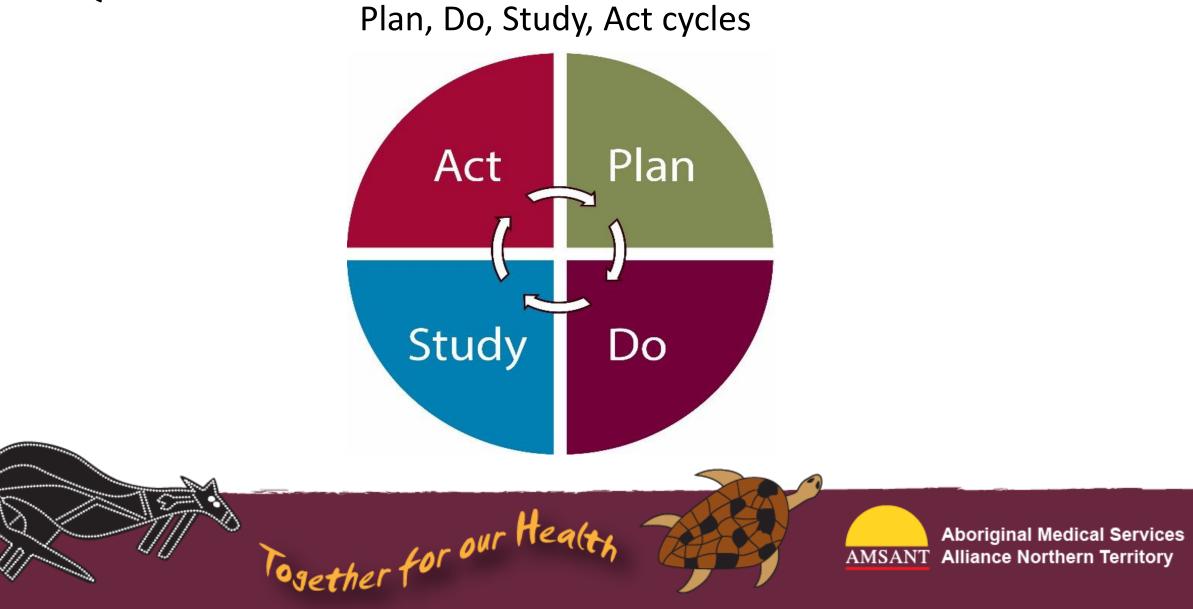
successfully guit (and are now ex-smokers)

Aboriginal Medical Services AMSANT Alliance Northern Territory

## Tobacco control CQI guide for health services







# CQI in action in the Big Rivers region

- Katherine CQI collaborative 31 March
- Monthly BREATH meetings
  - Big Rivers Early Action on Tobacco for Health



# Challenges in the Big Rivers region

- Limited capacity for tobacco control
  - Solution: Small tasks each month, sharing resources, AMSANT support
- Attendance at meetings
  - Solution: videoconferencing, monthly meetings, AMSANT support
- Other priorities, e.g. COVID
  - Solution: Peer support and inspiration, small monthly tasks to create momentum, AMSANT support

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for our Healt





ntrol program

### Tobacco Control

d attokers in the NT because we know that smoking causes 40% of all deaths among usmob, and that's a tragic statistic that is fully preventable for Aboriginal people.

Many of us have guit smoking recently, and fewer young people are starting to amoke, but there's still plenty to do to get the numbers down and the Me-sparis up.

"Smoking doesn't reduce stress, it's not cart of our culture, It's not cool and it costs a fortune ... In both health and money," says AMSANT project officer Thereas Paterson, who's working with David Thomas to provide evidence. based and culturally appropriate support to member zen/icez.

T used to smoke guite a bit because I was addicted, five all smokens, but when I stopped I felt totally free in my head and fully clear in my body. It's the best thing his evendone. Inscion

AMSANT

Thereas Paterson

Tobacco Control

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Project Officer

Tobacco C



- Caroles

Under the guide, the three main areas of activity are ( marketing and messaging (II) smoke-free zones and (II) making tobacco control a routine part of clinical care.

We being

"We're not saying it's easy to guit smoking, but with the support of your family and your health service you can get the skills and confidence to stop, for a longer and happler Iffe," Thereas says,

Thereas and David are helping health services take

Improvements in tobacco control and smoking preva

guided by the NT Aboriginal Health Forum's 'tobar

control guide' that values advocacy, cultural suppo

(PDSA) cycles.

networking and the principles of CQ/s Plan-Do-St

"We encourage health services and individuals to contact us for support, clinical advice, or just for a yarn ... we're here to help you guit smoking for good."

AMSANT

David Thomas

Chair Tobacco Working

Group of NTAHP

david thomas@menties.edu.au



Together for our Health

### Google X 🖖 🔍 amsant tobacco Q All Shopping Images O Maps More 🗉 News Tools About 379,000 results (0,69 seconds) https://www.amsant.org.au > tobacco-control Tobacco Control | AMSANT AMSANT invests strongly in our tobacco control program to support health services and smokers in the NT because we know that smoking causes 40% of all ...

### **Aboriginal Medical Services** AMSANT Alliance Northern Territory