

SMOKE FREE ZONE



SOLIDMOB For Our Health

Tackling Indigenous Smoking Bullinah Aboriginal Health Service

WHO IS SOLID MOB?

Bullinah Aboriginal Health Service has hosted the Tackling Indigenous Smoking Program since October 2012. The regional program operates across the entire Northern Rivers Region of Northern NSW.

SolidMOB Tackling Indigenous Smoking programs aim to educate, encourage and empower our Indigenous communities to make healthy lifestyle choices.

HEALTH PROMOTION

We strive to work together with our communities and partners to achieve better health and wellbeing outcomes by increasing tobacco awareness and smoking cessation options to support behaviour change.

SolidMOB Tackling Indigenous Smoking programs and activities aim to:

- Raise awareness of the health risk of tobacco use
- Promote and support a smoke-free workplace
- Develop partnerships to establish a united community-based approach to tobacco control
- Create smoke-free environments e.g. homes and cars
- Enhance access to culturally safe smoking cessation opportunities
- Support research to build evidence based tobacco outcomes

SolidMOB runs smoking cessation workshops and engage the community to share information and support so that people are better prepared to stop smoking and also reduce the uptake of smoking among our youth.

We attend schools, community events, and even host programs designed to support smoking cessation and tobacco control. We coordinate and deliver smoking cessation training opportunities locally in tobacco control for the health workforce.

TACKLING SMOKING

SolidMOB is dedicated to closing the Indigenous Health Gap and our aim is to educate, support and provide information to the Indigenous community on tobacco use and smoking cessation.

Tobacco Smoking is the largest preventable cause of death and a very significant risk factor for chronic disease among Aboriginal and Torres Strait Islander people.

SolidMOB provides the latest tobacco research information and data round the world to engage community in smoking cessation.

We have a range of resources to help people understand the health risks caused by smoking.

The **SolidMOB** team are trained in providing up-to-date information regarding tobacco cessation and brief intervention.



METHOD

SolidMOB will work together with local Aboriginal communities and organisations to promote the health benefits of changing their smoking behaviour. Our smoking cessation programs and activities will assist Aboriginal & Torres Strait Islander individuals, families to kick the number one killer of our mob – **Tobacco!**

We want to empower our communities to make lifestyle choices that will benefit your health and your family's health. At the end of the day we all know healthy communities lead to a healthy culture and a healthy country!

- Information displays
- Amazing Race 2 Happy
- Juhm Busters
- Colour Fun Run



Smoke-free campaign at Grafton Shopping World



Information display at Rural Health Workshop



Tobacco Education program – Wardell Public School



The SolidMOB team

