



Building robust evaluation
systems in Indigenous health

Examples from the
Tackling Indigenous
Smoking Program





We wish to acknowledge
Aboriginal and Torres
Strait Islander people as
the traditional owners of
Australia and custodians
of the oldest continuous
culture in the world, and
pay respects to Elders
past and present

Presentation outline



National evaluation to measure overall success of TIS



Tailored M&E support for TIS funded organisations



How grant recipients are measuring their success

Tackling Indigenous Smoking (TIS) Program



Tobacco is one of the leading contributors to the burden of disease among Aboriginal and Torres Strait Islander peoples



TIS is an adjunct to primary health care & is supplementary to broader measures for tobacco control eg. plain packaging and excise duties



Overall goal of TIS is to improve health through local population specific efforts to reduce harm from tobacco

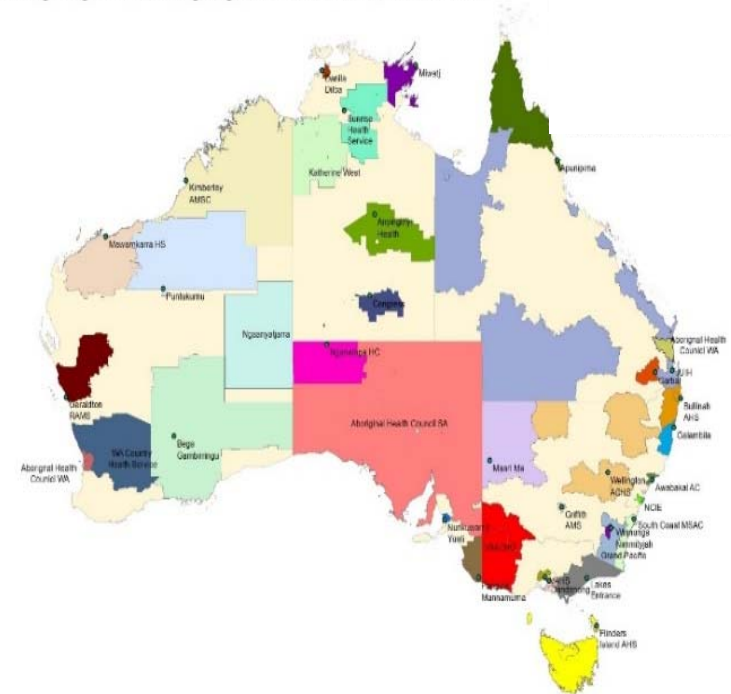


"Too many of our mob are dying too young. How many of the aunties and uncles have passed away this year, and 90% of them died from chronic diseases, and a lot from smoking related disease"

Regional Grants

-  Focus on community engagement & involvement
-  Community education & social marketing campaigns to supplement other health promotion
-  Addressing social norms: encouraging smoke-free homes, workplaces, & public spaces
-  Adopting a systems approach to quitting support
-  Building regional partnerships
-  M&E built into activity planning
-  Promotion and use of evidence-based activities

Tackling Indigenous Smoking Regional Tobacco Control Grants 2016



National evaluation challenges



Different contexts require different approaches – activities and performance measures



Variation in M&E skills and capacity among grant recipients



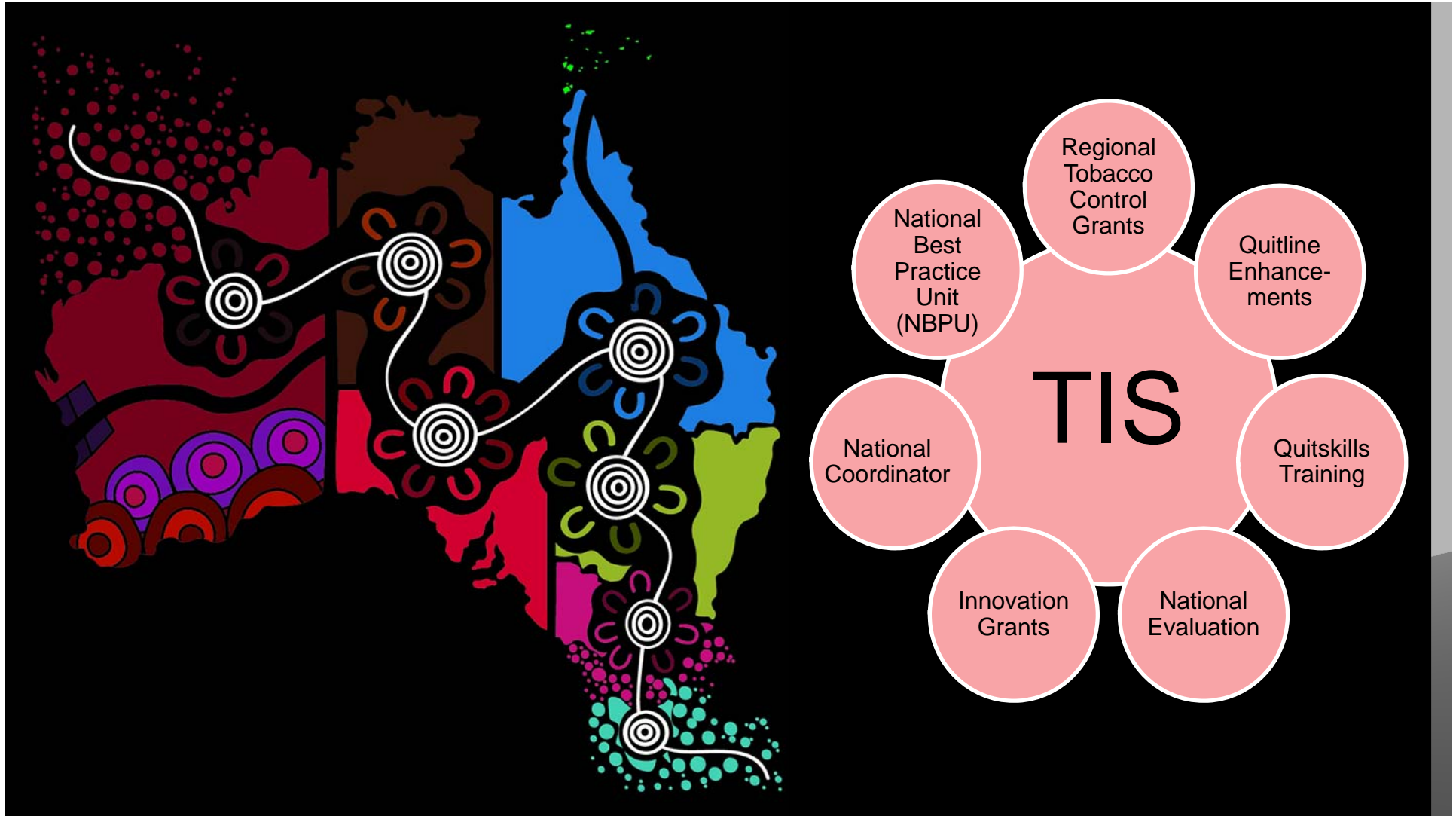
Short-term funding tied to capacity to show outcomes



Long-term nature of population-level smoking behaviour change

National Indicators

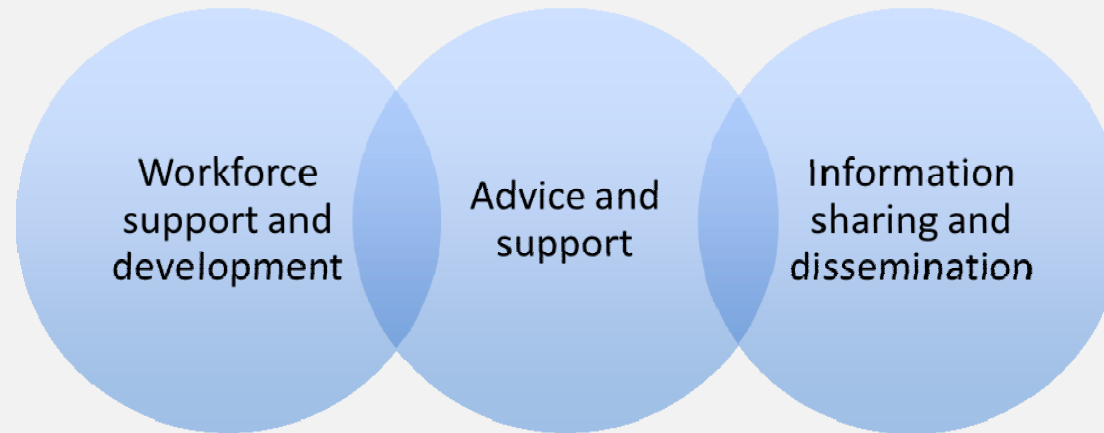
1. Quality & reach of community engagement
2. Organisations involved in tobacco reduction in the region
3. Building capacity to support quitting
4. Referrals to appropriate quitting support
5. Supporting smoke-free environments



Who are NBPU TIS?



Role and activities



Working with grant recipients around

Action Plans

Monitoring and
evaluation

Evidence Based Practice

Resources on The TIS Portal

Tackling Indigenous Smoking portal

Welcome to the Tackling Indigenous Smoking (TIS) portal. This portal hosts information for organisations funded through the national Tackling Indigenous Smoking Programme, but will also be useful for people working in the many other initiatives that support Aboriginal and Torres Strait Islander people to quit or reduce their smoking.

This portal is where you will find information on the Tackling Indigenous Smoking Resource and Information Centre (TISRIC). The TISRIC has been developed by the National Best Practice Unit for Tackling Indigenous Smoking (NBPUI TIS) and is tailored to the needs of TIS organisations, with information on: planning your activities and interventions; activities that work; resources that work; and how to determine how well your activities work.

You will also have access to publications, resources, and information about projects and activities that relate to tobacco cessation. Workforce information includes job opportunities, funding sources and other organisations interested in tobacco control. The events section has information on courses and training, conferences, workshops and other events. These resources have been brought together in one place to help you in your job to support your clients and communities.

This web resource also links to the TIS Yarning Place and many social media platforms to encourage information sharing and collaboration among TIS-funded organisations.

About the Tackling Indigenous Smoking Resource and Information Centre

Planning

Activities that work

Resources that work

Does your program work?

Workforce Information

Events

Videos

Grant Recipient activities

Bibliography



[About TIS Programme](#)[Contact NBPUI TIS](#)

About NBPUI TIS



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 **Dr Gillian Gould** @GillianSGould

Wrap at Pangula Mannamurna #icanquitsmoking pilot. Elders, Younger & rest of us in between caring bout #smoking #pregnancy #Indigenous

[Embed](#) [View on Twitter](#)

Does your program work?

Does your program work?

How will you determine if your program is working? This section will provide you with a general overview of strategies and examples of tools to monitor and evaluate your programs.

For more information see also:

- [Tools and resources to monitor and evaluate your program](#)
- [Monitoring and evaluation methods](#)

Monitoring and evaluating your project

The processes of monitoring and evaluation use carefully planned and well-thought-out methods to measure the success of a project (or program) in meeting its goals. They are an important part of the project management process, because they provide:

- evidence of what is working
- guidance on what could be done better, which can be used to improve your project's performance (progress towards and achievement of results)
- a check on whether you are meeting your project aims
- feedback to everyone involved in the project, including community members and partner organisations
- compliance with funding body reporting requirements.

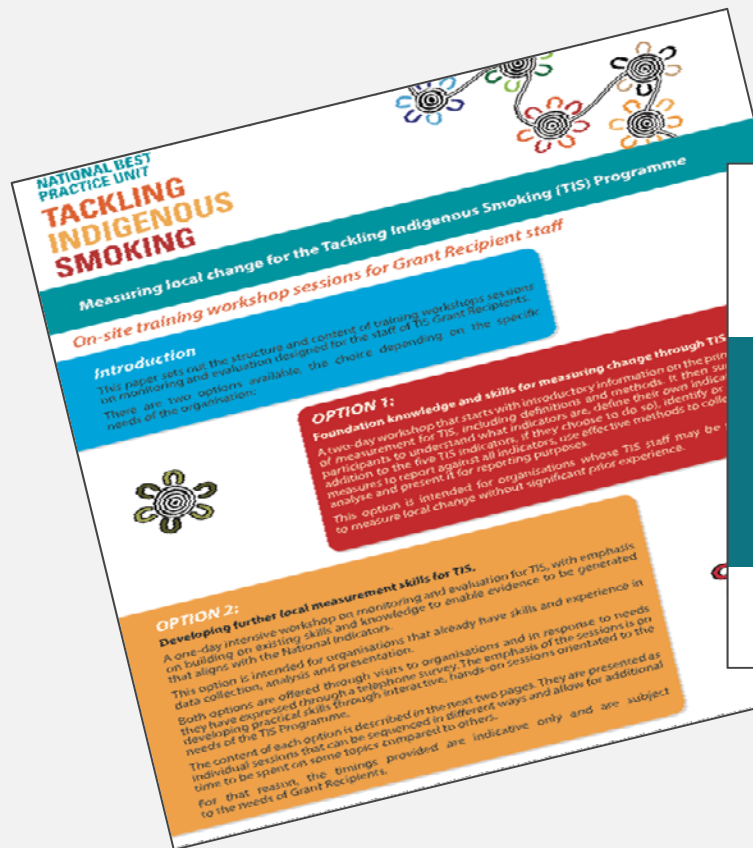
Key terms used when talking about monitoring and evaluation are shown in Box 1.

Box 1: Monitoring and evaluation key terms

- **performance:** what the project is achieving (observable results)
- **measurement:** how we determine the impact of a project or program on intended outcomes (e.g. using a questionnaire to find out how many people have smoke-free homes or conducting interviews to find out how people keep their homes smoke-free)
- **indicator:** measures that show the extent of progress toward outcomes, especially differences in the lives of the people the project is working for
- **data collection:** process used to gather evidence (e.g. giving smoke-free event participants a questionnaire survey)
- **output:** what the project is producing with its resources (e.g. a specific activity, product or service)
- **outcome:** results and impacts of the project (e.g. a percentage reduction in smoking, a change in behaviour).



M&E Workshops

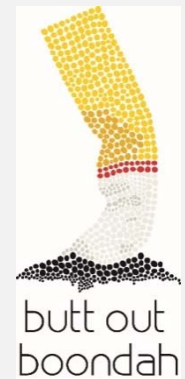


Individual team support

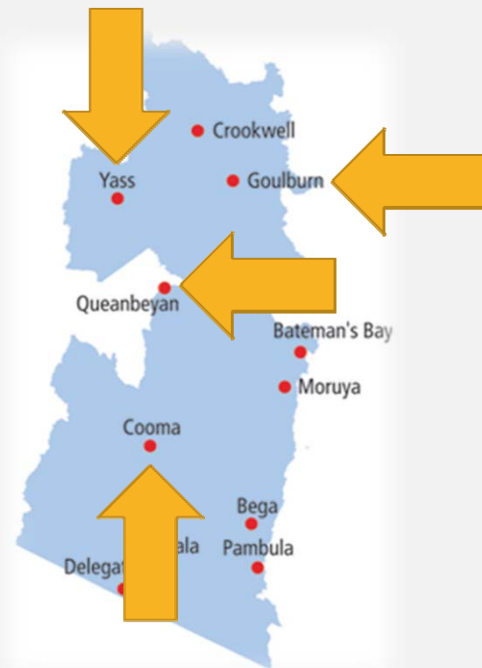


Tackling Indigenous Smoking


Grand Pacific Health



Butt Out Boondah





My health
for life 



Effects of smoking: Regional Context

Tobacco is one of the leading contributors to the burden of disease amongst Aboriginal and Torres Strait Islander people. The health impacts of smoking is evident in the high number of hospitalisations from tobacco-related conditions such as chronic lung disease, cardiovascular disease, and many forms of cancer.

Australian Health Ministers' Advisory Council, 2015, Aboriginal and Torres Strait Islander Health Performance Framework 2014 Report. Canberra; AHMAC; 2015.

Smoking Rates in Southern NSW

LGA	% Smokers (2011-12)
Eurobodalla	21.6
Bombala	21.0
Goulburn-Mulwaree	20.7
Bega Valley	19.8
Cooma-Monaro	18.7
Upper Lachlan	17.3
Snowy River	17.0
Queanbeyan	15.9
Yass Valley	15.1
Palerang	13.9
NSW	16.2
Australia	18.0

2011-13 Australian Health Survey

Above Australian average
Above NSW average

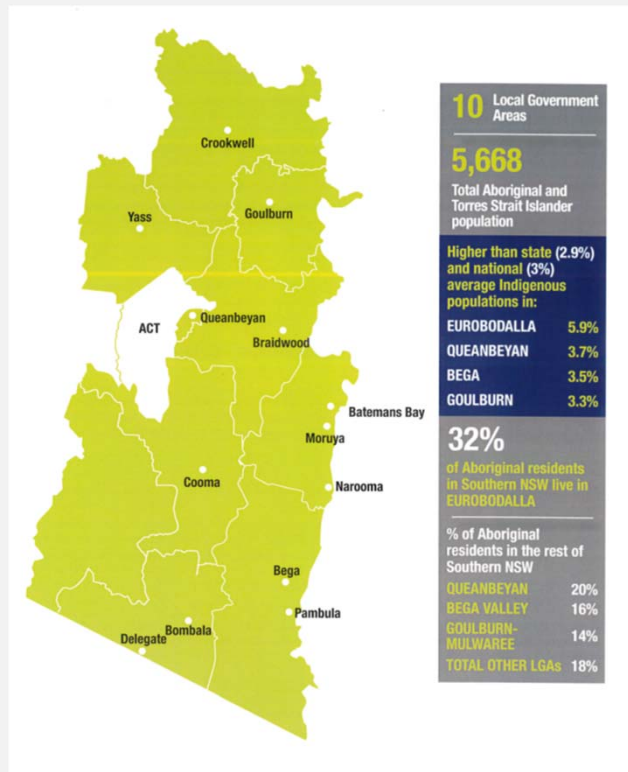
(Southern NSW Local Health District: Our Aboriginal Population Factsheet 3, 2014)

Smoking Related Hospitalisation in Aboriginal Population

Region	Rate per 100,000
Southern NSW	2132
Shoalhaven	2131
NSW average	1583

(NSW Ministry of Health. Admitted Patient Data Collection 2010-11. Sydney: NSW Health; 2012)

Challenges



Indigenous Smoking Rates during Pregnancy

Hospitals	% Indigenous Pregnant Smokers (2014)
Queanbeyan	50
Moruya	41
Goulburn	40
Illawarra-Shoalhaven	39
Bega	33
Cooma	20
Region average	37

(NSW Perinatal Data Collection 2012, SNSWLHD AMIHS 2010-11)

Supporting Community

*Breathe
Easy*



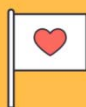
Activities linked to Prevention, Quitting and Maintaining

Activity	Prevention	Quitting	Maintaining
Social media			
Education			
Community champions			
Training			
Workplace support			
Cessation support			
Pathways			



QUEANBEYAN

BREATHE EASY



QUALITY COMMUNITY ENGAGEMENT

Grand Pacific Health's Breathe Easy program commenced in 2016 to assist women to give up smoking. The 12 week pilot program was attended by an average 30 women, of whom 12 (40%) were smokers.

Breathe Easy provides participants with relevant and interesting health education sessions followed up with training facilitated by a qualified personal trainer.



BUILDING CAPACITY TO SUPPORT QUITTING

The program covers a variety of topics that build the participants' knowledge of the effects of smoking and provide support to quit smoking.

- Smoking in pregnancy
- Environmental smoke, second and third-hand smoke
- Support and referral pathways
- Brief intervention and supporting community
- Closing the Gap Scheme, NRTs and medications
- Health impacts of smoking
- Smoking and chronic disease
- Coping with withdrawal



ORGANISATIONS INVOLVED IN TOBACCO REDUCTION

Aboriginal Quiltline - NSW
Ambulance NSW
Burr Out Boondah EIS Coordinator and Officer
NSW Health, Southern Local Health District
Cancer Council ACT



OUTCOMES

Of the 12 smokers who started the program, **THREE QUARTERS** reported a change in their smoking behavior, 8 of which gave up completely.

100% of participants reported strengthened knowledge around smoking laws and environmental smoke.



INTO THE FUTURE

Breathe Easy Queanbeyan is a highly successful program now in its third round. The program has expanded to include women and their children, with two evening sessions per week. Each session incorporates an hour of education followed by an hour of exercise facilitated by a professional fitness instructor. Grand Pacific Health now works in partnership with Southern Local Health District to provide the Breathe Easy program to community.

MORE INFORMATION:
www.gph.org.au/BoB

Breathe Easy



Further information



Preliminary Evaluation Report:

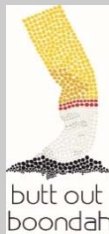
<http://www.aodknowledgecentre.net.au/aodkc/aodkc-tobacco/tackling-indigenous-smoking/does-your-program-work/circa-documents>

www.circaresearch.com.au



NBPU TIS Portal:

<http://www.aodknowledgecentre.net.au/aodkc/aodkc-tobacco/tackling-indigenous-smoking>



Grand Pacific Health:

<http://www.gph.org.au/our-health-services/aboriginal-health/butt-out-boondah>