Helping Aboriginal People to Quit Smoking
Results from the NSW Aboriginal Smoking and Health Survey (Follow-up)

Quitting thoughts & reasons

The majority of Aboriginal people who smoke are actively thinking about and trying to quit

- 85% had tried to quit smoking at least once in the past year.
- 80% of smokers had thought about quitting at least once or twice within the past two weeks.
- 70% have very or quite strong feeling that they should quit now.

Main reasons for quitting are:

- 54% Health reasons
- 26% Children/family reasons
- 13% Costs/financial reasons

Quitting isn’t always easy

The most common reasons that smokers (who have tried to quit) gave for starting again were:

- 48% being stressed or nervous
- 44% social pressures (e.g., being around other smokers, in social situations or where alcohol is being consumed)

53% of smokers’ quit attempts lasted less than one month.

Smokers need and appreciate support

82% were aware of at least one cessation support service/method.

People found the following strategies helpful:

- Advice from a doctor
- Nicotine replacement therapy or prescribed medication
- Advice from an Aboriginal Health Worker
“Advice from health professionals is effective in encouraging smoking cessation. Combining brief advice with other effective interventions such as pharmacotherapy can considerably increase quit smoking success.”

How Aboriginal Health Workers, clinicians and nursing staff can help...

Step 1
Identify if your Aboriginal client is a smoker

Step 2
Conduct a quit smoking brief intervention

Step 3
Arrange follow-up:
- Next appointment with you
- Appointment with another health professional
- Complete referral form for the Aboriginal Quitline


The NSW Aboriginal Smoking and Health Survey: Follow-up survey (2013) Methodology

The Aboriginal Smoking and Health (ASH) Survey follow-up survey was conducted over the phone during September – October 2013. The main aim of the study was the assess changes in tobacco-related knowledge, attitudes and behaviour among Aboriginal people who took part in the 2012 survey. Aboriginal people in NSW were purposefully recruited through a range of community contacts and agencies involved in Aboriginal service provision across the state. Of the 461 Aboriginal people aged 16 years and over, who agreed to be re-contacted, 244 (53%) completed the follow-up survey.

The Cancer Institute NSW commissioned the Social Research Centre to conduct the survey work and data analysis. The research was reviewed and approved by the Population and Health Services Ethics Committee and the Aboriginal Health and Medical Research Council of NSW Ethics Committee. This research and report has been developed in consultation with the ASH Survey Advisory Committee and in partnership with the Aboriginal Health and Medical Research Council of NSW.