



Finding from the Be Our Ally Beat Smoking (BOABS) Study

Why was this study conducted?

- Smoking kills more Aboriginal people and puts more in hospital than all other preventable illnesses put together – smoking is estimated to account for 20% of Aboriginal deaths
- Quit smoking programs in Australia have not had the same impact on Aboriginal smokers
- We need better ways to reduce smoking rates amongst Aboriginal people

How was it conducted?

- We developed a local program (Outreach) designed to provide intensive support to smokers looking to quit or cut down
- Program participants received regular support sessions with a trained Aboriginal smoking prevention officer and were encouraged to attend a monthly quit smoking support group
- The impact of the program was tested by comparing the results amongst outreach participants with a group of participants who received usual clinic care
- The program was run at two sites – Derby Aboriginal Health Service and the Ord Valley Aboriginal Health Service

What did we find?

- 168 participants were enrolled in the study: 110 to the usual care group and 58 to the outreach group
- We had good follow up rates, with 88% of participants reporting on their smoking status at the end of the study
- 11% of the outreach group had quit smoking at 12 months – more than twice the quit rate of the group who received usual clinic care

What does this mean?

- Culturally appropriate quit smoking programs delivered by Aboriginal people can be successfully implemented in remote Aboriginal Community Controlled Health Services
- We can use the learning's from BOABS and other recent Indigenous smoking cessation studies/programs to implement a quit smoking program across the Kimberley

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