

# **Bila Muuji Smoking Cessation Project**

Smoking prevalence amongst Aboriginal people has stayed constant over recent decades, unlike the Australian population as a whole where smoking rates have fallen substantially. The health consequences for Aboriginal people of high smoking rates are substantial.

The aim of the Bila Muuji Smoking Cessation Project is to improve the health and wellbeing of Aboriginal people, by reducing the prevalence of cigarette smoking in Aboriginal communities, at the Bila Muuji Aboriginal Community Controlled Health Services (BM ACCHS) locations, in the Greater Western Area of New South Wales. These locations include: Balranald, Bourke, Brewarrina, Cobar, Coonamble, Dareton, Dubbo, Gongolgon, Orange, Walgett, and Wellington.

The project will focus on three major areas of smoking cessation being:

- A. Population based brief Intervention for the Aboriginal community in each location
- B. Delivering a smoking cessation program at BM ACCHS that will provide, consultation, assessment, counselling, nicotine replacement therapy (NRT) and pharmacotherapy, support and motivation to Aboriginal clients
- C. Smoke Free area's i. e. the Workplace, Home, Public and Recreational areas.

Implementation details of the project are yet to be finalised by the Bila Muuji Executive though the detailed project plan which has been approved by the DOHA will form the framework for the BM project.

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