



## **"DEADLY" COMMUNITY-BASED SMOKING CESSATION RESEARCH**

EMBARGOED UNTIL 12:01am Monday 18 July 2022

AN Indigenous-led study, published today as a *Medical Journal of Australia* Supplement, aims to empower and support Aboriginal and Torres Strait Islander women to be smoke-free.

Coordinating editors of the Supplement, Dr Michelle Kennedy, a proud Wiradjuri woman and National Health and Medical Research Council Early Career Research Fellow at the University of Newcastle, and Ms Hayley Longbottom, a Jerringa/Cullunghutti/Wandi Wandian woman who is Programs and Executive Team Manager for the Waminda South Coast Women's Health and Welfare Aboriginal Corporation, have written an accompanying editorial, also published by the *MJA* today.

"Who we are, where we come from, our cultural and community knowledge systems, inform the ways in which we see the world and how we approach research practice," Kennedy and Longbottom wrote.

"The *Which Way?* study sought to address the national priority of smoking during pregnancy from an Indigenous standpoint, through a national survey of Aboriginal and Torres Strait Islander women of reproductive age.

"This research, conducted in partnership and co-ownership with Aboriginal communities in New South Wales, found that 90% of Aboriginal and Torres Strait Islander women have tried to quit smoking and that quitting suddenly was associated with staying smoke-free.

"We also found that Aboriginal and Torres Strait Islander women are interested in a range of cessation support options.

"The supplement presents these findings, reporting the variances resulting from age, location and use of Aboriginal Health Services."

The 4-chapter Supplement includes:

- *Miilwarranha* (opening): introducing the Which Way? Study
- Smoking and quitting characteristics of Aboriginal and Torres Strait Islander women of reproductive age
- What smoking cessation support strategies are of interest to Aboriginal and Torres Strait Islander women of reproductive age? Findings from the Which Way? Study
- *Ngaaminy* (find, be able to see): summary and key findings from the Which Way? Project

Both the Supplement and the accompanying editorial are free to access at [mja.com.au](http://mja.com.au)

All *MJA* media releases are open access and can be found at: <https://www.mja.com.au/journal/media>

**Please remember to credit *The MJA*.**

The *Medical Journal of Australia* is a publication of the Australian Medical Association.

---

*The statements or opinions that are expressed in the MJA reflect the views of the authors and do not represent the official policy of the AMA or the MJA unless that is so stated.*

### CONTACTS:

Shahni Wellington  
Communications Specialist  
Marketing and Communications  
University of Newcastle  
Email: [shahni.wellington@newcastle.edu.au](mailto:shahni.wellington@newcastle.edu.au)