

---

**1 in 2 Aboriginal and Torres Strait Islander women smoke during pregnancy**

---

*Tobacco smoking in pregnancy is the most important preventable risk factor for poor maternal and infant health outcomes, including miscarriage, low birth weight, stillbirth and pre-term birth.*

*80% of Aboriginal and Torres Strait Islander pregnant smokers are advised to stop, but 38% are offered no support.*

## Contact Details

Associate Professor  
Dr Gillian Gould  
[gillian.gould@newcastle.edu.au](mailto:gillian.gould@newcastle.edu.au)



Aboriginal Research Assistant &  
Cultural Liaison  
Ms Joley Manton  
[sistaquit@newcastle.edu.au](mailto:sistaquit@newcastle.edu.au)



Website:  
[www.newcastle.edu.au/SISTAQUIT](http://www.newcastle.edu.au/SISTAQUIT)

Follow us on twitter: [@sistaquit](https://twitter.com/sistaquit)

*Funded by NHMRC and Global Alliance  
for Chronic Disease*

**SISTAQUIT™**  
Supporting Indigenous Smokers To Assist Quitting



**ABORIGINAL  
HEALTH SERVICE  
RECRUITMENT**

## What is SISTAQUIT?

SISTAQUIT (Supporting Indigenous Smokers to Assist Quitting) is a trial aiming to improve the provision of culturally appropriate, evidence-based smoking cessation care to pregnant Aboriginal and Torres Strait Islander women at Aboriginal Medical Services and other Health Services caring for pregnant Indigenous women.

A pilot study was rolled out in NSW, SA and Qld in 6 Aboriginal Medical Services to test feasibility and acceptability, and the study is now ready to scientifically test how effective the SISTAQUIT health provider webinar training is through a randomised controlled trial.

The randomised controlled trial aims to test usual care vs the effectiveness of the webinar training to:

- Improve the quit rates of pregnant smokers
- Increase how many health providers offer prescriptions of nicotine replacement therapy (NRT) to pregnant smokers, and their overall quality of smoking cessation care
- Improve birth weights and respiratory outcomes of babies in the first six months of life

## The intervention

The SISTAQUIT intervention includes:

1. 3x one hour webinar training sessions for all health care providers of Aboriginal and Torres Strait Islander women (including at least one GP)
2. Free educational materials for health care providers including training manual and flip chart to engage the discussion process
3. Patient resources
4. Free oral Nicotine Replacement Therapy.
5. Follow up of babies



## How to become involved in the project?

SISTAQUIT is seeking the partnership of Aboriginal Medical & Health Services and GP Practices to work with us to conduct this randomised controlled trial. Half the services will get the intervention straight away and the other half will get it later on.

If your Aboriginal Medical Service, Health Service, or GP Practice is interested in engaging with our research, and your service:

- Provides antenatal care for Aboriginal and Torres Strait Islander mothers
- Employs at least one GP
- Sees at least 20 pregnant mothers who smoke per year

Please contact us (see details over page)

## The Research Team

Assoc. Professor Dr Gillian Gould (GP)

Professor Billie Bonevski

Assoc. Professor Dr Peter O'Mara (GP)

Associate Professor Maree Gruppetta

Dr Marilyn Clarke (Obstetrician)