

## SUPPLEMENTARY FILE S4 – CODING STRUCTURE

### 1. Health in general

#### What is healthy vs unhealthy

##### Healthy

- Balance
- Education
- Employment
- Good mental health (SEWB)
- Hygiene and environment
- Lifestyle general
- Long life
- No substance use
  - No drug use
  - Non-drinker
  - Non-smoking
- Nutrition and Physical Activity
  - Diet
    - Fruit
    - Non-specific healthy food
    - Non-sugary drinks
    - Portion sizes and calorific intake
    - Vegetables
    - Wraps (eg subway)
  - Healthy body weight
  - Physical activity
- Social connections

##### Unhealthy

- Diseases and health consequences
  - Cancer
  - Diabetes
- Kids sick
- Lack of parental supervision
- Not able to do what you want in life
- Not accessing culture
- Poor mental health
  - Negative mindset
- Poor nutrition or physical activity
  - Diet
    - Confectionary
    - Eat out or takeaway, fatty foods
    - Sugary drinks (juice, soft drinks)
    - Unhealthy foods general
  - Lack of physical activity
  - Obesity
- Substance use
  - Alcohol
  - Drug use
  - Smoking
- Unhealthy general
  - Don't care about looking after themselves
- Violence (incl DV)

#### What makes it easier or harder to be healthy

##### Barriers

- Addicted (food, substance use)
- AMS appointment times
- Food - convenient, fast, unhealthy, cheap food options
- Kids
- Lack of knowledge
  - Sources
    - Friends and colleagues
    - Online
- Personal choice
- Poor role models or deviant relationships
- Safety
- Stuck at home
- Time constraints

##### Enablers

- Access to healthy food
- AMS programs etc
- Community Safety
- Gyms
- Healthy role models
- Time management

- Distance to service
- Routine
- Wait times
- Transport
- 2. Smoking - general
- Attitudes and beliefs
  - Confidence to verbalise attitudes (share views and influence others)
  - Saying No for self
  - Telling others why they shouldn't smoke or to move away
- Future aspirations (not smoking specific)
- Knowledge
  - Awareness of information sources or support services
    - Family
    - Popular culture
    - Posters or social marketing (incl packaging)
    - Quit supports and other support services
      - AMS or doctors
      - Apps
      - Other support services
      - Quitline
    - School education & supports
    - Sport
    - Unsure
  - Harm to others
    - Burden on family
    - SHS exposure
  - Harms to self
    - Financial impacts
      - Cigarette cost
    - Loss of future opportunities
    - Loss of time with family
    - Perception of differential harm and intensity
    - Physical health impacts
      - Cancer
      - Cosmetic (teeth)
      - Damage lungs and breathing problems
      - Death
      - Impacts fitness
      - Unhealthy general
  - Historical smoking
- Negative attitudes
  - Attitudes to smoking of others
    - Disgusted
    - Hurt and upset
    - Ignored
    - Image
      - Shame or embarrassing
      - Uncool
    - Silly
    - Stupid
    - Too young
    - Waste of money
    - Wrong
  - Bad habit
  - Gross
    - Coughing or choking
    - Smell
    - Teeth
    - Yuck - feel yuck or sick
  - Impact friendships
  - Not for me
  - Not worth it (cost, smoking restrictions - getting too hard)
  - Regrets about own smoking
- Perceived reasons for smoking or not
  - Access to cigarettes
  - Addicted
  - Age
    - Adulthood aspirations
  - Alcohol and other drug use
    - Cannabis use
    - Drinking
    - Drugs general
  - Boredom
  - Curious or experimentation

- Domestic Violence
- Don't know
- Family factors
  - Family smoking
  - Bonding
  - Parents don't know
- Fatalistic view (we're going to die anyway)
- Friends smoke (incl colleagues)
  - Peer pressure
  - Self image (think they're cool, try to fit in, rebellious)
- Gender differences
  - Males
- Generational change
- Habit or routine
- Knowledge or rejection of harms
- Legislation and rules around smoking
- Mental health
  - Depression
  - Stress & anger management
  - Other (music, fishing)
  - Smoking
  - Support services
- Personal choice
- School factors
  - Few consequences at school
  - Smoking teachers
  - Wagging class
- Short term vs long term focus
- Social influences general
  - Society
  - Social smoking (e.g. parties, work)
- Smoking relative to other health outcomes
- Experiences and intentions
  - Non-smoking personal experience or future intentions
  - Pro and neg exposure or attitudes from others
- Family
  - Non-smoking
  - Smoking
- Friends or peers (incl colleagues)
  - Non-smoking
  - Smoking
  - Age groups
- SHS and smoke-free rules or legislation
  - Avoid personal exposure
  - Distance from restaurants, bus stops
  - Exposure to kids
  - Parties
  - Smoke-free homes or smoking at home
  - Smoke-free pubs clubs
  - Smoking at school
  - Smoking in cars or smokefree cars
  - Visibility in community
  - Workplace
- Vaping
- Smoking personal experiences intentions
  - Access
  - Co-existing health problems
  - Current Smoker
  - Initiation
    - Age smoking commences
  - Intensity and frequency
  - Other behaviours
  - Pregnancy
  - Quitting or not continuing to smoke
    - Relapse
  - School
- 3. Smoking - specific prompted card sort responses
  - Access to cigarettes
  - Addicted
  - Age
  - Alcohol
  - Anti-smoking ads
  - Bored
  - Bullying

- Cigarette cost
- Cigarette packaging
- Connected to Aboriginal culture
- Curious
- Depression, anxiety, other mental health
- Family relationships
- Family smokes
- Feel I belong to my community
- Fitness
- Friends smoke
- Friendships
- Gender
- Go to court
- Going to school
- Good mental health
- Know about Aboriginal culture and history
- Live with Mum
- Look good
- Moved house a lot
- Police questioning
- Racism
- Role models
- Rules about smoking
- See smokers around
- Sexually active
- Sick family
- Smoke-free home
- Smoking harms
- Smoking on TV or movies
- Sport
- Stress
- Strong community
- Strong connection to my Community
- Suspended or expelled
- Want good marks
- Want to go to school
- Yarndi
- Youth detention

4. (dropped later groups) Smoking - specific prompted survey checking

5. Program ideas

- Features
  - Compulsory attendance
  - Diversional activities
    - Computer access
    - Cultural
      - Art class and street art murals
      - Camp
      - Cooking class and traditional food recipes
      - Cultural awareness and knowledge general
        - Aboriginal pictures on posters
      - Cultural dancing
      - Cultural games
      - Cultural music (learn to make and play didge)
      - Jewellery making
      - Women's group
      - Youth group
    - Game night
    - Movie night
    - Music festival, recording or disco
    - Non-team physical activity (yoga, swimming, dancing)
    - Sport
  - Food
  - Incentive (Koori designed merch for participants)
  - Interactive learning
    - Fun
    - Hands-on
  - Role Models
    - Personal stories
  - Support group
  - Writing
- Objectives
  - Awareness (prevention general)
  - Information and education sessions
  - Quit attempts

Skills building and reducing other behaviours

Future or general whole of life focus

Healthy nutrition and lifestyle

Manage peer pressure

Mental health & stress management

Other substance use

Settings

Advertising

Media

Pamphlets

Posters

Community

Event

Health professionals

School

Sports clubs

Target audience

Age

Behaviours

Gender

Timing

Duration

Frequency

6. Summary

Summary non-smoking influences

Summary smoking influences

Summary undecided or neutral or both

7. Key quotes