

Friday 29 May 2020

St George & Sutherland communities urged to quit now ahead of World No Tobacco Day

Ahead of World No Tobacco Day this Sunday, and with early research showing people who smoke are at higher risk of developing more severe COVID-19 infections, there has never been a better time to quit.

Smokers in St George and Sutherland are reminded there are local support services which are available to guide and support them through quitting.

Dr Marianne Gale, Director, Population and Community Health, South Eastern Sydney Local Health District, encouraged smokers to use local resources to help them stop smoking.

“We know that many people in our community who smoke really want to quit. It is not easy, but health professionals are there to provide support. I’d strongly encourage people to talk to their GP about quitting or call the NSW Quitline on 13 7848,” Dr Gale said.

During March and April, visits to the iCanQuit website increased by 68 per cent compared to the same period last year. At the same time, there was also a 19 per cent increase in calls handled by the NSW Quitline.

In 2019-20 the NSW Government is investing \$17.3 million on tobacco control programs.

In 2019, 11.2 per cent of adults aged 16 years or older in NSW smoked daily. This is a decline in smoking from 14.2 per cent in 2009 and has been relatively stable since 2015. Daily and occasional smoking combined was 15.5 per cent in 2019.

For information, tips and tools to support people to quit visit www.iCanQuit.com.au, call NSW Quitline on 13 7848 or talk to a health care professional.

Read more about COVID-19 www.health.nsw.gov.au/coronavirus and smoking and COVID-19 www.icanquit.com.au/coronavirus.