

20 May 2015

Butt out on World No Tobacco Day!

In the South Eastern Sydney Local Health District (SESLHD) there are still over 90,000 people who smoke in our community.

Smoking remains the leading cause of preventable disease and death in in the world.

Even those who smoke 10 or fewer cigarettes per day can expect to have their life expectancy reduced by five years and are 20 times more likely to develop lung cancer than those who have never smoked.

31 May marks annual '**World No Tobacco Day**' and SESLHD would like to send a timely reminder that it is never too late to quit smoking.

Olga Vilshanskaya, Tobacco Control Program Manager, SESLHD, said the best thing smokers can do for their health is to put out their cigarettes for good.

"Benefits of quitting start immediately regardless of age and length of time the person have been smoking," Ms Vilshanskaya said.

There are different programs available to the community to best support them in quitting.

Ms Vilshanskaya said **NAFAS NAQI** is a new quit smoking program available to the Arabic-speaking community, who live in the St George area, with particular focus on women.

"Women look after children and families and it is very important for them not to smoke at any stage of their life to ensure smoke-free environment for their family," Ms Vilshanskaya said.

"Resources are available in churches and mosques and a medically trained Arabic tobacco control project officer can provide support and advice to those who want to quit."

Quit for New Life is a state-wide initiative that provides quit smoking support to pregnant and postnatal women who are having an Aboriginal baby, as well as their partners and other household members.

The QFNL program was introduced after the indigenous community was identified in the SESLHD Tobacco Strategy as a priority population group.

Ms Vilshanskaya said South Sydney's local QFNL support service is based in Menai.

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“There are qualified Aboriginal Smoking Advisors who are available to provide advice and support at a location of your choice, either at a preferred health clinic or in the family home,” Ms Vilshanskaya said.

Details for the quit support services are below:

NAFAS NAQI : 0412 252 797.

Quit for New Life (Menai): 0400 926 178

Quit support is also available from Quitline on 13 7848 (13 QUIT) or at www.icanquit.com.au.

Let's make World No Tobacco Day – every day!



Caption: Vanessa Smith, Aboriginal Smoking Cessation Advisor based at Menai, provides support to clients as part of the Quit for new life program.