World No Tobacco Day

World No Tobacco Day on May 31 is the perfect opportunity for south western Sydney residents and businesses to learn more about the impending outdoor smoking bans and the benefits of quitting smoking for good.

During the week preceding World No Tobacco Day, information stalls will be set up across Bankstown, Camden, Campbelltown, Fairfield and Liverpool Hospitals, informing people about the services and support available to them when quitting smoking.

Mandy Williams, South Western Sydney Local Health District (SWSLHD) Health Promotion Service Director said the best thing smokers can do for their health is to quit, regardless of how old they are or how long they have been smoking for.

“More than 22 per cent of men and almost 14 per cent of women living in south western Sydney are smokers,” Ms Williams said.

Ms Williams said though many smokers have a strong desire to quit, it is normal for some people to make several attempts before they quit for good.

The day also serves as a reminder to local businesses about the Smoke-free Environment Act 2000, coming into effect across NSW on July 6 2015 when smoking will not be permitted in commercial outdoor dining areas, including:

- A seated outdoor dining area;
- Within four metres of an outdoor seated dining area on a licensed premises, a restaurant or café;
- Within 10 metres of a food fair stall.

World No Tobacco Day is an annual initiative of the World Health Organization (WHO) which aims to contribute to protecting present and future generations from the health consequences of tobacco and also against the social, environmental and economic impacts of tobacco use and exposure to tobacco smoke.