



Smoking



Key facts

- Tobacco is a main cause of heart disease, early death, and disability around the world.
- By 2030, tobacco will kill more than 7 million people every year.
- Smoking causes 12% of all heart-related deaths worldwide.
- Tobacco is very addictive. It can kill half of the people who use it.
- All tobacco products are dangerous – not just cigarettes.
- Smoking hurts other people too, especially your partner and children who breathe the smoke.

Influencing factors

Among others:

- not enough money
- Mental health problems
- having no job
- Low educational level
- Difficult family life

Why is quitting smoking good?

People who stop smoking....

- Have a lower risk of getting heart disease or dying early
- Become good role models for friends and family
- Protect the health of others
- Save money

How can I quit smoking?

- Watch your habits, find out when and why you smoke.
- Stay away from things that make you want to smoke
- Learn about how smoking harms your health
- Ask for help, talk to family, friends, or support groups
- Find something else to do instead of smoking
- Make a plan for what to do when you get the urge
- Save the money you would spend on cigarettes – set a goal for it

