



WORLD NO TOBACCO DAY

Damage of Tobacco

Smoking is the leading risk factor for preventable cancer and 1 in 5 cancer deaths can be attributed to smoking. This is because cigarettes contain over 60 chemicals that cause cancer. When you inhale cigarette smoke these chemicals enter your lungs and spread through your body via blood and lymph systems. Smoking is associated with an increased risk of a wide range of other health conditions, including heart disease, diabetes, stroke, renal disease, eye disease and respiratory conditions such as asthma, emphysema and bronchitis.

Statistics

Tobacco use kills more than 7 million people every year and costs households and governments over US\$1.4 trillion through healthcare expenditure and lost productivity. Tobacco was responsible for 7.8% of the total burden of disease and injury in Australia in 2003, equivalent to around 15,000 deaths per year, and was estimated to cost Australia \$31.5 billion in social and economic costs in 2004-05.

TOBACCO KILLS PEOPLE EVERY YEAR MORE THAN **7 MILLION**

TOBACCO THREATENS HEALTH, ECONOMIES AND DEVELOPMENT.



12% OF DEATHS OF ALL PEOPLE AGED OVER 30 ARE DUE TO TOBACCO.



GLOBAL ANNUAL COSTS FROM TOBACCO USE ARE **US\$1.4 TRILLION** IN HEALTHCARE EXPENDITURE AND LOST PRODUCTIVITY FROM ILLNESS AND PREMATURE DEATH.



Environmental Burden

- Up to 10 billion of the 15 billion cigarettes sold daily are disposed in the environment.
- Cigarette butts account for 30–40% of all items collected in coastal and urban clean-ups.

UP TO **10 BILLION** CIGARETTES ARE DISPOSED OF IN THE ENVIRONMENT EVERY DAY.



TOBACCO WASTE CONTAINS OVER **7000 TOXIC CHEMICALS.**



CIGARETTE BUTTS ACCOUNT FOR **30-40%** OF ALL ITEMS COLLECTED IN COASTAL AND URBAN CLEAN-UPS.



TOBACCO SMOKE EMISSIONS CONTRIBUTE THOUSANDS OF TONNES OF HUMAN CARCINOGENS, TOXICANTS AND GREENHOUSE GASES.

The 3 Common Reasons why People Smoke

1. Nicotine (or physical) addiction – the chemical part that causes withdrawals and the ‘need’ for nicotine
2. Situation triggers – the smoke you want when you’re in certain situations or with certain people
3. Emotional triggers – the smoke you want when you’re upset, stressed, bored or happy.

Quitting Strategies

People have different levels of nicotine addiction and different triggers, so there’s no one single way to quit. The best chance of quitting success is to combine nicotine replacement products with regular conversations with a Quitline service. This is because nicotine replacement products deal with the physical addiction while Quit Specialists can help with ways to deal with emotional and routine-based triggers.