

WORLD NO TOBACCO DAY 2019

# A FOCUS ON TOBACCO USE AND LUNG HEALTH

Every year, on May 31, the World Health Organization (WHO) recognizes World No Tobacco Day to advocate for a reduction in tobacco consumption across the globe. This year's focus is "Tobacco and Lung Health," aiming to raise awareness on how tobacco use directly impacts one's respiratory health.

TOBACCO USE IS  
A GLOBAL PUBLIC  
HEALTH THREAT

**1B** There are over  
1 billion smokers  
worldwide<sup>2</sup>

Tobacco use contributes  
to more than

**7 MILLION**  
deaths worldwide each year<sup>2</sup>

**4,000** Chemicals  
found in  
tobacco  
smoke<sup>2</sup>

TOBACCO USE  
HURTS OUR LUNGS

## COPD

Tobacco smoke is the leading  
cause of chronic obstructive  
pulmonary disease<sup>1</sup>

Exposure to  
second-hand  
smoke also  
increases  
the risk of  
respiratory  
diseases and  
lung cancer<sup>1</sup>



QUITTING TOBACCO MAY AFFECT OVERALL LUNG HEALTH

After  
**2-12**  
weeks

Circulation  
may improve  
along with  
lung function<sup>3</sup>

After  
**1-9**  
months

Coughing and  
shortness of  
breath may  
decrease<sup>3</sup>

After  
**10**  
years

Non-smokers' risk  
of lung cancer  
falls to half that  
of smokers<sup>1</sup>

QUITTING TOBACCO IS THE BEST THING THAT TOBACCO USERS  
CAN DO TO PROTECT THE HEALTH OF THEMSELVES AND OTHERS<sup>4</sup>



Counselling and medication can **MORE THAN DOUBLE THE CHANCE** that a smoker who tries to quit will succeed.<sup>2</sup>



Less than 5 percent of people who try to quit smoking **WITHOUT ASSISTANCE** are cigarette-free after one year.<sup>5</sup>



<sup>1</sup>World Health Organization. WHO Global Health Days: World No Tobacco Day. <https://www.who.int/news-room/events/detail/2019/05/31/default-calendar/world-no-tobacco-day>. Accessed April 2019. <sup>2</sup>World Health Organization. Media Centre: Tobacco Fact Sheet, March 2018. <http://www.who.int/mediacentre/factsheets/fs339/en/>. Accessed April 2019. <sup>3</sup>World Health Organization. Tobacco Free Initiative: Health Benefits of Smoking Cessation 2018. <https://www.who.int/tobacco/quitting/benefits/en/>. Accessed April 2019. <sup>4</sup>World Health Organization. Tobacco Free Initiative: Quitting Tobacco. <http://www.who.int/tobacco/quitting/background/en/>. Accessed April 2019. <sup>5</sup>Foulds J, Burke M, Steinberg M, et al. Advances in Pharmacotherapy for Tobacco Dependence. Expert Opin Emerg Drugs. 2004;9(1):39-53. \*without counseling or medication