

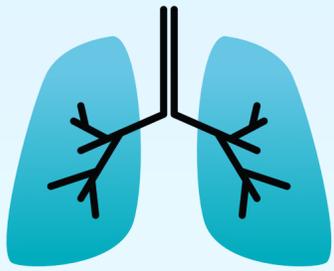
**In the UK, 52.7% of people aged 16 years and above who currently smoke wish to quit (ONS, 2020).**



# Just Say No to Tobacco!



**In 2019, there were around 6.9 million smokers in the UK which amounts to 14.1% of the population (ONS, 2020).**



27% of smokers were men, making them the higher share of smokers compared to women (Steward, 2020).



22% of woman were smokers (Steward, 2020).

Smoking damages lung function which makes it very difficult for the body to defend itself from respiratory viruses such as CODID-19 (WHO, 2020)



## *Time is ticking.....*

Smoking claimed 51.5% of the deaths in men and 44.5% of deaths in women (NHS, 2015).



Cancer of the lungs and airways totalled to 80% of the deaths caused by smoking, 83% for men and 76% for women (NHS, 2015).



Heart attack and stroke is one of the risk factors of smoking (Healthwise, 2019).

1 out of 4 heart attacks is associated with smoking (Healthwise, 2019).

## Getting help:

## Benefits of stopping smoking:

# **YOU CAN QUIT SMOKING?**

Get free 1-2-1 help and support from experts

**CALL NOW ON 0300 123 1044**

BECAUSE THERE'S ONLY  
**ONE YOU**

- |             |  |
|-------------|--|
| 20 min:     | Blood pressure starts to lower.  |
| 72h:        | Risk of heart attack reduces, breathing becomes easier, and energy levels increases.     |
| 12 weeks:   | It is easier for the heart pump.   |
| 3-9 months: | Coughs, wheezing and breathing starts to lessen.   |
| 1 Year:     | The risk of heart attack falls to ½ compared to a smoker.                                |
| 15 Years:   | The risk of heart attack drops to that of someone who has never smoked (Smokefree, 2020) |

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