

World No Tobacco Day

In the **six seconds** it takes for you to read this sentence, **one person dies due to tobacco**.
This accounts for **one in 10 adult deaths**.

The Truth About Tobacco

- Tobacco use is one of the leading preventable causes of death.
- The global tobacco epidemic kills nearly **6 million people each year**, of which more than 600,000 are people exposed to secondhand smoke.
- Unless we act, it will kill up to **8 million people by 2030**, of which more than 80% will live in low and middle-income countries.

Gradual Killer

Because there is a lag of several years between when people start using tobacco and when their health suffers, the epidemic of tobacco-related disease and death has just begun.

Tobacco caused 100 million deaths in the 20th century. If current trends continue, it will cause up to **one billion deaths in the 21st century**.

Why Should I Quit?

Health Benefits of Smoking Cessation

Within 20 minutes	Your heart rate and blood pressure drop.
12 hours	Carbon monoxide level in your blood drops to normal.
2 – 12 weeks	Your circulation improves and your lung function increases.
1 – 9 months	Coughing and shortness of breath decrease.
1 year	Risk of coronary heart disease is about half that of a smoker.
5 years	Stroke risk is reduced to half that of a nonsmoker 5 to 15 years after quitting.
10 years	Risk of lung cancer falls to about half that of a smoker and your risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.
15 years	The risk of coronary heart disease is that of a nonsmoker's.

Age and Life Expectancy

Around 30	Gain almost 10 years of life expectancy.
Around 40	Gain 9 years of life expectancy.
Around 50	Gain 6 years of life expectancy.
Around 60	Gain 3 years of life expectancy.
After the onset of life-threatening disease	Rapid benefit, people who quit smoking after having a heart attack reduce their chances of having another heart attack by 50%.

**MARK IT DOWN AND SIGN THE EWSNetwork PLEDGE –
WORLD NO TOBACCO DAY MAY 31ST 2012.**



Resource: <http://www.who.int/>