

NO SMOKING DAY



FACT SHEETS

No Smoking Day printable resources

Contents

Sheet 1 Tobacco history

Sheet 2 Short term health benefits

Sheet 3 Long term health benefits

Sheet 4 Cost of smoking

Sheet 5 Cigarette chemicals

Sheet 6 Health damage



How much do you know about smoking?

Here are some dates to remember from tobacco's troubled history.

1492

Christopher Columbus discovers tobacco being smoked in the New World and the habit comes back to Spain.

1560

Jean Nicot, an ambassador to Portugal, sends tobacco plants to the French court – nicotine is named after him, many years later.

1585

Sir Francis Drake introduces smoking to Sir Walter Raleigh (who later persuades Queen Elizabeth I to try!)

1604

King James introduces tax on tobacco.

1610

Sir Francis Bacon notes the spread of smoking, and that it is hard to quit.

1614

Cigar production takes off in Seville – and Seville's beggars invent the first roll-ups with scraps from cigar butts.

1693

Smoking is banned in the House of Commons Chamber.

1761

The first clinical study of tobacco warns snuff users about nasal cancer.

1847

Philip Morris opens a cigarette shop in London.

1868

Smoke-free railway carriages are introduced.

1908

Sale of tobacco to under-16s is banned.

1951

The link between smoking and lung cancer is established.

1958

The first stop-smoking clinic is opened in Salford, England.

1965

TV advertising of cigarettes is banned.

1971

ASH (Action on Smoking and Health) is set up.

1984

The UK has its first **No Smoking Day**.

1985

London Regional Transport bans smoking on all Underground stations wholly or partly underground.

1986

Tobacco advertising is banned in cinemas.

1988

British Airways bans smoking on domestic flights.

1990

A telephone advice and counselling service for smokers wanting to stop is launched by the charity QUIT.

1992

The first transdermal nicotine patch is available on prescription in the UK.

1993

Sir Richard Doll reveals the latest results in his forty year study of doctors. Smokers are three times more likely to die in middle-age than non-smokers, and up to



one in two smokers may eventually die from their addiction.

1994

The first no smoking beaches in Britain are introduced in Bournemouth, Dorset.

1999

The Government's "Smoking Kills" White Paper is published.

It includes new targets to reduce smoking prevalence, an NHS smoking cessation programme, and plans to further restrict smoking in the workplace.

1999

The Government announces plans to introduce a ban on tobacco advertising on 10 December 1999.

2000

Zyban® (bupropion) is the first non-nicotine stop

smoking aid to receive a licence.

2003

Stark warnings start to appear on cigarette packets as required by the EU Tobacco Products Directive. These include "Smoking clogs the arteries and causes heart attacks and strokes".

2004

Ireland becomes the first country in the world to ban smoking in workplaces and public places. Despite the anxiety of pub and restaurant owners, turnover in social venues is unaffected.

2005

Scotland announces the introduction of a complete ban on smoking in enclosed public places from April 2006.

2006

England, Wales and Northern Ireland vote for smokefree public places,

making the ban UK-wide from 2007!

2007

Research finds that 18 months after the smoking ban in Scotland, heart attacks have fallen by 17%.

2008

Picture warnings are introduced on all tobacco products sold in the UK.

2009

Parliament votes to end displays of tobacco products at point of sale.

2010

Bulgarian parliament approves a ban on smoking in public places – and abolishes it three days later.

2011

Tobacco giant Philip Morris threatens to sue the Australian government over plain packaging legislation

... and the rest is history



Short term health benefits

Take the Leap to better health!

When you give up smoking your body will immediately begin to recover. Even within the first few hours you will improve your health.

After...



20 minutes

- Your blood pressure and pulse return to normal.



8 hours

- Nicotine and carbon monoxide levels in your blood are halved. Carbon monoxide will be eliminated from your body and your lungs will have started to clear out the tar that's been clogging them up. No nicotine left in your body. Your senses of taste and smell are greatly improved.



72 hours

- Your breathing becomes easier and your energy levels increase.



2-12 weeks

- Your circulation improves and exercise can be easier.



3-9 months

- Any coughs, wheezing and breathing problems improve.



Long term health benefits

Take the Leap to a healthier you!

The longer you've stopped for the more benefits you'll feel. The benefits of stopping smoking continue to grow as time passes:

After...



2 – 12 weeks

- Circulation improves, making walking and running a lot easier.



3-9 months

- Coughs, wheezing and breathing problems improve as lung function is increased by up to 10%.



5 years

- Risk of heart attack is halved.



10 years

- Risk of lung cancer is halved.
- Risk of heart attack is at the same level as non-smokers.



Medium to long-term

- Risk of developing lung cancer, other cancers, heart disease, stroke and chronic lung disease is reduced - the sooner you stop, the sooner your risk starts going down.
- Stopping smoking at any age increases your life expectancy, provided that you stop before the onset of serious disease. Even if you have developed disease, you can benefit from stopping as your body will be under less strain and be able to fight it more easily.



For life

- You'll be less stressed and tired and physical activity will be easier. Food will taste better and your skin will look younger.



The cost of smoking

Take the Leap to a wealthier you!

How much do you smoke? How long have you been smoking? Use our ready reckoner to find out how much cash you've puffed away ...

Stopping smoking now could be like giving yourself a hefty pay rise – and it's one benefit you'll feel straight away.

	1 day	1 week	1 month	1 year	5 years	10 years
5	£1.65	£11.40	£49	£593	£2,966	£5,931
10	£3.25	£22.75	£99	£1,186	£5,931	£11,863
20	£6.50	£45.50	£195	£2,372	£11,863	£23,725
30	£9.75	£68.25	£297	£3,559	£17,794	£35,588
40	£13.00	£91.00	£395	£4,745	£23,725	£47,450
60	£19.50	£136.50	£593	£7,118	£35,588	£71,175

Based on average price of 20 cigarettes = £6.50

What else could you have done with that money?

For a 20-a-day smoker...

- 🦋 **1 day:** £6.50 = a movie rental or a few magazines
- 🦋 **1 week:** £45.50 = shoes, facial, DVDs, paintballing, a fancy meal for two
- 🦋 **1 month:** £195 = a shopping spree, football tickets or a weekend break
- 🦋 **3 months:** £585 = games console, a new laptop or latest flat-screen TV
- 🦋 **6 months:** £1,170 = a family holiday, a home cinema or top of the range bicycle
- 🦋 **1 year:** £2,372 = new kitchen, designer jewellery, a car or a luxury leather suite



Cigarette chemicals

What's lurking in your cigarette?

There are over 4,000 chemicals in cigarette smoke; these are just some of them:



Carbon Monoxide

- Takes up room in your lungs which should be filled with oxygen.
- Because your body needs oxygen the heart has to work harder. This can cause coronary heart disease and circulation problems.



Tar

- About 70% of the tar in cigarette smoke is left in the lungs where it causes many serious lung diseases.



Acetone

- Used as a solvent (i.e. in nail polish remover).



Nicotine

- Keeps you addicted.



Arsenic

- A deadly poison used in insecticides.



Formaldehyde

- Is used to preserve dead bodies.



Shellac

- Becomes a varnish for wood when mixed with a form of alcohol.



Benzene

- Is used as a solvent in fuel and chemical manufacturing.



Cyanide

- Is a deadly poison.



Health damage

How smoking affects your health

Most people these days know what smoking can do. It's the biggest cause of lung cancer, and it causes heart disease, stroke, chronic bronchitis and emphysema. It doesn't just harm the smoker, but people around them too. Tobacco smoke pollution has been classified as a known human carcinogen in the USA.

Here are a few more of the ways you can get sick from smoking, even before the life-threatening diseases kick in. Stopping smoking will reduce your risk of all of them...

Tooth loss

Diabetes

Impotence

Stomach ulcers

Ocular histoplasmosis
(fungal eye infection)

Acute necrotising

Ulcerative gingivitis
(gum disease)

Hearing loss

Osteoporosis

Duodenal ulcer

Reduced sperm count



Painful periods

Early menopause

Psoriasis

Colon polyps

Cataracts

Asthma

Reduced fertility

Buerger's disease

Angina

Optic neuropathy
(vision loss)

Premature wrinkling

Crohn's disease

. . . it doesn't say that on the packet!

Take the leap.co.uk