

SMOKING

- Stats on the biggest cause of premature death & preventable disease in the UK -

UK smoking Facts

10 million adults smoke in Great Britain, that's

1 in 6

of the total UK population.



About

100,000

people in the UK die each year due to smoking. Smoking-related deaths are mainly due to cancers, chronic obstructive pulmonary disease (COPD) and heart disease.

In women

from the UK, smoking is highest among 20-24 year olds at **31%**

In men

from the UK, smoking is highest among 25-34 year olds at **30%**

22%

of women and

30%

of men

are now ex-smokers.

Surveys show that about two-thirds of current smokers would like to stop smoking.



How smoking affects Children

Over **Half**

of children would give up pocket money to help their parents give up smoking.



Children and babies who live in a home where there is a smoker are more prone to

ASTHMA, EAR, NOSE & THROAT INFECTIONS.

Almost

1/3

of children admitted to **hiding**

their parents' cigarettes in a desperate attempt to help them quit.



17,000

children under five years old in England and Wales are admitted to hospital each year due to illness caused by their parents smoking.

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Smoking during Pregnancy

Since Scotland introduced a **ban on smoking** in public places in 2006 there has been a

10%

drop in the country's premature birth rate.



Women aged 20 or under were more likely to **smoke before or during pregnancy** than those aged 35 and over (61% and 30%) respectively.

43% of women under 20 were also more likely to smoke through pregnancy

compared with

21% of women aged 35 and over.

Timeline guide to the Benefits of quitting Smoking

Health

20 minutes after quitting your blood pressure and pulse return to normal.

48 hours - no nicotine is 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 after quitting smoking your circulation improves and exercise can be easier.

3-9 months - any coughs, wheezing and breathing problems improve.

Within **five years** the risk of heart attack is halved.

Within **10 years** the risk of lung cancer and the risk of heart attack is at the same level as non-smokers.

Medium to long term - stopping smoking at any age increases your life expectancy, provided you stop before the onset of serious disease. Even if you have developed a disease, you can benefit from stopping as your body will be under less strain and be able to fight it more easily.

Wealth

1
DAY

£6.50

DVD Rental, A few magazines

1
WEEK

£45.50

Shoes, Spa facial, DVD's, Fancy meal for two.

1
MONTH

£195

Shopping spree, Premiership football tickets, Weekend break.

3
MONTHS

£585

Games console, A new laptop, The latest flat screen TV.

6
MONTHS

£1,170

Football season ticket, A family holiday, A home cinema.

1
YEAR

£2,372

A new kitchen, Designer jewellery, A car.

