

WORLD NO TOBACCO DAY 2018

A FOCUS ON TOBACCO & HEART DISEASE

Every year, on May 31, the World Health Organization recognizes World No Tobacco Day to advocate for a reduction in tobacco consumption across the globe. This year's focus is "Tobacco and Heart Disease," aiming to raise awareness on how tobacco use directly impacts one's cardiovascular health.¹

TOBACCO USE IS A GLOBAL PUBLIC HEALTH THREAT

THERE ARE
1.1 BILLION
SMOKERS WORLDWIDE²

Tobacco use contributes to

7 **MILLION**

deaths worldwide each year²

TOBACCO
SMOKE
CONTAINS
MORE THAN

4K

CHEMICALS²

TOBACCO USE HURTS OUR HEARTS



of all heart disease deaths can be attributed to tobacco use and second-hand smoke exposure¹

Nonsmokers who breathe secondhand smoke can increase their risk of developing heart disease by



QUITTING TOBACCO CAN BENEFIT CARDIOVASCULAR HEALTH

WITHIN



OF QUITTING

Heart rate and blood pressure drop

Risk of coronary heart disease decreases by 50%

Risk of cardiovascular disease is that of a nonsmoker's⁴

THERE ARE STEPS THAT CAN HELP, TOO!

The WHO's Framework Convention on Tobacco Control (FCTC) promotes best practices to reduce the burden of tobacco. The main elements are:



Bans on smoking in public places and tobacco advertising



Policies to increase the price and taxes of tobacco



Large health warnings on cigarette packets



Cessation help⁵

QUITTING TOBACCO IS THE BEST THING THAT TOBACCO USERS CAN DO TO PROTECT THE HEALTH OF THEMSELVES AND OTHERS.⁶



Counselling and medication can more than **DOUBLE THE CHANCES** that a smoker who tries to quit will succeed.²



Less than 5 percent of people who try to quit smoking **WITHOUT ASSISTANCE** are cigarette-free after one year.⁷

¹ World Health Organization. WHO Global Health Days: World No Tobacco Day. <http://www.who.int/campaigns/no-tobacco-day/2018/event/en/>. Accessed March 2018.

² World Health Organization. Media Centre: Tobacco Fact Sheet. March 2018. <http://www.who.int/mediacentre/factsheets/fs339/en/>. Accessed March 2018.

³ U.S. Centers for Disease Control and Prevention. Heart Disease and Stroke. February 2018. https://www.cdc.gov/tobacco/basic_information/health_effects/heart_disease/index.htm. Accessed March 2018.

⁴ World Health Organization. Tobacco Free Initiative: Fact Sheet About Health Benefits of Smoking Cessation. <http://www.who.int/tobacco/quitting/benefits/en/>. Accessed March 2018.

⁵ World Health Organization. WHO Framework Convention on Tobacco Control. 2003. <http://apps.who.int/iris/bitstream/10665/42811/1/9241591013.pdf?ua=1>. Accessed March 2018.

⁶ World Health Organization. Tobacco Free Initiative: Quitting Tobacco. <http://www.who.int/tobacco/quitting/background/en/>. Accessed March 2018.

⁷ Foulds J, Burke M, Steinberg M, et al. Advances in Pharmacotherapy for Tobacco Dependence. Expert Opin Emerg Drugs. 2004;9(1):39-53.

