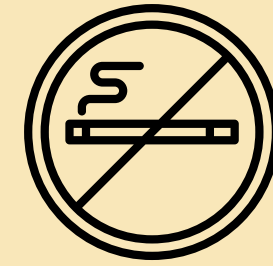


Smoking



Key facts

- Tobacco use has been identified as a leading cause of cardiovascular disease, premature death and disability worldwide
- By 2030, tobacco use will cause more than 7 million deaths each year.
- Smoking is responsible for 12% of cardiovascular disease deaths worldwide
- Tobacco is highly addictive. It kills up to half of its users.
- All tobacco products contain dangerous chemicals, not just cigarettes.
- Smoking also harms those around you, especially spouses and children.

Influencing factors

Among others:

- Low income
- Mental disorders
- Unemployment
- Low level of education
- Difficult family Conditions

Advantages of quitting smoking

People who quit smoking....

- reduce the risk of suffering/dying from cardiovascular diseases
- are good role models for others
- also protects the health of others
- save money

How can I quit smoking?

- Observe habits, avoid smoking triggers.
- Learn about smoking dangers.
- Seek support from family, friends, or others.
- Find substitutes, plan alternatives.
- Set a savings goal for the money saved from quitting.

