

Quit Smoking



Butt Out

quitting smoking means...

- Increased energy levels
- No more smoke fumes
- You'll save your money
- Improvements to your social life and dating
- Teeth and nails will look better

Tobacco and the Environment

What it Does to Our Planet

- Cigarette papers consume about **350,000** tonnes of paper a year
- Cigarette butts take an average of **25 years** to decompose
- Tobacco smoke causes air pollution

- **1 in 8** trees is cut down to provide land for growing tobacco
- Tobacco companies contribute to world hunger, by using land to grow tobacco instead of food



Tobacco Advertising

Don't Be a Target

The Tobacco industry needs to:

- replace approximately **37,000** Canadians who die every year from tobacco use
- provides a powerful message to youth, that smoking is a normal and even desirable activity

- Children and youth exposed to on-screen tobacco use are more likely to start smoking
- Products are flavoured like fruit and candy to appeal to youth
- Packages are designed with bright colours to make them look less harmful

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Second-hand Smoke

Not around me... tell them why!

Second-hand Smoke

- It is the smoke that is blown into the air, and the smoke that enters the air from the burning end of tobacco products
- There is no safe level of exposure to second hand smoke
- There are over **7000** chemicals in second hand smoke, **69** of these are known to cause cancer
- **300** non-smokers will die from lung cancer related to second hand smoke each year
- **4000** more non-smokers will die from other illnesses related to second hand smoke



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/tobacco



If you require this information in an accessible format, contact 1-800-841-2729