

SMOKING

What is Smoking?

- Smoking is the action or habit of inhaling and exhaling the smoke of tobacco by sucking on the end of a lit cigarette, cigar or pipe.



Why do people smoke ?

People smoke for many different reasons:

- They think it's cool
- They think it's relaxing
- They feel it's good to smoke a cigarette



However.....

- ⦿ Smoking is bad for your health.
- ⦿ Smoking causes lung disease, lung cancer, heart diseases, diabetes and asthma.
- ⦿ Not just this, but it can also increase the risk for certain eye diseases, tuberculosis and problems with the immune system.
- ⦿ This is why you should not smoke.



What's in a cigarette ?

- Cigarettes are not just chopped up tobacco leaves in paper.
- They release thousands of hazardous chemicals when they burn.
- Nicotine is in cigarettes. People who get addicted to smoking don't really have a choice anyway – nicotine is the attractive drug that give people the addiction.



There are 7,000 chemicals in tobacco smoke of which 70 can cause cancer.

The progress we've made

How many people smoked [in UK]:



Year	% of people
1994	27%
2002	26%
2010	20%
2018	15%