



**WORLD**  
**NO TOBACCO DAY**  
31 May 2025

*Every step toward quitting is a step toward a healthier, stronger life.*

# DROP THE STICK

## Key facts:

- Tobacco kills up to half of its users who don't quit
- Tobacco kills more than 8 million people each year, including an estimated 1.3 million non-smokers who are exposed to second-hand smoke
- Around 80% of the world's 1.3 billion tobacco users live in low- and middle-income countries.
- 84,000,000 Tons of CO2 Emissions released into the air raising global temperatures
- 600,000,000 Trees chopped down to make cigarettes
- 22,000,000,000 Liters of water used to make cigarettes

The Theme for World No Tobacco Day 2025 is **“Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products.”**

There are several strategies to stop using tobacco products or smoking. These include-

- talking to medical specialists,
- utilizing nicotine replacement treatment (such as gum or patches),
- joining a support group,
- attempting behavioral therapy, and
- using online or app-based quit-smoking services.



## Health Impacts of Smoking and Tobacco:

- **Cancer:**

Increases risk for cancers of the digestive system (pancreas, stomach, mouth, liver, rectum, colon, esophagus).

- **Neurological Disorders:**

Contributes to stroke, Small Vessel Ischemic Disease (SVI), and vascular dementia.

- **Heart Disease:**

Major risk factor for various cardiovascular conditions.

- **Lung Diseases:**

Leads to chronic obstructive pulmonary disease (COPD) and lung cancer.

- **Diabetes:**

Increases the risk of developing diabetes.

- **Infectious Diseases:**

Raises the risk of tuberculosis.

- **Eye Diseases:**

Contributes to certain eye conditions, affecting vision.

# What happens when you quit?



The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.

## After 20 minutes

Check your pulse rate, it will already be starting to return to normal.

## After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.

## After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.

## After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also, your energy will be increasing.

## After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.

## After 3 to 9 months

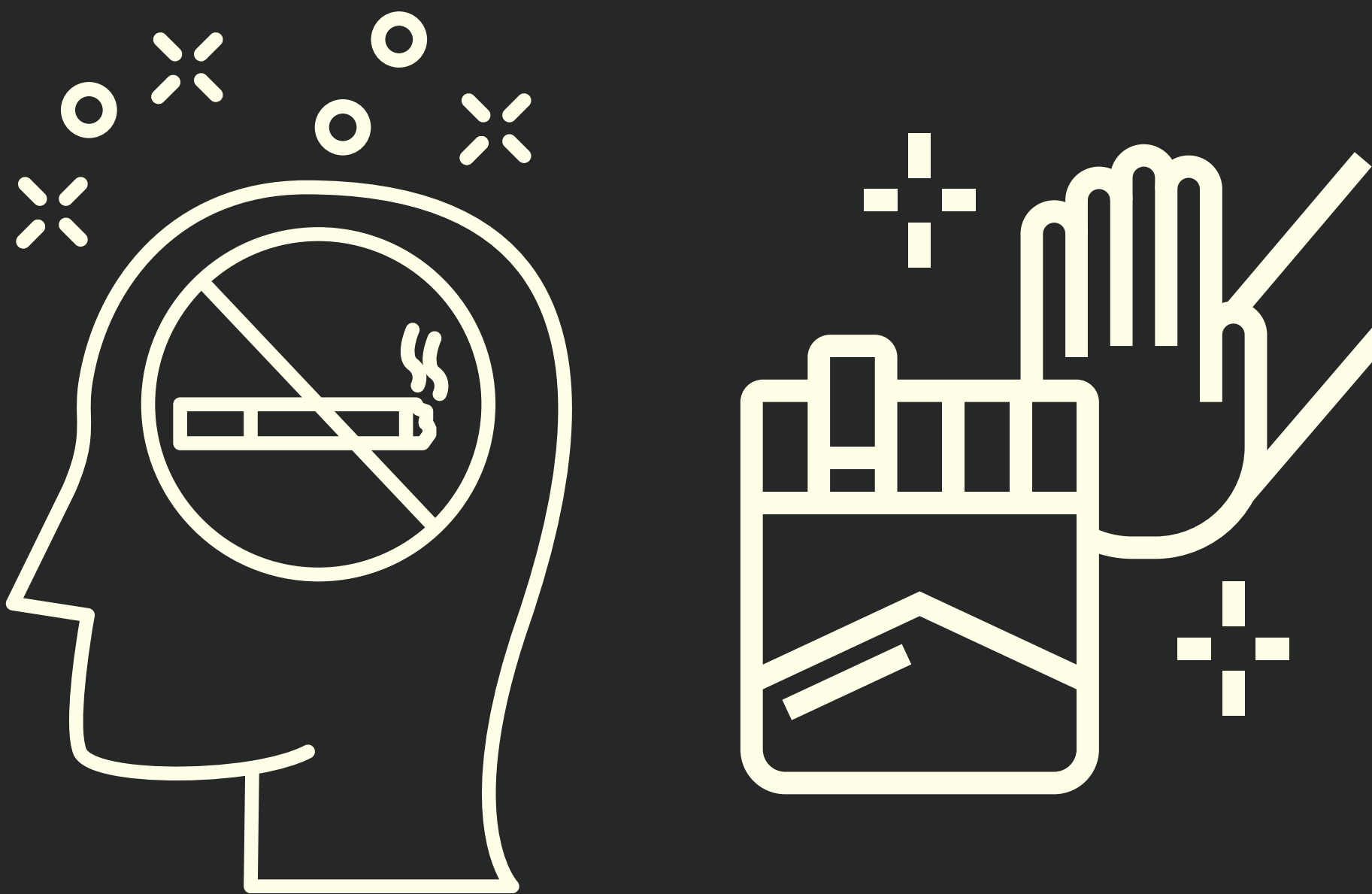
Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.

## After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.

## After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.



## Quitting tips

You have made a great decision to give up smoking. Here are some tips to help you succeed. Once you have picked your quit date, remember to add it to your calendar.

- List your reasons to quit.
- Tell people you're quitting.
- If you have tried to quit before, remember what worked.
- Use stop smoking aids.
- Have a plan if you are tempted to smoke.
- List your smoking triggers and how to avoid them.
- Keep cravings at bay by keeping busy.
- Exercise away the urge.

Take good care of yourself.