



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

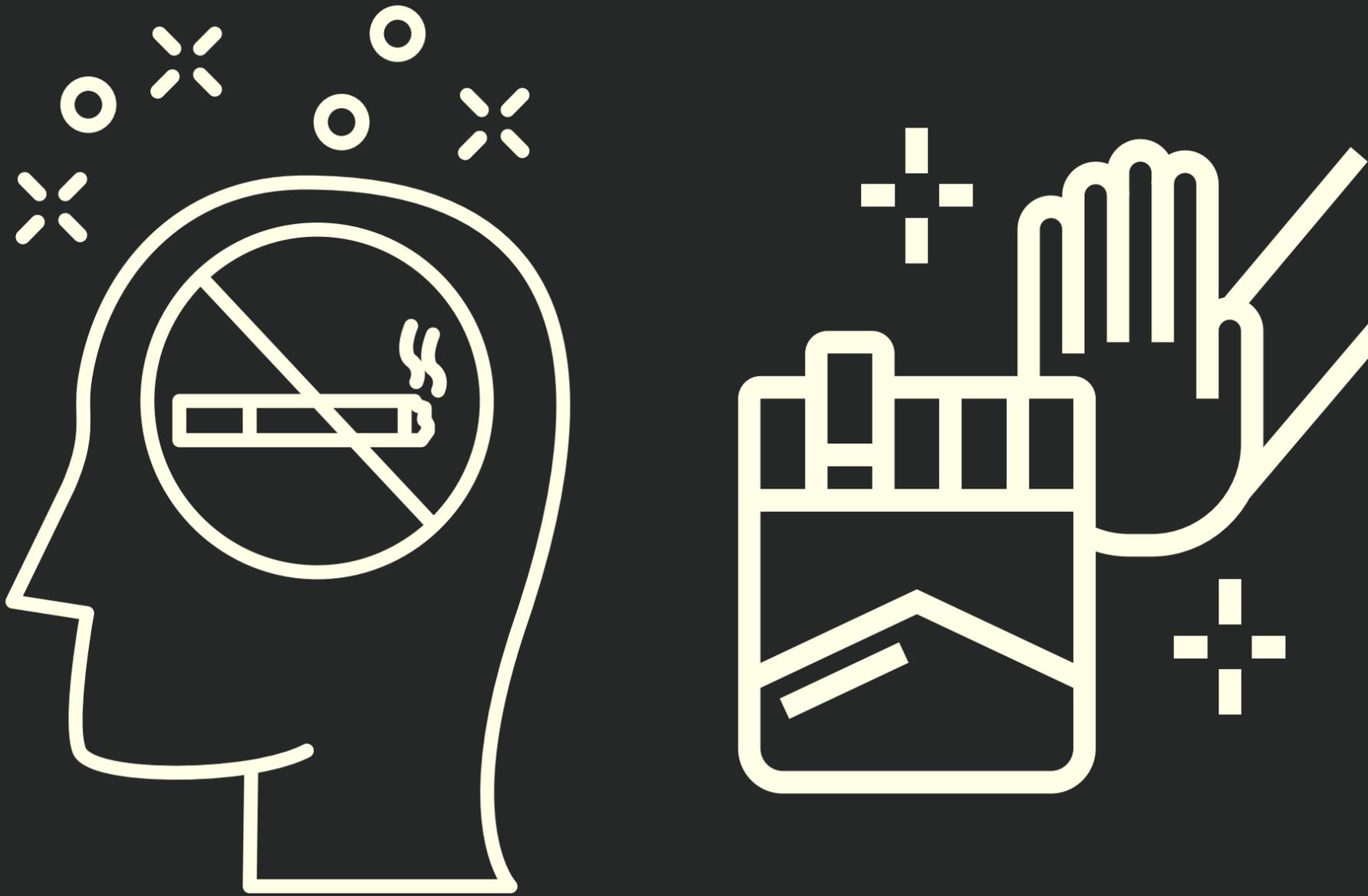
Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.

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.