

Public Health Spotlight

No Smoking Day

March 2020



In this month's Public Health Briefing we focus on the importance of stopping smoking.

Smoking is the biggest single preventable cause of ill-health and early death in the United Kingdom. The number of deaths from smoking is greater than the next six biggest causes of preventable death combined.

This briefing provides some simple but effective messages on how to encourage and support residents to stop smoking that I would like you to help promote within your local communities.

Benefits to stopping smoking*

Every cigarette someone smokes causes **real harm**. From the moment they stop smoking, their body starts its recovery process. This is how:

20 minutes	Your blood pressure and pulse rate return to normal.
8 hours	Carbon monoxide level in the blood reduces by half and oxygen level returns to normal.
72 hours	Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.
2–12 weeks	Your circulation improves.
3–9 months	Coughs, wheezing and breathing problems improve as lung function increases by up to 10%.
1 year	Risk of heart attack falls to half that of a smoker.
5 years	Risk of stroke is reduced to that of a non-smoker.
10 years	Your risk of death from lung cancer falls to half that of a smoker.

They will also experience benefits such as:

- Their sense of taste will return and they will enjoy the taste of food more.
- Their breathing and general fitness will improve.
- The appearance of their skin and teeth will improve.
- Their fertility levels will improve, along with their chances of having a healthy pregnancy and baby.
- They will experience less stress and lower anxiety.

For friends and family

More than 80% of second-hand smoke is invisible and odourless, so no matter how careful someone thinks they are being, **friends and family still breathe in harmful poisons**.

This puts them at risk of illnesses including cancer, heart disease and lung disease. By quitting and not exposing them to second-hand smoke, they will be protecting the health of those around them.

Save money

Smoking is expensive and you might be surprised at how it all adds up. On average, most people who quit **save around £135 each month**.

That's over **£1,600 a year going up in smoke**.

No Smoking Day

This year No Smoking Day is on **11 March 2020**. The theme is positive and upbeat, focusing on the immediate and early benefits of quitting. It is based on the **benefits of quitting timeline*** with the additional benefit from [this study](#) which found that: "ex-smokers who have stopped for a year or more are happier than current smokers and similar to never smokers".



Many smokers want to quit but aren't sure of the best way to go about it.

The least effective method is to try to quit unaided (going 'cold turkey'). There's lots of free support on offer and by using the support that's right for the individual, they will be boosting their chance of success.

What support is available?

Phone

Call the free **Smokefree National Helpline on 0300 123 1044** to speak to a trained, expert adviser. Lines are open Monday to Friday 9am to 8pm, and Saturday and Sunday 11am to 4pm (England only).

Online support

There is a range of online support available including the Smokefree app, Facebook Messenger, daily support emails or text messages. The app also provides a savings calculator to show how much could be saved. Search 'Smokefree' in the iTunes app store or Google Play store, follow 'NHS Smokefree' on Facebook and Twitter or search 'One You Smokefree' to sign up to emails.

Your local Stop Smoking Service: Cheshire Change Hub

The Service provides advice, support and encouragement to help residents stop smoking for good. Available for:

- Pregnant women
- Young people age 13-17 years old
- Those with enduring mental health conditions

Visit:

<https://cheshirechangehub.org/services/quit-smoking/>

Stop smoking aids

Nicotine and other chemicals found in cigarettes makes smokers become dependent and want to smoke frequently.

Giving up smoking can cause withdrawal symptoms, which include cravings, headaches, feeling irritable and not being able

to sleep. Stop smoking medicines can help to manage withdrawal symptoms. They include:

- prescription tablets (Champix and Zyban)
- nicotine replacement therapy (NRT) products such as:
 - patches
 - gum
 - inhalators
 - nasal sprays.

NRT products can be bought in pharmacies, supermarkets and convenience stores.

Talk to your local Stop Smoking Service, doctor, nurse or pharmacy team, or search 'One You Smokefree' where there is more information on stop smoking medicines.



Further information on No Smoking Day can be found at: <https://www.todayistheday.co.uk/>

I would really value your feedback and recommendations for future updates. Please send through your views to publichealth@cheshirewestandchester.gov.uk

Thank you for your continued support



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