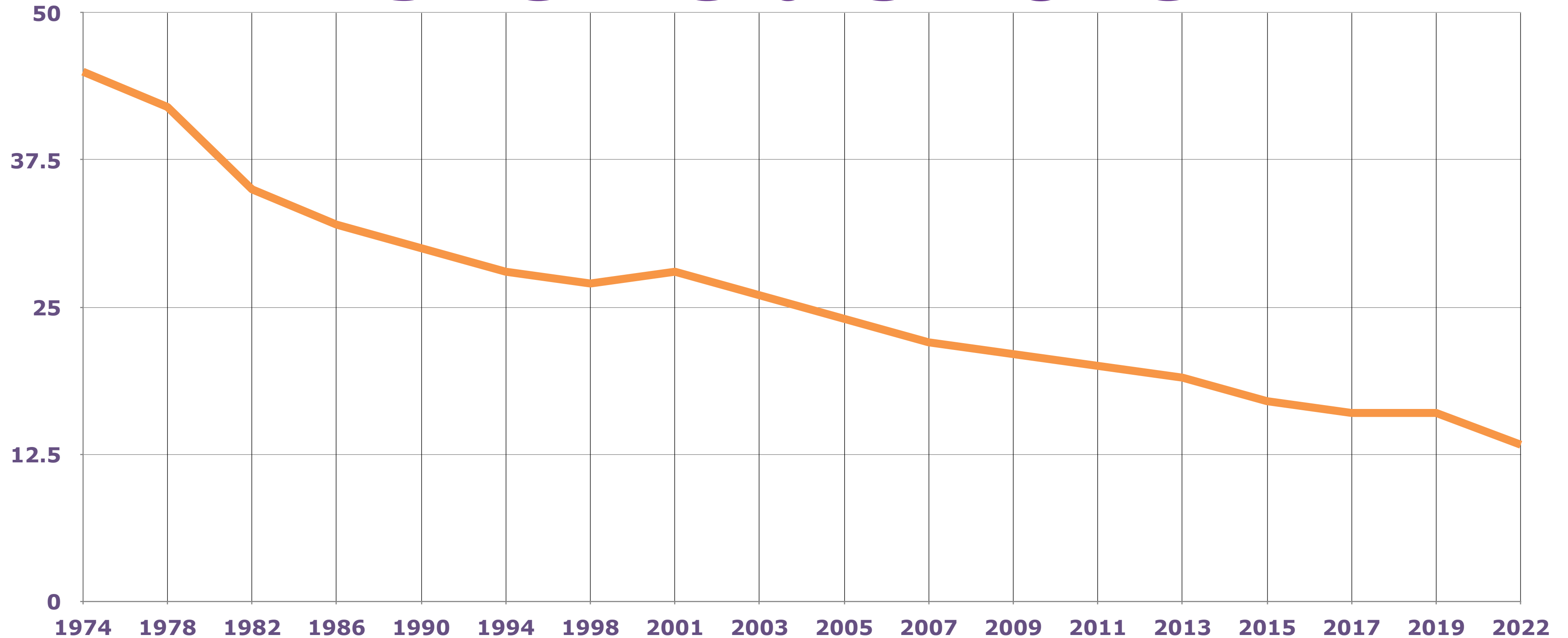


**Be a part
of the
Smokefree
generation**



**What percentage of
Sheffield smokes?**

Only 13.3% of people in Sheffield smoke



What are the potential health effects from smoking?

The younger the age of uptake of smoking, the greater the harm is likely to be.

Early uptake is associated with:

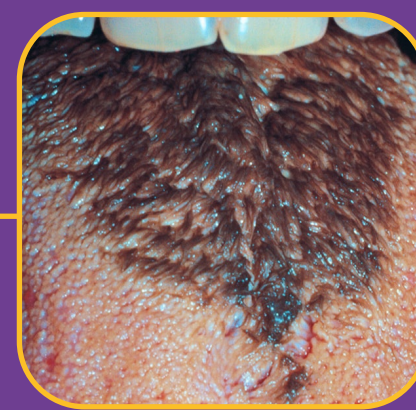
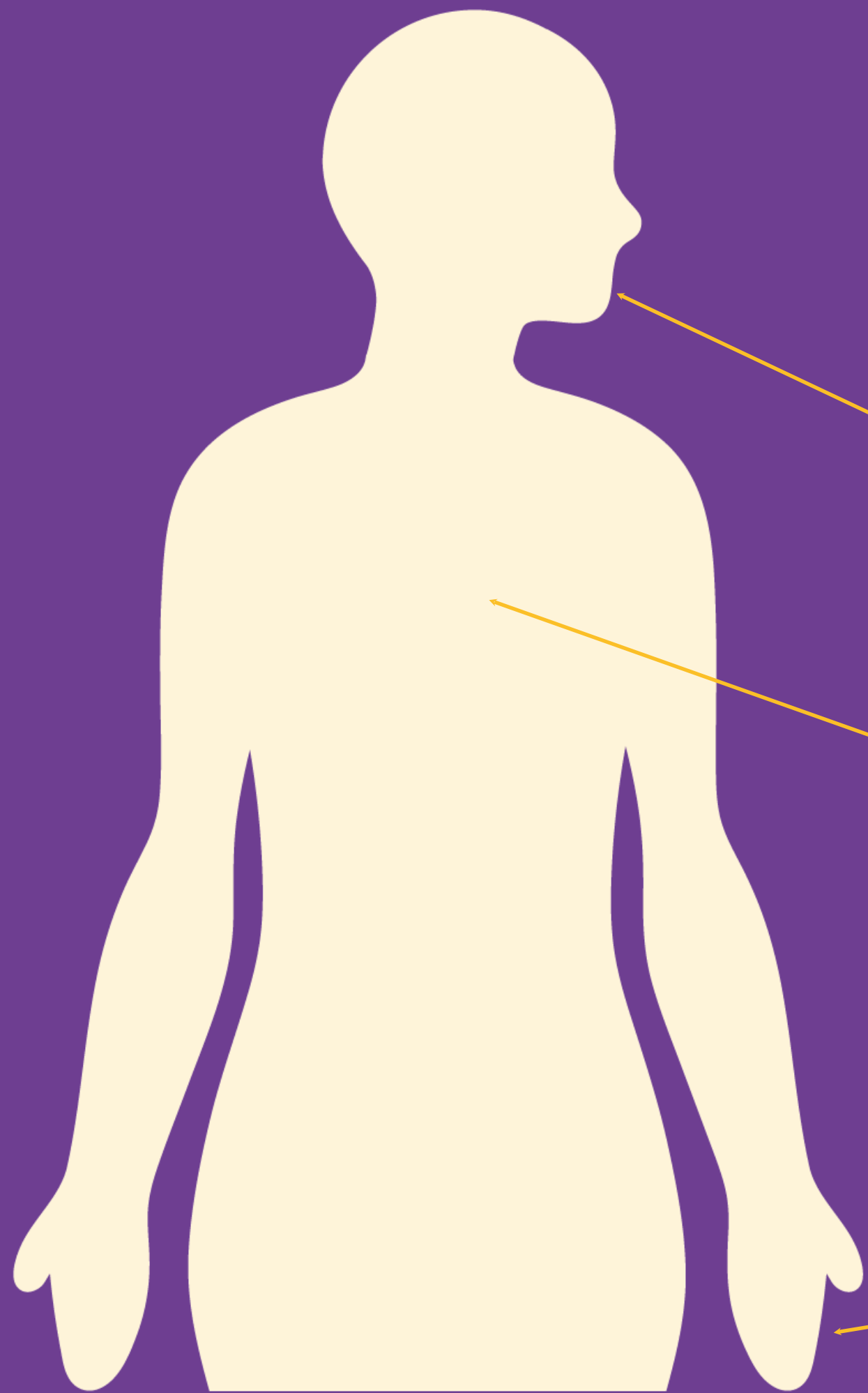
**Heavier
smoking**

**Higher
dependency**

**Lower chance
of quitting**

**Higher number
of deaths later
in life**

Side effects from smoking





Toluene

Industrial solvent
Stain remover
Glue



Arsenic

Poison



Acetic acid

Disinfectant
Vinegar
Solvent



Cadmium

Metal coatings
Battery acid
Pigments



Paint



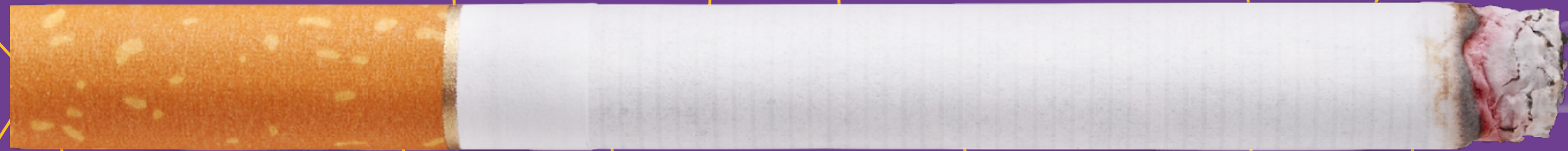
Ammonia

Toilet cleaner
Waxes
Polish



Butane

Lighter fluid
Aerosol sprays



Carbon monoxide



Nicotine

Insecticide



Tar



Methanol

Adhesives
Rocket fuel



Stearic acid

Candle wax
Soap



Methane



Acetone

Printing inks
Paint stripper

E-cigarettes

15.8%
of 11 to 17-year-olds

The use of e-cigarettes in under 18s has increased rapidly in the last 3 years, but still remains low at only 7.6% occasional or regular use.

Even including experimental 'ever use' put the rate at 22% of young people – up from 12.5% in 2021.

£££

The rise is mostly from increased use of disposable vapes marketed by companies wanting to make more profit from younger people. Fewer adults are smoking so companies need to find alternative ways to increase profits.



Cigarettes

The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing more than 8 million people a year.

There are more than 4,000 chemicals in a cigarette.

Shisha

Tobacco is heated to produce smoke which bubbles through a bowl of water and into a long hose-like pipe to be breathed in.

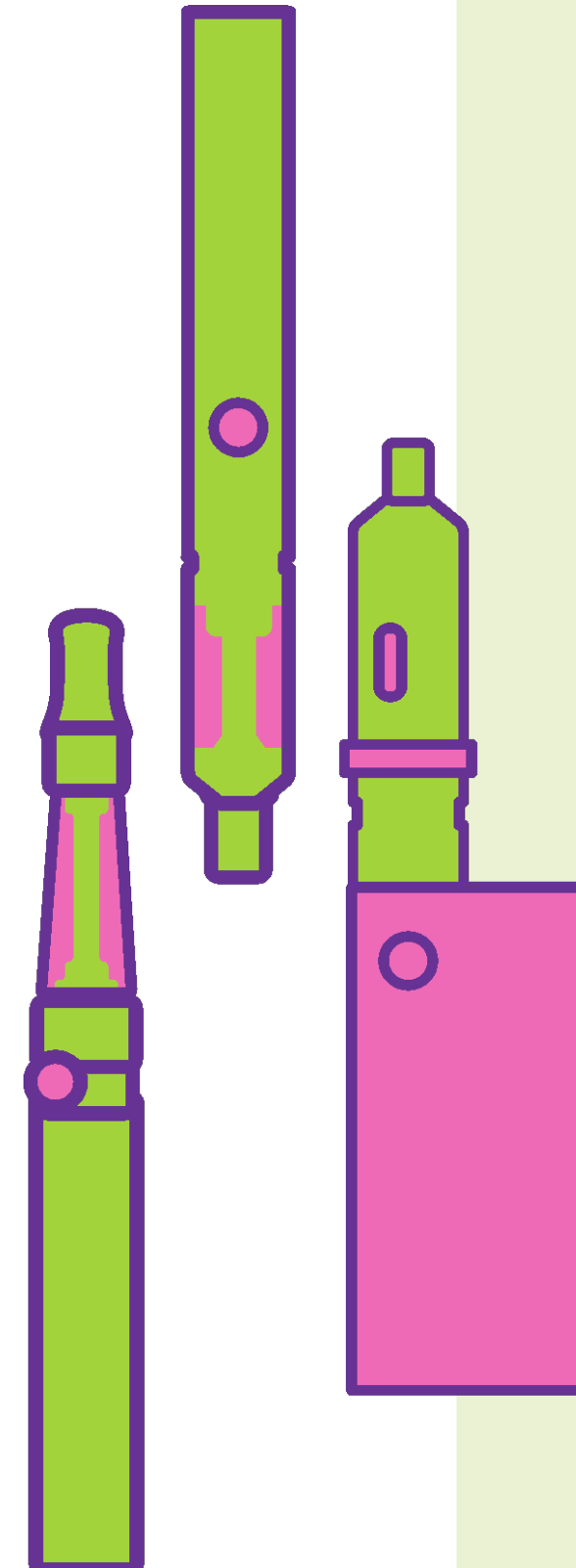
1 hour of shisha is the equivalent of smoking 100 cigarettes.



E-cigarettes

E-cigarettes and vapes were designed as smoking cessation tools to help adult smokers quit smoking. They use liquid nicotine to help relieve cravings and withdrawal when quitting tobacco.

They are safer than smoking cigarettes but not risk-free. They still contain nicotine and other chemical additives, and we don't fully know the long-term effects of vaping yet.



Short-term effects can be coughing, sore throats and dizziness



Smoking and Covid-19

>2x

likely to be hospitalised

Research from St Guy's and St Thomas' hospitals and King's College London (2020) has shown that smokers with a positive Covid-19 test were more than twice as likely as non-smokers with a positive test to be hospitalised.

1.8x

likely to die

This aligns with research from North America which found that smokers with Covid-19 were 1.8 times more likely to die than those who do not smoke.

41%

quit because of Covid-19

Research by ASH (2020) shows more than a million people have given up smoking since the Covid-19 pandemic hit. 41% of those who quit in the 4 months up to the date of the report said it was in direct response to coronavirus.





Burning money



**The average pack of
cigarettes costs £12.50**

A week of saving:



A month of saving:



A year of saving:



**Based on an average of 5.6 packets of
cigarettes smoked each week.**

Be a part of the Smokefree generation!

For more information or support visit
Smokefree Sheffield:
smokefreesheffield.org

Or

Sheffield Smokefree Service:
sheffield.yorkshiresmokefree.nhs.uk

