

Smoking health promotion easier read version

What is smoking?

- The inhaling and exhaling of a cigarette
- Contains the addictive substance “nicotine”
- Most preventable cause of death in the UK



What are some effects of smoking?

- Heart disease
- Diabetes
- Many types of cancer
- Stroke
- Emphysema
- Bronchitis
- Weak immune and integumentary system
- Death
- Anxiety
- Depression



Why do people begin smoking?

- Peer pressure
- Influence from parents or friends
- Told it gives medicinal benefits
- Normalised due to the period they grew up in



What are the benefits of you quitting smoking?

- Better self esteem/mental health
- Better physical health
- You protect your loved ones from second-hand smoke
- You save more money

What support is out there?

- Help me quit
- NHS app
- NHS services
- Support groups
- Nicotine Replacement Therapy (NRT)

