<https://www.ncbi.nlm.nih.gov/books/NBK294302/> I agree with Megan that the plot is low in cognitive load and shows clear message with integrity. Its title shows clearly what the topic is (the title is shown in the link) and also the graph explains each axis well. Since the purpose of this graph is to show the overall trend of tobacco consumption over long continuous time, the choice of time-series graph is great. It mentions the source clearly which shows intellectual integrity.

I also agree that distinct pattern and same color family are good choices. The author uses very distinct pattens and this makes readers easy to distinguish different groups. But similar to Megan mentioned, I was also confused with the white category and first thought of it as a kind of back ground, so another distinct pattern is recommended. I think usually white is regarded as a background color and maybe better to avoid unless the background color is strong dark color to contract. Lastly, I agree that using single color family Instead of various colors to represent each group gives better readability for the color-blind viewers in this case as the patterns in this plot are very distinct.