

## Key messages

- Every cigarette you smoke harms your body and can cause diseases like heart disease, cancer and stroke.
- It's never too late to stop smoking and you don't have to do it alone – you're four times more likely to stop smoking successfully with advice and support from the Stop Smoking Service.

## Other important messages to consider

- If you smoke, stopping smoking is one of the best things you'll ever do for your health.
- No matter how long you've smoked for, you can help improve your health straight away by stopping smoking.
- Your local stop smoking service offers free, expert support to help you. Stop smoking aids can reduce the nicotine cravings and improve your chances of being successful.
- There are many free tools like the [NHS Smokefree, My Quit Route and other apps](#) to help you, by providing daily support and motivation.
- When you stop smoking you'll see benefits to your everyday life, health and wallet straight away. Think about how much money you could save.
- When you stop smoking you will help protect the health of your loved ones.
- 80% of cigarette smoke is invisible and odourless, so your family may be breathing in second hand smoke no matter how careful you are.
- If you smoke when you're pregnant or your partner smokes, your unborn baby's growth and health are at risk.
- No matter what stage you're at in your pregnancy, it's never too late to stop smoking.

## Smoking and COVID-19

- Stopping smoking is an important way to reduce your risks from COVID-19.
- The evidence available so far shows that if you smoke you have a greater risk of becoming more severely ill with complications from COVID-19.

## Why is it important?

- Smoking can cause a range of illnesses including cancers, respiratory diseases and circulatory diseases, like heart disease and strokes.
- Smoking is the biggest risk factor for premature death in Camden and Islington.
- In Camden, around 32,000 people smoke. That's around 1 in 6 adults.
- In Islington, around 40,400 people smoke. That's around 1 in 5 adults.
- 11 people in the UK die from a smoking-related disease every hour.
- 1 in 2 smokers die as a result of smoking-related disease.
- It's estimated that those who die prematurely from smoking lose 12-15 years of life versus non-smokers.
- Second hand smoke can also make those around you ill – this is known as passive smoking. Babies and children are particularly vulnerable to the effects of second hand smoke.
- Smoking during pregnancy has many serious health effects for both the mother and unborn baby, causing up to 2,200 premature births, 5,000 miscarriages and 300 perinatal deaths every year in the UK.

## Signposting to local services and online support

### **Breathe – It's about living**

#### **Camden and Islington stop smoking service**

A service providing stop smoking support and advice across the boroughs of Camden and Islington.

For more information or an informal chat about stopping smoking, please call their team of advisors on **020 3633 2609** or text **QUIT to 66777** or visit [www.breathestopsmoking.org](http://www.breathestopsmoking.org)

The website information can be translated in many community languages using Google translate.

**Smokers can call the London stop smoking helpline: 0300 123 1044 or go to [www.stopsmokinglondon.org.uk/](http://www.stopsmokinglondon.org.uk/)**

The website information can also be viewed in Polish, Turkish, Romanian, and Urdu.



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