

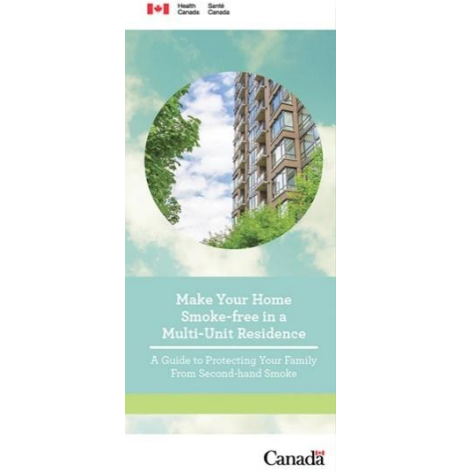
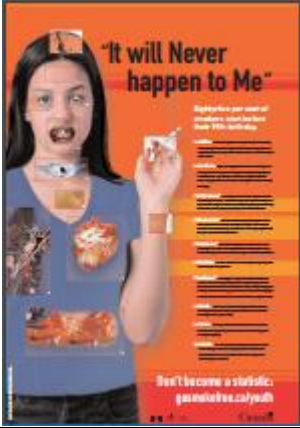

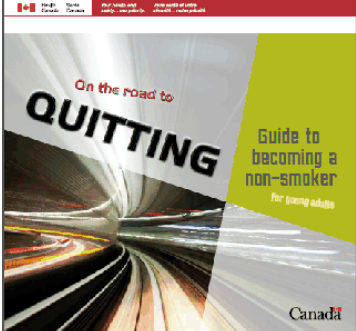




SMOKING AND TOBACCO RESOURCES

CANADIAN PUBLICATIONS


 <p>The cover features a circular image of a suburban house with a white roof and green lawn. Below the image, the title 'Make Your Home and Car Smoke-free' is written in white on a teal background. Underneath, it says 'A guide to protecting your family from second-hand smoke'. At the bottom, there are logos for Health Canada and Canada.</p>	<p>Make Your Home and Car Smoke-free: A guide to protecting your family from second-hand smoke. This guide is intended to help families reduce the risks of second-hand smoke in their homes and cars. (PDF format, 16,636 KB, 44 pages) Date published: 2015</p>
 <p>The cover features a circular image of a young woman with long brown hair, wearing a blue shirt, looking at a tablet. Below the image, the title 'Make Your Home and Car Smoke-free' is written in white on a teal background, followed by 'Information for Youth'. Underneath, it says 'A Guide to Protecting Your Family From Second-hand Smoke'. At the bottom, there are logos for Health Canada and Canada.</p>	<p>Make your Home and Car Smoke-free: Information for Youth Are you concerned that your parents smoke inside your home or family car? This guide is intended to help you get rid of second-hand smoke in your home and car by giving you tips to get your family on-board. PDF format, 1505 KB, 1 page Date published: 2015</p>
 <p>The cover features a circular image of a modern multi-story apartment building with a glass facade and greenery. Below the image, the title 'Make Your Home Smoke-free in a Multi-Unit Residence' is written in white on a teal background. Underneath, it says 'A Guide to Protecting Your Family From Second-hand Smoke'. At the bottom, there are logos for Health Canada and Canada.</p>	<p>Make your Home Smoke-free in a Multi-Unit Residence Smoking in multi-unit residences is becoming more of an issue as non-smoking residents are concerned about second-hand smoke seeping into their home from neighbouring units where the residents smoke. PDF format, 2014 KB, 1 page Date published: 2015</p>

	<p>It will never happen to me Eighty-five per cent of all smokers start before their 19th birthday. Don't become a tobacco statistic! PDF format, 531 KB, 1 page Date published: 2002</p>
 <p>Canada</p>	<p>On the Road to Quitting - Guide to becoming a non-smoker If one of your goals is to become tobacco-free, then recognize that you have the power to make it happen. Prepare for a successful quit attempt by arming yourself with information. PDF format, 3047 K Date published: 2012</p>
 <p>Canada</p>	<p>On the Road to Quitting - Guide to becoming a non-smoker for young adults No matter how near or far you are from your goal of quitting smoking, this booklet will help you figure out what you want to do and provide the information you need to move forward. PDF format, 3130 K Date published: 2012</p>
	<p>Quit4Life Did you know that it takes more than will power to quit smoking? It takes skills and support, as well as your own motivation to quit. The new Quit4Life (Q4L) handbook can help you to quit smoking... for life.</p>


 Your health and safety are our priority.
 Votre santé et votre sécurité sont notre priorité.

Smoking Cessation in the Workplace

A guide to helping your employees quit smoking



Canada

Smoking Cessation in the Workplace: A Guide to Helping Your Employees Quit Smoking

This guide is for employers and others who promote health in the workplace. It outlines the reasons why workplaces should get involved and support employees' efforts to cut down or quit smoking.

PDF format, 1734 K
Date published: 2008

TOBACCO: A DEADLY PRODUCT

1 CANADIAN DIES from tobacco-related illness **EVERY 14 MINUTES**

115,000 Canadians become daily smokers in 2015

82% of current daily adult smokers had their first cigarette by the age of 18

1 in 4 Canadian youth aged 15-19 have tried a vaping product

HEALTH CANADA'S PLAN TO STRENGTHEN CANADA'S TOBACCO CONTROL FRAMEWORK

REDUCING the appeal of tobacco products New plain packaging requirements for all tobacco products	RESPONDING to the appeal of tobacco products New legislation to protect youth while providing adults with legal access to potentially less harmful alternatives to tobacco	PROTECTING young Canadians from tobacco use Prohibitions on menthol in cigarettes, all cigarettes, and most cigars	CHANGING a new course for tobacco control Consultations with Canadians on the modernization of the Federal Tobacco Control Strategy
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Canada

Tobacco: A deadly product

1 Canadian dies from tobacco-related illness every 14 minutes
115,000 Canadians became daily smokers in 2015
82% of current daily adult smokers had their first cigarette by the age of 18
1 in 4 Canadian youth aged 15-19 have tried a vaping product

PDF format, 260 KB, 1 pages
Published: 2016-11-22

SMOKING CESSATION DURING PREGNANCY AND RELAPSE AFTER CHILDBIRTH IN CANADA

SUMMARY

- Smoking during pregnancy increases the risk of adverse health outcomes, stillbirth, preterm birth, low birth weight and infant death.
- The proportion of women who smoked during pregnancy declined from 32% in 1992-1993 to 17% in 2005-2008 in Canada.
- More than 50% of women who smoke at the beginning of their pregnancy quit by their third trimester. Approximately 55% of mothers who quit smoking during their pregnancy relapse after the birth of their child.
- These findings illustrate the need for smoking cessation counselling for smoking pregnant women during their pregnancy and as part of their postpartum follow-up.

INTRODUCTION

Women who smoke during pregnancy have a higher risk of stillbirth or preterm delivery, and their babies are at increased risk of low birth weight and of death in their first year of life.¹

Prenatal smoking has declined steadily in Canada in recent years. The reported rate of maternal smoking during pregnancy fell from 32% in 1992-1993 to 17% in 2005-2008.² Data from the Maternity Experiences Survey (MES), described in more detail below, were used by the Agency to determine the rates and determinants of smoking cessation during pregnancy and smoking relapse after childbirth in Canada.

SMOKING CESSATION AND RELAPSE

Among mothers who delivered a live child in 2006, 22% smoked just before their pregnancy but only 11% smoked during their third trimester. In other words, more than half of smoking pregnant women (57%) had quit by their third trimester of pregnancy.³ The more cigarettes women smoked before their pregnancy, the less likely they were to quit smoking. In addition, women who self-identified as "hook" (those who were aged 25 years or more, those who had more than one live birth, those who were less educated, those who had a lower income, those who did not attend prenatal classes, those who experienced stress during their pregnancy and those who had with a smoker near her likely to quit smoking during their pregnancy. Conversely, those who self-identified as "first-time" were more likely to quit smoking.⁴

Almost half (47%) of the women who had quit smoking during pregnancy relapsed after the birth of their child. The risk of relapse was higher among those who lived with a smoker. Mothers who identified their child as male were less likely to relapse, but the type of survey did not allow us to determine if breastfeeding had an effect on relapse, the opposite, or both.⁵

Canada

Smoking Cessation During Pregnancy and Relapse After Childbirth in Canada

Women who smoke during pregnancy have a higher risk of stillbirth or preterm delivery, and their babies are at increased risk of low birth weight and of death in their first year of life

PDF format, 216 KB, 2 pages
Date published: 2016-05-17



Canada

Carcinogens in Tobacco Smoke

Tobacco smoke contains over 4,000 chemicals, of which more than 70 are known to cause, initiate or promote cancer and are called "carcinogens".

Exposure to tobacco smoke increases the risk of developing cancer.

Health Canada recommends that Canadians stop smoking and avoid second-hand smoke.



For Smokers Who Want to Quit

One Step at a Time



1 888 938-3333 | cancer.ca

For Smokers Who Want to Quit Canadian Cancer Society

This booklet is for smokers who have decided that they want to quit smoking.



For Smokers Who Don't Want to Quit

One Step at a Time



1 888 938-3333 | cancer.ca

For Smokers Who Don't Want to Quit Canadian Cancer Society

This booklet is for smokers who don't want to quit smoking.



Help a Smoker Quit

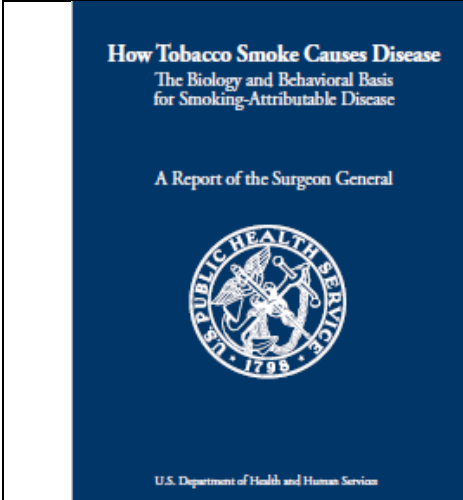
One Step at a Time



1 888 938-3333 | cancer.ca

Help a Smoker Quit Canadian Cancer Society

This booklet is to help a smoker quit smoking.



**How Tobacco Smoke Causes Disease
The Biology and Behavioral Basis for Smoking-Attributable Disease
-A Report of the Surgeon General**

The enormous public health and financial impact on this nation from tobacco use is completely avoidable. Until we end tobacco use, more people will become addicted, more people will become sick, more families will be devastated by the loss of loved ones, and the nation will continue to incur damaging medical and lost productivity costs.



Let's Make the Next Generation Tobacco-Free: Your Guide to the 50th Anniversary Surgeon General's Report on Smoking and Health



A short, easy-to-read booklet that summarizes historical information on changes in smoking norms since the release of the first Surgeon General's Report in January 1964, new findings on causes, and solutions. [PDF-36.6 MB]



Women and Smoking

This fact sheet is for public health professionals who are interested in information on how smoking affects women's health.

SMOKING AND YOUTH

This fact sheet is for public health officials and others who are interested in information on smoking and other tobacco use by youth. Smoking is a major cause of health problems and other people who have other serious health problems. The information here is for public health officials and others who are interested in information on smoking and other tobacco use by youth.

Health Effects

Smoking causes lung cancer, heart disease, and other serious health problems. Smoking also causes chronic bronchitis and emphysema, which are lung diseases that can lead to disability and death. Smoking also causes other health problems, such as cataracts, osteoporosis, and reproductive problems. Smoking also causes other health problems, such as cataracts, osteoporosis, and reproductive problems.



Industry Marketing

Smoking companies use many tactics to attract youth, including advertising, promotion, and sponsorship. They also use other tactics, such as free samples, to attract youth. They also use other tactics, such as free samples, to attract youth.

Smoking and Youth

This fact sheet is for public health officials and others who are interested in information on smoking and other tobacco use by youth.

SMOKING AND RESPIRATORY DISEASES

This fact sheet is for public health officials and others who are interested in information on the many ways smoking damages the respiratory system. People who smoke have a higher risk of getting respiratory diseases, such as chronic bronchitis and emphysema, which can lead to disability and death. The information here is for public health officials and others who are interested in information on the many ways smoking damages the respiratory system.

What You Should Know About Smoking and Lung Health

Smoking causes lung cancer, heart disease, and other serious health problems. Smoking also causes chronic bronchitis and emphysema, which are lung diseases that can lead to disability and death. Smoking also causes other health problems, such as cataracts, osteoporosis, and reproductive problems. Smoking also causes other health problems, such as cataracts, osteoporosis, and reproductive problems.

Chronic Obstructive Pulmonary Disease (COPD)

Chronic obstructive pulmonary disease (COPD) is a long-term condition that affects the lungs. It is caused by smoking and other factors. COPD includes chronic bronchitis and emphysema. COPD can lead to disability and death. The information here is for public health officials and others who are interested in information on the many ways smoking damages the respiratory system.

SMOKING AND RESPIRATORY DISEASES

This fact sheet is for public health officials and others who want information on the many ways smoking damages the respiratory system.

SMOKING AND REPRODUCTION




This fact sheet is for public health officials and others who are interested in information on the many ways smoking affects reproduction, pregnancy, and the health of the fetus and the mother. People who smoke have a higher risk of getting reproductive problems, such as infertility, miscarriage, and stillbirth. The information here is for public health officials and others who are interested in information on the many ways smoking affects reproduction, pregnancy, and the health of the fetus and the mother.

What You Should Know About Smoking and Reproduction

Smoking causes lung cancer, heart disease, and other serious health problems. Smoking also causes chronic bronchitis and emphysema, which are lung diseases that can lead to disability and death. Smoking also causes other health problems, such as cataracts, osteoporosis, and reproductive problems. Smoking also causes other health problems, such as cataracts, osteoporosis, and reproductive problems.

The Dangers of Smoking During Pregnancy

Smoking during pregnancy can cause serious health problems for the mother and the fetus. Smoking during pregnancy can lead to miscarriage, stillbirth, and other complications. Smoking during pregnancy can also lead to low birth weight and other health problems for the fetus. The information here is for public health officials and others who are interested in information on the many ways smoking affects reproduction, pregnancy, and the health of the fetus and the mother.

SMOKING AND REPRODUCTION

This fact sheet is for public health professionals and others who want information on the many ways smoking affects reproduction, pregnancy, and the health of the fetus and the mother.

WHAT YOU NEED TO KNOW ABOUT SMOKING

Advice From Surgeon General's Reports on Smoking and Health

QUITTING WILL SAVE LIVES AND IMPROVE HEALTH

Quitting smoking at any age can reduce the risk of death and disease. Quitting now can significantly reduce the risk of death and disease. Quitting now can significantly reduce the risk of death and disease.

TIPS FOR QUITTING

- If you are a smoker, you should be able to quit.
- Get a quit plan from your doctor.
- Have someone else help you quit.
- Think of reasons to quit.
- Avoid triggers that cause you to smoke.
- Tell others you are quitting.
- Get help from your doctor.
- Tell others you are quitting.
- Get help from your doctor.

Benefits and success of quitting smoking:

- Within 20 minutes, your heart rate and blood pressure drop.
- Within 12 hours, your carbon monoxide level drops.
- Within 2 weeks, your circulation improves.
- Within 1 month, your cough and sputum production decrease.
- Within 1 year, your risk of heart disease drops by 50%.
- Within 5 years, your risk of stroke drops by 50%.
- Within 10 years, your risk of lung cancer drops by 50%.
- Within 15 years, your risk of death from lung cancer drops by 50%.
- Within 20 years, your risk of death from lung cancer drops by 50%.

YOU CAN QUIT
 USE YOUR HEALTH CARE PROVIDER'S HELP



SUMMARY OF FINDINGS FROM SURGEON GENERAL'S REPORTS ON SMOKING AND HEALTH

There is no safe level of exposure to tobacco smoke. The health benefits of quitting smoking are realized at any age. Quitting now can significantly reduce the risk of death and disease. Quitting now can significantly reduce the risk of death and disease.

WHAT YOU NEED TO KNOW ABOUT SMOKING

Advice From Surgeon General's Reports on Smoking and Health

Smoking remains the leading preventable cause of death and disease in the United States. Recent studies show that smokers who talk with a clinician about how to quit dramatically increase their chances of quitting successfully. Quitting smoking is the most important step you can take to improve your health. Your doctor can help you quit.



Morbidity and Mortality Weekly Report
 November 17, 2016

Great American Smokeout — November 17, 2016

The Surgeon General's Office is pleased to announce the Great American Smokeout on November 17, 2016. This is the 10th annual Great American Smokeout. The Surgeon General's Office is pleased to announce the Great American Smokeout on November 17, 2016. This is the 10th annual Great American Smokeout.

Current Cigarette Smoking Among Adults — United States, 2005–2015

Current cigarette smoking among adults in the United States has declined from 20.9% in 2005 to 14.5% in 2015. This decline is due to a combination of factors, including increased awareness of the health risks of smoking and the availability of smoking cessation resources.

Current Cigarette Smoking Among Adults — United States, 2005–2015

Tobacco use is the leading cause of preventable disease and death in the United States, and cigarettes are the most commonly used tobacco product among U.S. adults

Risks from Smoking

Smoking can damage every part of the body



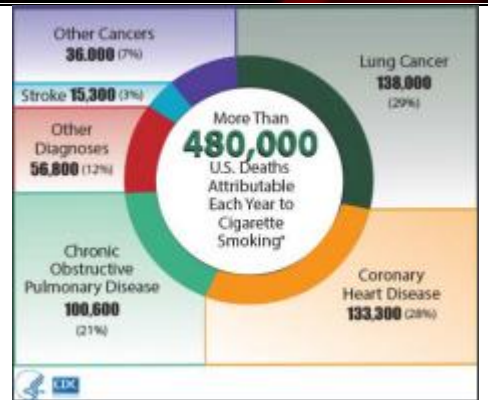
Risks from Smoking

Smoking can damage every part of the body

Poison center calls involving e-cigarettes



Poison center calls involving e-cigarettes



Annual Deaths Attributable to Cigarette Smoking—United States, 2005–2009

Issue Snapshot: Harmful and Potentially Harmful Constituents (HPHCs) in Tobacco Products

One of the goals of the Federal Food, Drug, and Cosmetic Act is to help people understand the potential harms of tobacco use. The Act requires tobacco product manufacturers and importers to report the amount of harmful and potentially harmful constituents (HPHCs) in their products. HPHCs are chemicals or chemical compounds in tobacco products or tobacco smoke that cause, or could cause, harm to smokers or nonsmokers. The Act requires tobacco product manufacturers and importers to report the amount of harmful and potentially harmful constituents (HPHCs) by brand and subbrand. HPHCs are chemicals or chemical compounds in tobacco products or tobacco smoke that cause, or could cause, harm to smokers or nonsmokers. FDA must publish HPHC quantities in each brand and subbrand of tobacco product in a way that people find understandable and not misleading. Learn more about FDA's progress toward this important goal.

Preliminary HPHC List
FDA's Tobacco Products Scientific Advisory Committee (TSAC) met in June and July 2014 and recommended certain tobacco-related HPHCs. On August 2014, FDA published a Federal Register notice identifying the list of HPHCs and asking the public to submit relevant scientific information. FDA used this feedback to publish a list of 18 HPHCs in the Federal Register in March 2015. This HPHC list focuses on the chemicals that are listed on the list of most serious health effects of tobacco use (toxicological, carcinogenic, reproductive, or other) and are listed on the list of HPHCs. Learn more about FDA's progress toward this important goal.

Tobacco Industry Reporting Requirements
In March 2014, FDA issued a guidance that identified a list of HPHCs for which manufacturers and importers are to test and report to FDA. This list of HPHCs includes the 18 HPHCs that are listed on the list of most serious health effects of tobacco use (toxicological, carcinogenic, reproductive, or other) and are listed on the list of HPHCs. Learn more about FDA's progress toward this important goal.

Harmful and Potentially Harmful Constituents (HPHCs) in Tobacco Products

One of the goals of the Federal Food, Drug, and Cosmetic Act is to help people understand the potential harms of tobacco use. The Act requires tobacco product manufacturers and importers to report the amount of harmful and potentially harmful constituents (HPHCs) by brand and subbrand. HPHCs are chemicals or chemical compounds in tobacco products or tobacco smoke that cause, or could cause, harm to smokers or nonsmokers. FDA must publish HPHC quantities in each brand and subbrand of tobacco product in a way that people find understandable and not misleading. Learn more about FDA's progress toward this important goal.