

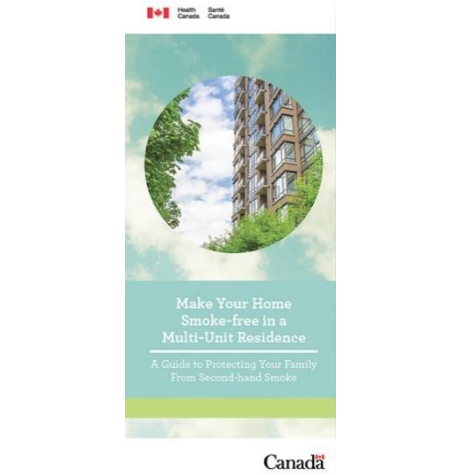





SMOKING AND TOBACCO RESOURCES

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, in smaller text, 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 device. 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' in a smaller font. Below that, 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 in the foreground. 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>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>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

<p>REDUCING the appeal of tobacco products</p> <p>New plain packaging requirements for all tobacco products</p>	<p>RESPONDING to the appeal of tobacco products</p> <p>New legislation to protect youth while providing adults with legal access to potentially less harmful alternatives to tobacco</p>	<p>PROTECTING young Canadians from involvement in tobacco use</p> <p>Prohibitions on receipt in cigarettes, in e-cigarettes, and most cigars</p>	<p>CHANGING a new course for tobacco cessation</p> <p>Consultations with Canadians on the modernization of the Federal Tobacco Control Strategy</p>
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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; however, 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" smokers (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 more likely to relapse, but the type of survey did not allow us to determine if relapsing 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



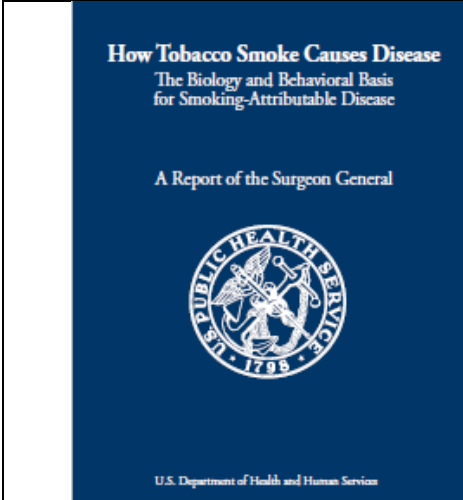
1 888 938-3333 | cancer.ca

Help a Smoker Quit Canadian Cancer Society

This booklet is to help a smoker quit smoking.

US PUBLICATIONS

	<p>The Impact of Tobacco Use</p> <p>Tobacco has serious effects on the health of users. For example, smoking harms nearly every organ in the body and leads to premature death.¹ The consequences of tobacco use threaten Americans in many ways</p>
	<p>The Health Consequences of Smoking – 50 Years of Progress</p> <p>- A Report of the Surgeon General</p> <p>1. Smoking – adverse effects. 2. Tobacco Use Disorder – complications. 3. Smoking – prevention & control. 4. Health Promotion – trends. I. United States. Public Health Service. Office of the Surgeon General. II. National Center for Chronic Disease Prevention and Health Promotion (U.S.). Office on Smoking and Health</p>
	<p>The Health Consequences of Involuntary Exposure to Tobacco Smoke</p> <p>-A Report of the Surgeon General</p> <p>This twenty-ninth report of the Surgeon General documents the serious and deadly health effects of involuntary exposure to tobacco smoke. Secondhand smoke is a major cause of disease, including lung cancer and coronary heart disease, in healthy nonsmokers.</p>



**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 leading cause of preventable death and disability in the United States. Youth who smoke are at risk for serious health problems, including lung cancer, heart disease, and chronic obstructive pulmonary disease (COPD). Smoking also causes many other health problems, such as emphysema, asthma, and reproductive problems. Smoking is also a leading cause of preventable death and disability in the United States.

HEALTH EFFECTS

Smoking causes many health problems, including lung cancer, heart disease, and chronic obstructive pulmonary disease (COPD). Smoking also causes many other health problems, such as emphysema, asthma, and reproductive problems. Smoking is also a leading cause of preventable death and disability in the United States.


INDUSTRY MARKETING

Smoking companies use many tactics to attract youth, including advertising, promotions, and sponsorships. These tactics are designed to make smoking appear attractive and fun. Youth who are exposed to these tactics are more likely to start smoking.

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 want information on the many ways smoking damages the respiratory system.

Smoking is a leading cause of preventable death and disability in the United States. Youth who smoke are at risk for serious health problems, including lung cancer, heart disease, and chronic obstructive pulmonary disease (COPD). Smoking also causes many other health problems, such as emphysema, asthma, and reproductive problems. Smoking is also a leading cause of preventable death and disability in the United States.

WHAT YOU SHOULD KNOW ABOUT SMOKING AND LUNG HEALTH

Smoking is a leading cause of preventable death and disability in the United States. Youth who smoke are at risk for serious health problems, including lung cancer, heart disease, and chronic obstructive pulmonary disease (COPD). Smoking also causes many other health problems, such as emphysema, asthma, and reproductive problems. Smoking is also a leading cause of preventable death and disability in the United States.

TRACHEITIS

Tracheitis is an inflammation of the trachea, the windpipe. It is usually caused by a viral infection, but it can also be caused by a bacterial infection. Symptoms include a cough, sore throat, and difficulty breathing. Treatment usually involves antibiotics.


EBPD

Emphysema is a chronic lung disease that causes difficulty breathing. It is caused by damage to the air sacs in the lungs, which are responsible for providing oxygen to the body. Smoking is the most common cause of emphysema.

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 professionals and others who want information on the many ways smoking affects reproduction, pregnancy, and the health of the fetus and the mother.

Smoking is a leading cause of preventable death and disability in the United States. Youth who smoke are at risk for serious health problems, including lung cancer, heart disease, and chronic obstructive pulmonary disease (COPD). Smoking also causes many other health problems, such as emphysema, asthma, and reproductive problems. Smoking is also a leading cause of preventable death and disability in the United States.

WHAT YOU SHOULD KNOW ABOUT SMOKING AND REPRODUCTION

Smoking is a leading cause of preventable death and disability in the United States. Youth who smoke are at risk for serious health problems, including lung cancer, heart disease, and chronic obstructive pulmonary disease (COPD). Smoking also causes many other health problems, such as emphysema, asthma, and reproductive problems. Smoking is also a leading cause of preventable death and disability in the United States.

THE DANGERS OF SMOKING DURING PREGNANCY

Smoking during pregnancy can cause many health problems for the mother and the fetus. These problems include low birth weight, preterm birth, and stillbirth. Smoking also increases the risk of complications during pregnancy and delivery.

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.

SMOKING AND DIABETES



This fact sheet is for public health officials and others who are interested in learning about the impact of smoking on diabetes. People who want to lower their risk for diabetes, and people who already have diabetes, should not smoke.

WHAT YOU NEED TO KNOW ABOUT SMOKING AND DIABETES

The 2014 Surgeon General Report is the most authoritative source of information on the health effects of smoking. It is the most comprehensive report on the health effects of smoking ever published.

Diabetes is a disease that causes the body to use the sugar in the blood as energy. It is a chronic condition that can lead to serious complications if not managed properly.

HOW SMOKING CAUSES TYPE 2 DIABETES

Smoking causes insulin resistance, which means the body's cells do not respond properly to insulin. This leads to higher blood sugar levels, which can eventually lead to diabetes.

The evidence also shows that smoking, even with a degree of alcohol drinking, is only for... However, drinking is a complex issue that should be discussed with a healthcare provider.

WHAT SMOKING MEANS TO PEOPLE WITH DIABETES

People with diabetes who smoke are at a higher risk of complications. Smoking can also make it harder to manage blood sugar levels.

- 1. Heart and Lung Disease
- 2. Eye Disease
- 3. Kidney Disease
- 4. Stroke
- 5. Peripheral Artery Disease
- 6. Pregnancy Complications

SMOKING AND DIABETES

This fact sheet is for public health officials and others who are interested in learning about the impact of smoking on diabetes. People who want to lower their risk for diabetes, and people who already have diabetes, should not smoke.

SMOKING AND CARDIOVASCULAR DISEASE



This fact sheet is for public health officials and others who are interested in how smoking affects the heart and circulatory system. Smoking is very dangerous to cardiovascular health.

WHAT YOU NEED TO KNOW ABOUT SMOKING AND CARDIOVASCULAR DISEASE

Smoking is the leading cause of heart disease and stroke. It is the most preventable cause of these conditions.

Smoking causes atherosclerosis, which is the buildup of plaque in the arteries. This can lead to heart disease and stroke.

Smoking also causes high blood pressure, which is another major risk factor for heart disease and stroke.

HOW SMOKING HAZARDS THE CARDIOVASCULAR SYSTEM

Smoking causes the heart to work harder, which can lead to heart failure. It also causes the arteries to narrow, which can lead to heart attacks.

- 1. Coronary Heart Disease
- 2. Stroke
- 3. Peripheral Artery Disease
- 4. Aortic Aneurysm
- 5. Heart Failure
- 6. High Blood Pressure
- 7. Atherosclerosis
- 8. Blood Clots
- 9. Heart Disease
- 10. Stroke
- 11. Peripheral Artery Disease
- 12. Aortic Aneurysm
- 13. Heart Failure
- 14. High Blood Pressure
- 15. Atherosclerosis
- 16. Blood Clots
- 17. Heart Disease
- 18. Stroke
- 19. Peripheral Artery Disease
- 20. Aortic Aneurysm
- 21. Heart Failure
- 22. High Blood Pressure
- 23. Atherosclerosis
- 24. Blood Clots
- 25. Heart Disease
- 26. Stroke
- 27. Peripheral Artery Disease
- 28. Aortic Aneurysm
- 29. Heart Failure
- 30. High Blood Pressure
- 31. Atherosclerosis
- 32. Blood Clots
- 33. Heart Disease
- 34. Stroke
- 35. Peripheral Artery Disease
- 36. Aortic Aneurysm
- 37. Heart Failure
- 38. High Blood Pressure
- 39. Atherosclerosis
- 40. Blood Clots
- 41. Heart Disease
- 42. Stroke
- 43. Peripheral Artery Disease
- 44. Aortic Aneurysm
- 45. Heart Failure
- 46. High Blood Pressure
- 47. Atherosclerosis
- 48. Blood Clots
- 49. Heart Disease
- 50. Stroke
- 51. Peripheral Artery Disease
- 52. Aortic Aneurysm
- 53. Heart Failure
- 54. High Blood Pressure
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- 56. Blood Clots
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- 58. Stroke
- 59. Peripheral Artery Disease
- 60. Aortic Aneurysm
- 61. Heart Failure
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- 68. Aortic Aneurysm
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- 847. Atherosclerosis

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 greatly 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 a support system of family, friends, and coworkers.
- Consider using nicotine replacement therapy, such as patches, gum, or inhalers.
- Avoid stress and other triggers that may lead to relapse.
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- Get a quit plan from your doctor.
- Have a support system of family, friends, and coworkers.
- Consider using nicotine replacement therapy, such as patches, gum, or inhalers.
- Avoid stress and other triggers that may lead to relapse.

Health care and counseling help you quit. Quitting now can significantly reduce the risk of death and disease. Quitting now can significantly reduce the risk of death and disease.

YOU CAN QUIT
 AND YOUR HEALTH CAN IMPROVE.
 CALL 1-877-448-QUIT (7284) FOR MORE INFORMATION.



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

There is no safe level of cigarette smoking. The more you smoke, the more you increase your 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.

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.

Centers for Disease Control and Prevention
MMWR
 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, a national day of action to reduce and quit smoking. The Great American Smokeout is held on November 17, 2016.

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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

