

Prevention and Wellbeing Factsheet: Smoking

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 quit smoking successfully with the Stop Smoking Service.

Why is it important?

- Smoking can cause a range of illnesses including cancers, respiratory diseases and circulatory diseases, like heart disease and strokes. It is a leading risk factor for chronic obstructive pulmonary disease (COPD) while passive smoking can trigger asthma.
- Tobacco use kills over 80,000 people per year in England making it the single greatest cause of preventable death in the country.
- It's estimated that those who die prematurely from smoking lose 12-15 years of life versus non-smokers.
- Passive smoking can also make those around you ill. Babies and children are particularly vulnerable to the effects of second hand smoke.

The picture in Barnet

- The estimated percentage of adults that smoke in Barnet is 15.0% (2014/2015 data) which is better than the national average.
- In Barnet, smoking is a main contributor to premature death.
- There has been an annual increase in the number of shisha premises in Barnet from 13 in 2013 to 23 in 2015.

Other important messages to consider

- If you smoke, quitting is one of the best things you'll ever do for your health.
- No matter how long you've smoked for, quitting can help improve your health straight away.
- Your local stop smoking service offers free, expert support to help you quit. Stop smoking aids can reduce the nicotine cravings and improve your chances of quitting.
- There are lots of free tools like the NHS Smokefree App, available online, to help with 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 shisha is no less harmful than smoking cigarettes. It increases the risk of developing the same diseases as cigarette smokers, is a risk to others through second hand smoke, and is addictive.

Signposting to local services and online support

Stop Smoking Support

Free and confidential one to one support services over five weeks for people aged 12 and over who want to give up smoking.

Provided by accredited GP surgeries and pharmacies. Patients must be registered with the GP surgery to receive the service, but can attend any pharmacy.

- <https://barnet.gov.uk/citizen-home/public-health/stop-smoking-support.html>

NHS Smokefree App

Provides daily support and motivation to stop smoking. Those who stay smoke free for the 4-week programme are up to five times more likely to quit for good.

- <http://www.nhs.uk/Tools/Pages/smokefree.aspx>

One You

The current national healthy living campaign providing tools, support and encouragement to be healthier.

- [One You - https://www.nhs.uk/oneyou/smoking](https://www.nhs.uk/oneyou/smoking)

Some people with a high level of need require support from a health or social care professional. They can be directed to their GP or Social Care Direct (020 8359 5000; socialcaredirect@barnet.gov.uk; 07506 693707 for text messages; 020 8359 2000 for urgent out of hours queries) as appropriate.

For anyone with caring responsibilities who lives or works in the borough, Barnet Carers Centre can offer advice, information, emotional and practical support. They can be contacted on the following numbers: 020 8343 9698; 020 8432 2092 (Barnet Young Carers and Siblings); 020 8432 2091 (Community Home & Support Services) or via email admin@barnetcarers.org.