

WORLD



No Tobacco Day

31st MAY



KEEP THE KEY OF LIFE IN YOUR HANDS, DON'T
GIVE IT TO TOBACCO.



31st MAY



600,000,000

Trees chopped down to make cigarettes



84,000,000

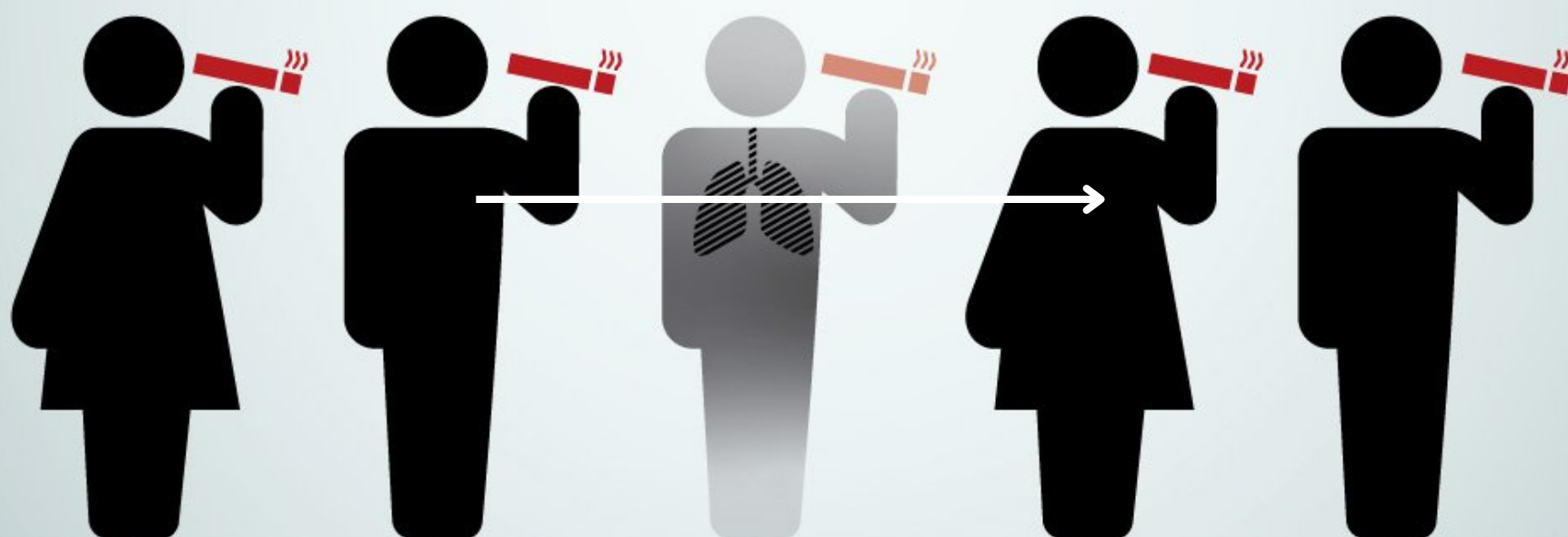
Tons of CO₂
Emissions released
into the air raising
global temperatures



22,000,000,000

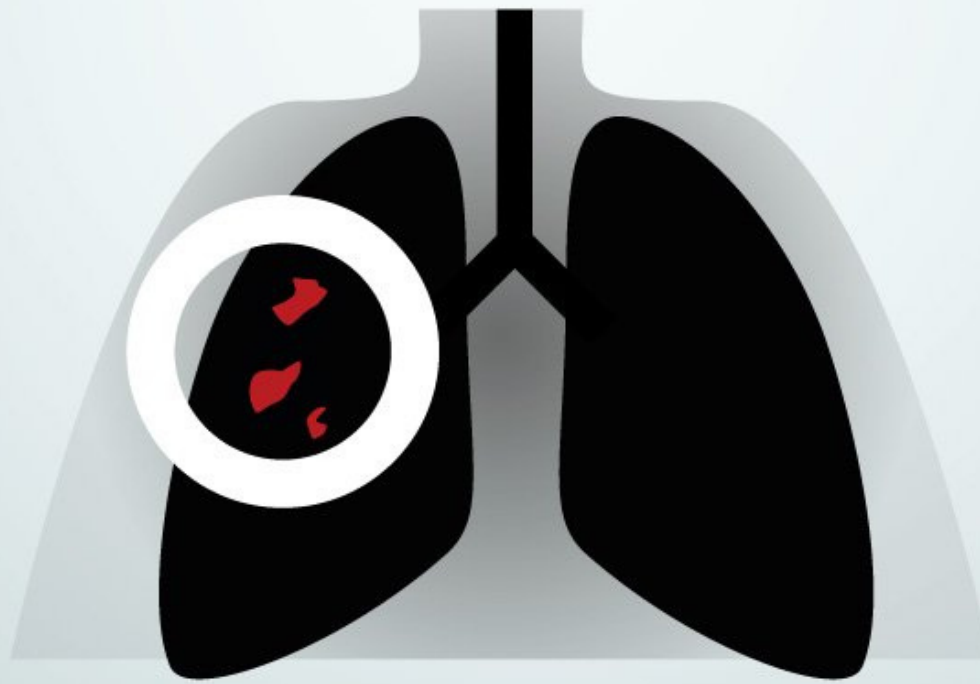
Liters of water used to make cigarettes

DON'T LET TOBACCO TAKE YOUR BREATH AWAY



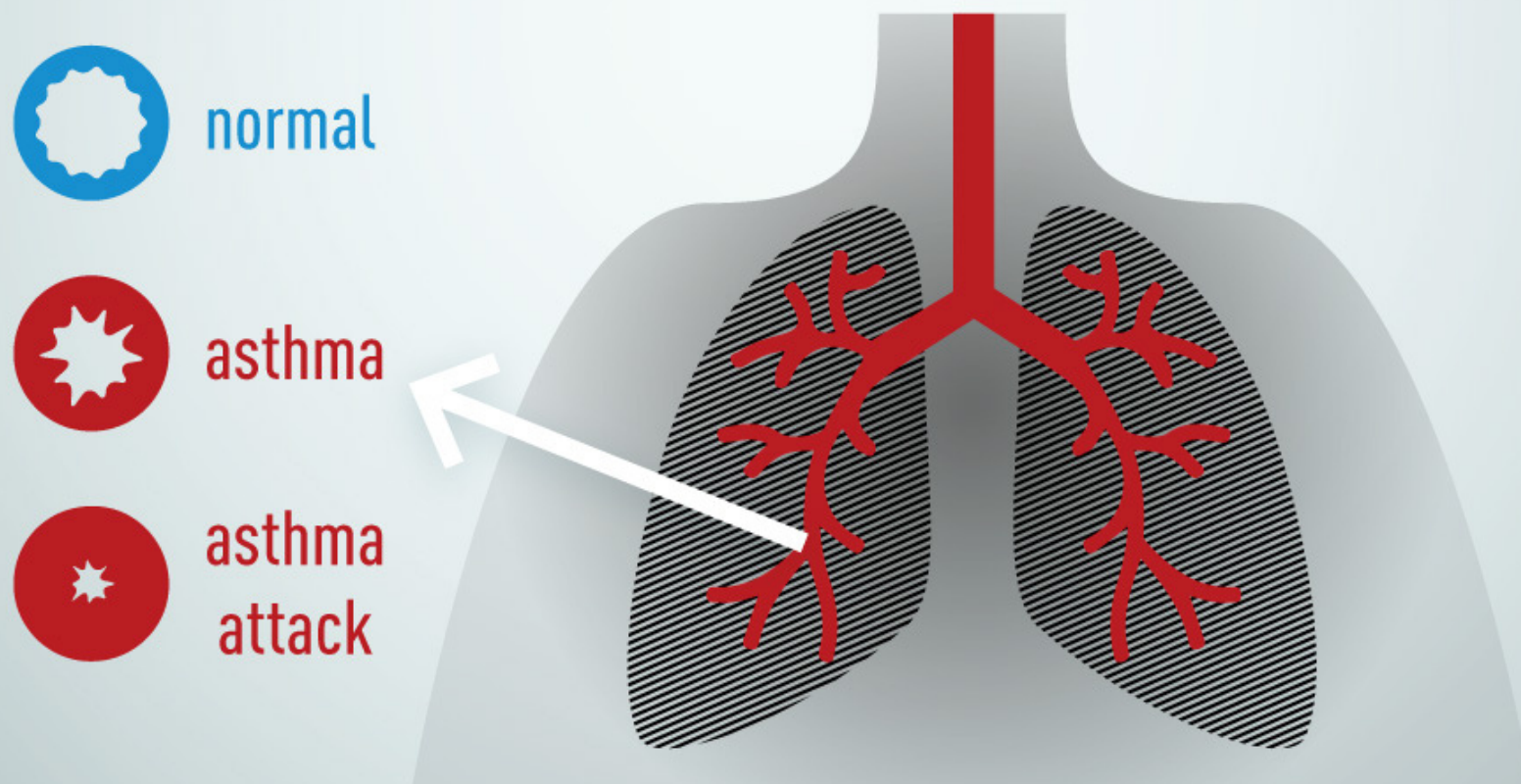
1 in 5 tobacco smokers will develop **chronic bronchitis** and/or **emphysema** in their lifetime, resulting in agonizing breathing difficulties.

DON'T LET TOBACCO TAKE YOUR BREATH AWAY



Tobacco smokers are up to **22 times more likely**
to develop **lung cancer** in their lifetime,
compared to non-smokers.

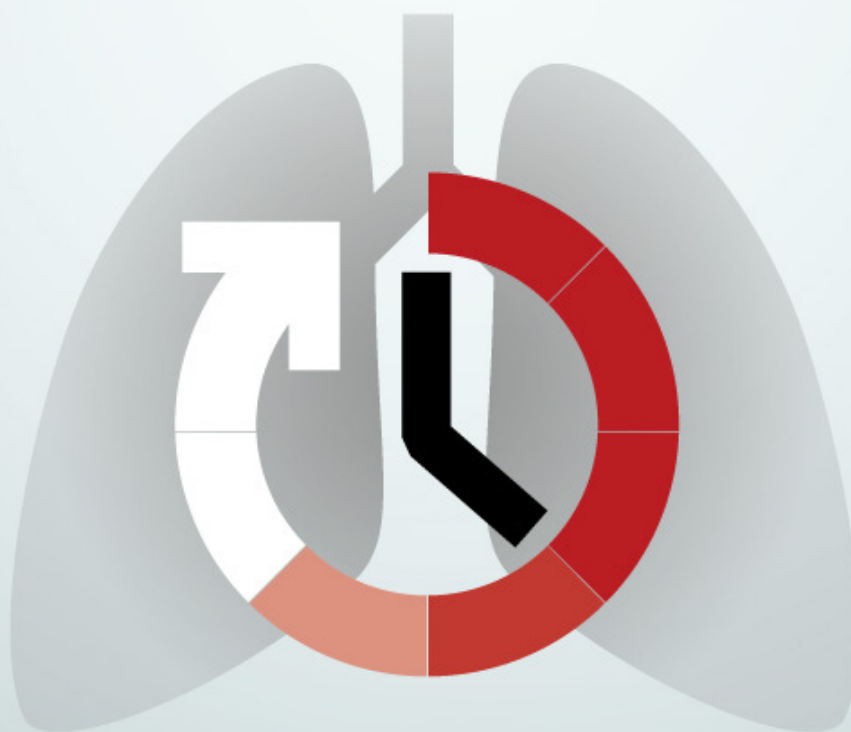
DON'T LET TOBACCO TAKE YOUR BREATH AWAY



Children who breathe **second-hand smoke** are more likely to develop **asthma** and experience frequent and more severe asthma attacks.

DON'T LET TOBACCO TAKE YOUR BREATH AWAY

It is never too late to quit.



Within **2 weeks** of **quitting tobacco**, lung function increases. After **10 years**, the risk of lung cancer is half that of a smoker.

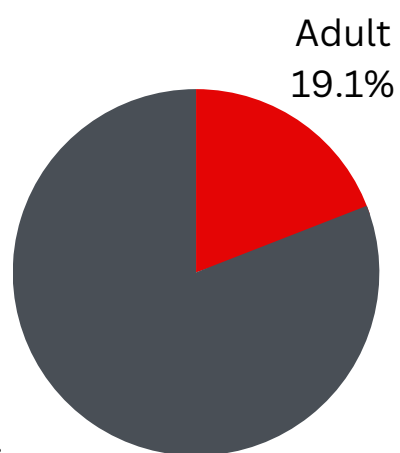
DON'T LET TOBACCO TAKE YOUR BREATH AWAY

**TOBACCO KILLS MORE THAN 8 MILLION
PEOPLE EVERY YEAR.**

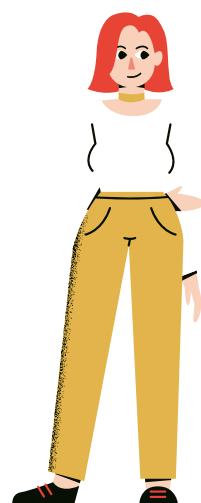
**8 MILLION
DEATHS**
caused by
tobacco
every year



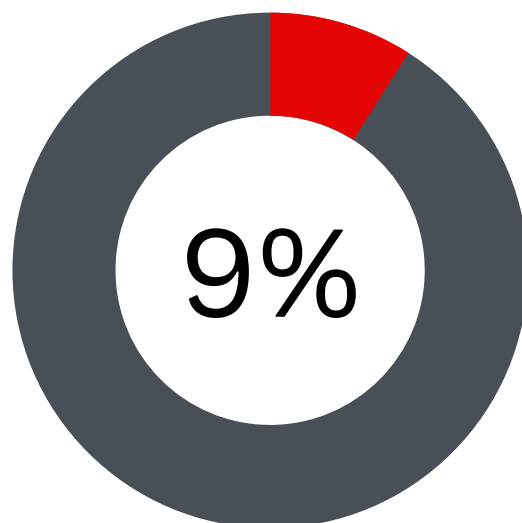
**1 MILLION
DEATHS**
due to second-
hand smoke
exposure



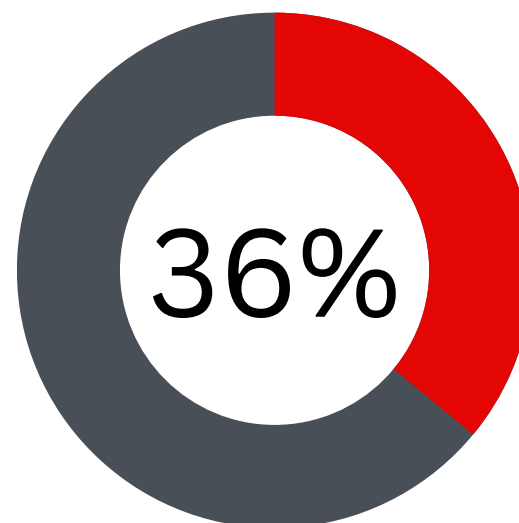
Adult
19.1%



Women



9%



36%



Men



Smokers



Non-Smokers

Percentage of Smokers In Pakistan



WORLD NO TOBACCO DAY

Celebrated every May 31st.

What is it? It's a day intended to encourage a 24-hour period of abstinence from all forms of tobacco consumption worldwide.



About **40% of men** worldwide smoke as compared with nearly **9% of women**, according to the World Health Organisation (WHO).

THIS DAY HIGHLIGHTS THE RISKS ASSOCIATED WITH TOBACCO USE:



Tobacco kills 1 person every 6 seconds.



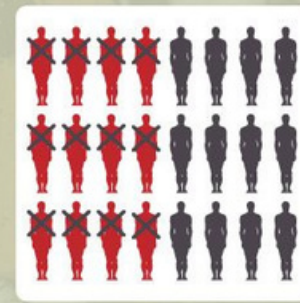
Smoking is a risk factor responsible for 62% of deaths in the Americas.



Cigarettes contain over 4,000 toxic chemicals, 50 of which cause cancer.



Over 20% of all deaths in the US are from tobacco.



Tobacco kills up to 50% of its users.



+600,000 non-smokers die yearly from secondhand smoke.

