

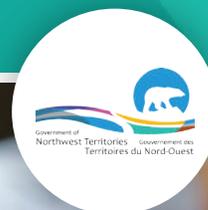
NWT HEALTHY COMMUNITIES Toolkit

Smoking tobacco is related to more than two dozen diseases and conditions.

It has negative effects on nearly every organ of the body and reduces overall health. Smoking tobacco remains the leading cause of preventable death and has negative health impacts on people of all ages:

- unborn babies;
- infants;
- children;
- adolescents;
- adults;
- and seniors.

Harmful Effects of TOBACCO USE



Smoking, Heart Disease & Stroke

Smoking and exposure to second-hand smoke have many negative health effects that increase your risk of developing heart disease and stroke. Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure and makes your heart work harder.

Smokeless tobacco (chewing tobacco or snuff) is also harmful and can increase the risk of having a fatal heart attack, fatal stroke and certain cancers. Do not use smokeless tobacco products. They are not a safe alternative to cigarettes.

Being smoke-free has enormous benefits for your health and the

health of the people around you. Once you become smoke-free and avoid exposure to second-hand smoke, you will immediately reduce your risk of heart attack and stroke. The sooner you become smoke-free, the sooner your body can start to recover and it doesn't take long to see the effects.

• **Within one year of quitting, your added risk of coronary heart disease is cut in half than that of a smoker.**

• **Within 5 years, your risk of having a stroke will be nearly that of a non-smoker.**

• **Within 10 years, the risk of dying from lung cancer is cut in half.**

• **Within 15 years, your risk of coronary heart disease will be similar to that of a non-smoker.**



Did you know?

Lung cancer is the leading cause of death due to cancer in Canada.

Smoking tobacco is the single most important preventable cause of lung cancer, accounting for 85% of all new cases of lung cancer in Canada.

Smoking causes genetic changes in the cells of the lung that lead to the development of lung cancer.



Addiction:

- Cigarette smoking and other forms of tobacco use are addictive
- Nicotine is the drug in tobacco that causes addiction
- Nicotine addiction is similar to heroin or cocaine addiction.

How Nicotine Works:

- **Nicotine causes chemical or biological changes in the brain.** This effect is called psychoactive and although it is less dramatic than heroin or cocaine, the strength of the addiction is just as powerful. It is a 'reinforcing' drug, which means that users desire the drug regardless of the damaging effects.
- **Nicotine addiction is a physical dependency.** Withdrawal symptoms are severe and most smokers cannot quit on their first attempt because of these symptoms.
- **The human body builds a tolerance to nicotine and the effect of the drug is reduced over time.** As a result, regular smokers can inhale greater amounts of smoke and therefore greater amounts of toxins, without showing immediate effects (i.e.: coughing, nausea).
- **Nicotine is extremely poisonous if consumed in large amounts and most people feel sick and dizzy the first time they smoke.** These negative affects are quickly overcome. Over time the body builds a tolerance to nicotine, resulting in an increase in the amount of cigarettes smoked.

NWT Quitline:

“Quitting is Easier if you Have Help!”

The NWT Quitline is a toll-free confidential help line for people who want to quit smoking. Services offered are:

- trained cessation counsellors;
- personalized call back programs;
- quit smoking reading materials;
- translation services for all NWT languages;
- telephone service 24/7.

For more information on the NWT Quit Line please contact:

Phone: 1-866-286-5099

Website: www.hss.gov.nt.ca/health/tobacco-and-your-health/nwt-quitline/



What action can Council and Community take on tobacco use?

Council and Community can implement the policy and pass the bylaw to ban smoking in all public spaces in the community. Please see sample policy attached “Ban smoking in all public spaces”.