

Tobacco smoking

europeanlung.org/tobacco-smoking/

Smoking tobacco cigarettes is the main cause of many lung diseases. Tobacco smoke contains more than 4,000 chemicals, many of which are toxic and can cause cancer.

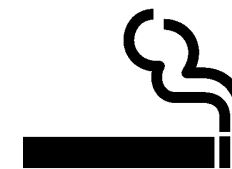


Areas for action

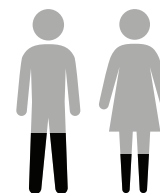
- More smoke-free areas in public across Europe can help prevent the uptake of smoking amongst younger people
- Increasing the price of cigarettes further can help to reduce long-term illness and death from smoking in the next 20 years and beyond
- Community, country and EU interventions against smoking should be strengthened, with plain packaging and large pictorial warnings
- All smokers should be encouraged to quit, reducing the burden of smoking over the next two decades
- Smoking cessation treatments are cost effective and proven and should be used more widely
- Education in cessation of tobacco should be included in the training of all health professionals and medical students
- The obligations and guidelines of the WHO Framework Convention on Tobacco Control should be further implemented across Europe. The ultimate aim should be the phasing out of tobacco use



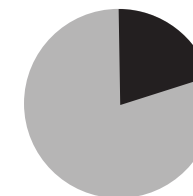
Around 100 million people worldwide were **killed by tobacco** in the 20th century and this number will increase to **1 billion in the 21st century**



Tobacco smoke contains more than **4,000 chemicals**, many of which are toxic and can cause cancer



In Europe, it is estimated that **24% of women and 32% of men smoke**



Lung cancer accounts for **20% of all cancer deaths** in Europe



Although only 15% of the world's population live in Europe, nearly a **third of the burden of tobacco-related disease** occurs in Europe



The total economic cost of tobacco **reduces national wealth** in terms of gross domestic product (GDP) by as much as **3.6%**