

HSE Tobacco Free Ireland Programme

National No Smoking Day

Forward Thinking in Tobacco Control Webinar

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02/03/2022

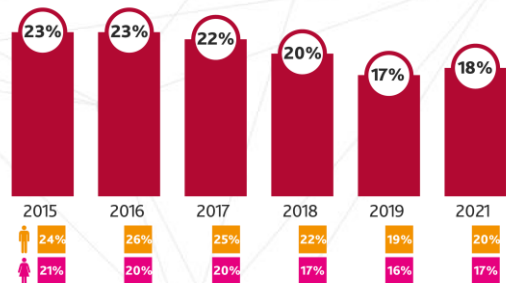


QUIT.ie

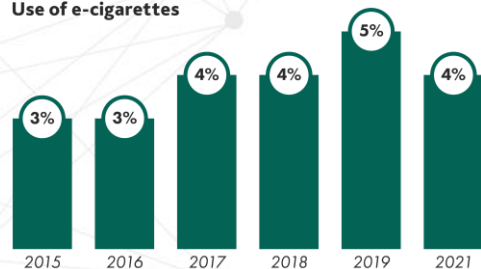
Tobacco - Where are we today?

Prevalence of smoking

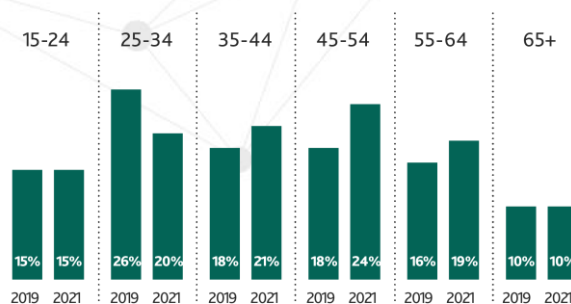
■ All ■ Men ■ Women



Use of e-cigarettes



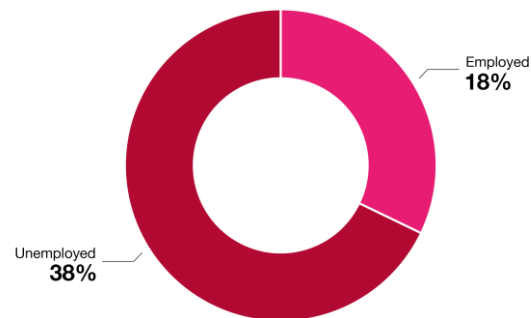
Prevalence of smoking (by age)



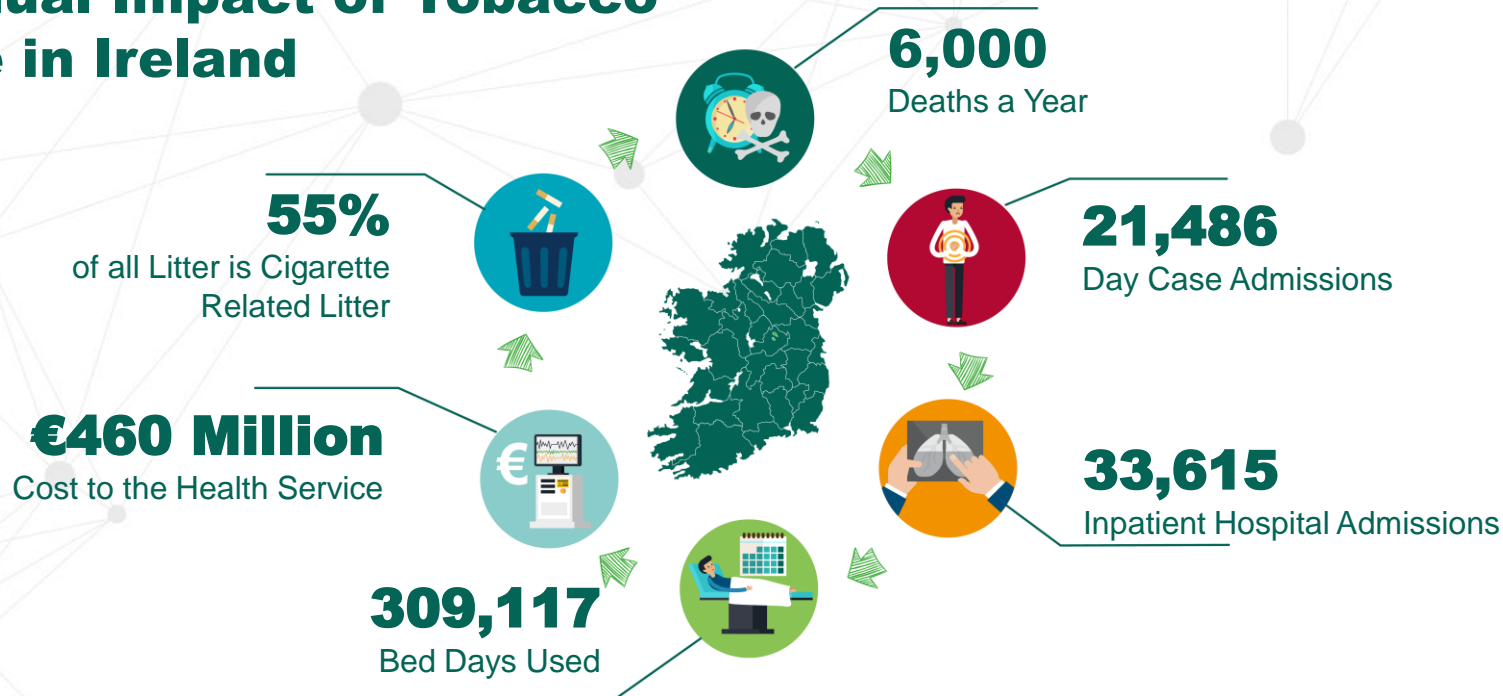
Smoke Daily in 2021



Smoking rates are higher for those who are unemployed (38%) than those in employment (18%).



Annual Impact of Tobacco Use in Ireland



mpower



Policy and Strategy



The Overall Aim of Tobacco Free Ireland is to reach less than 5% smoking prevalence by 2025.



DENORMALISE

Smoking for the next generation



ACKNOWLEDGE

tobacco use as a disease and treat



PROVIDE CESSATION SUPPORT

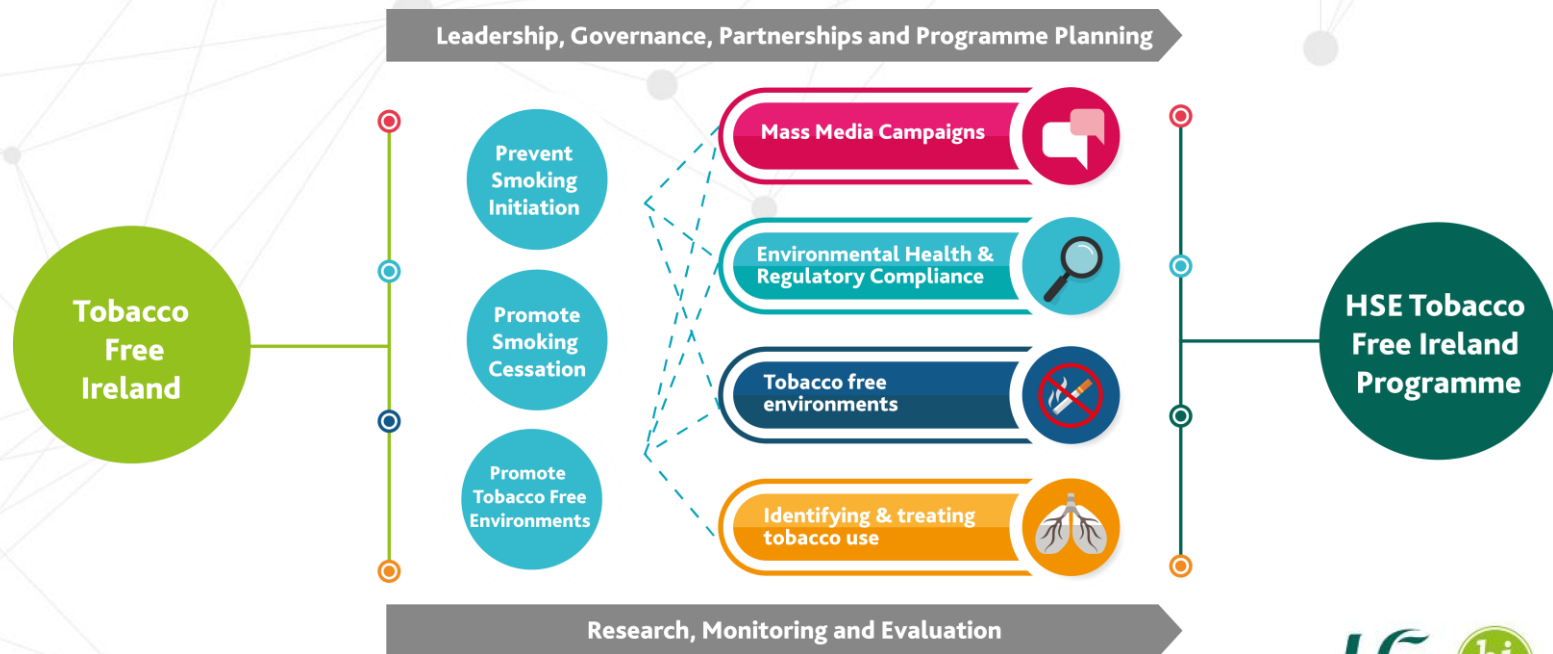
- Encourage smokers to access services through QUIT
- Implement Stop Smoking Guidelines



PROVIDE

a Tobacco Free environment

Tobacco Free Ireland Programme



Current Projects





What can you do to help to build a Tobacco Free Ireland?

01

If you are a smoker – ask us for help to QUIT, you are 4 times more likely to quit with our help

02

Support your friends and family to quit – tell them about our Stop Smoking Services

03

Ask about tobacco free policies in your work place

04

Learn about how to influence health behaviour change

05

Lobby your local representatives to implement tobacco free parks, playgrounds etc

06

Be ambitious, set a goal for your village, town or city to become tobacco free

