

## Public Service Announcement Start fresh this new year by quitting tobacco

Start Date: January 2, 2024 End Date: January 31, 2024

Nunavut-wide 90 sec

Join the Department of Health this month in support of Tobacco Reduction Month!

Many Nunavummiut want to start a new year in a positive way by giving their body a fresh and healthy start by quitting tobacco.

Your health can noticeably improve in the days and weeks after quitting tobacco, including cigarettes, chew, dip, and vapes:

- After one hour, your heart rate and blood pressure begin to drop.
- After eight hours, oxygen levels in your body go back to normal.
- Within two days, food will taste better because your sense of taste and smell improves.
- Within three days, your lungs relax, and breathing becomes easier if you quit smoking or vaping.
- Within six months you will have more energy coughing and shortness of breath will improve for smokers.
- After one year tobacco-free, the risk of heart attack is half that of someone who smokes.

Most people who smoke want to quit. Support to help you reduce or quit tobacco is available. Message a counsellor on the <u>Tobacco Has No Place Here</u> Facebook page or call 1-866-368-7848 24 hours a day, seven days a week.

Medications are available to help with cravings and withdrawal from nicotine, like the nicotine patch, gum, lozenge, mouth spray and inhaler. Contact your local health centre or pharmacy to learn how to access these products.

This year, National Non-Smoking Week (NNSW) takes place from January 14 to 20, 2024. For over 45 years, NNSW has been celebrated annually in Canada to encourage quitting tobacco use.

Celebrate this year by finding a quit buddy and changing your tobacco use for a happy and healthy 2024.

To learn more, check out the <u>Tobacco Has No Place Here Facebook page</u> for quit tips or visit <u>www.nuquits.ca</u>.

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