

#smokefreesidelines

Why parents and other spectators are being asked to refrain from smoking tobacco or e-cigarettes when watching youth football...

Kids copy behaviour. Please don't make smoking look 'normal'.

Tobacco use is the leading cause of preventable death in Norfolk



85

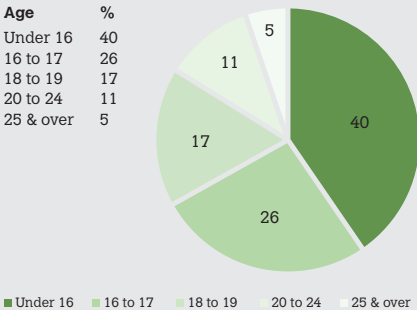
Norwich play parks became voluntary smoke-free zones in August 2016. Parks in Breckland and Broadland have also adopted the concept.



Approximately 1 in 6 people in Norfolk are Smokers



Age at which adults in England started smoking regularly, 2011



Why smoking is harmful

Cancer

- Mouth/Lips
- Throat
- Voice box (larynx)
- Oesophagus
- Bladder
- Kidney
- Liver
- Pancreas
- Stomach

Heart and Circulation

- Coronary Heart disease
- Heart attack
- Stroke

Lungs

- Chronic obstructive pulmonary disease (COPD)
- Pneumonia



Children who grow up with a parent or family member who smokes are

3X more likely to start smoking themselves.

