

## BF1: Benefits of being smoke-free



Besides the obvious health benefits, there are many other benefits to being smoke-free.

- **Smoking related litter.** *£34million is spent every year clearing smoking related litter*
- **Good role models.** *Children who are exposed to smoking by their parents are 3x more likely to become a smoker themselves when they are older. Living in a home where someone smokes indoors can increase a non-smokers chance of lung cancer by 20-30%. Children in a smoking household also have increased health risks compared to those who live in a smoke-free home.*
- **It's good for your mental health.** *Stopping smoking is associated with improvements in depression, anxiety and stress. What is perceived as stress relief from smoking is usually relief from nicotine withdrawal which sustains the cycle of addiction.*
- **Saving money.** *The financial benefits of smoking soon add up. A commonly sold low-cost supermarket brand of 20 cigarettes costs £10.25 (June 2023) so a 20-a-day smoker, who quits, will save over £3,741 in a year!*
- **Lower risk of house fires.** *Smoking households are 40% more likely to have house fires. Between 2005 and 2008 there were 131 fire deaths in Scotland and 41% of those deaths were caused by smoking materials.*
- **Less cleaning and decorating.** *Less time, money and energy will be spent cleaning your curtains, walls, windows or even having to re-paint.*
- **Fresher air.** *The air in the home and car will be fresher and cleaner.*
- **Avoid potential cigarette burn marks.** *Having a smoke-free home and car will limit the risk of cigarette burn marks in the car upholstery or carpets and furniture in the home.*
- **Don't forget about the pets.** *Pets are affected by second-hand smoke and having a smoke-free home will reduce the risk to pets and could save money on vet fees.*