# Stoptober 2025

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# Stoptober 2025

Stoptober is a national stop smoking campaign in the UK that runs every October.

It was first launched in 2012 and is designed to encourage smokers to quit for 28 days—based on evidence that if someone can stop smoking for that long, they're five times more likely to quit for good




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# Stoptober 2025

- Over **26,700** adults in Merton smoke
- Smoking is the leading preventable cause of illness and premature death
- a long-term smoker has, on average, a life expectancy about 10 years less than a non-smoker




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# Stoptober 2025

- Children breathe faster than adults, so they inhale more harmful chemicals from second-hand smoke
- Even if smoking occurs in another room or outdoors, smoke particles linger on clothes, hair, and breath, still affecting children



- ✓ **Double the risk of sudden infant death syndrome (SIDS)**
- ✓ **Increased likelihood of asthma**, with more frequent and severe attacks
- ✓ **Higher rates of respiratory infections** like bronchiolitis, chest infections, and wheezing
- ✓ **More ear infections and viral illnesses**
- ✓ **Greater risk of meningitis** *(Royal College of Paediatrics and Child Health)*



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Children of smokers are four times more likely to smoke themselves

The younger an individual starts to smoke, the more harm is likely to be caused

Childhood smoking can also cause serious risks to respiratory health, impairing lung growth and function.

Smoking kills 1 in 2

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# You could also save at least £2,750 a year by quitting a 20 cigarette a day habit!



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# Smoke Free Merton – stop smoking support

Single Point of Access webpage

- *12-week support with an advisor and Nicotine Replacement Therapy*
- *SmokeFree app – 24/7 help and support with FREE NRT or vape kit*
- *Allen Carr's Easyway – one day seminar without medication*
- *Swap to Stop – free vape kit as a quit aid*

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# Kick The Cloud – empowering young people to say no to vaping

- **Resource Packs**

Kick the Cloud resource packs provide information about vaping and tips to support a young person to stop vaping.

There is one for parents and one for professionals who work with young people.

- YouTube video channel

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*Click ctrl and the image to access*

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