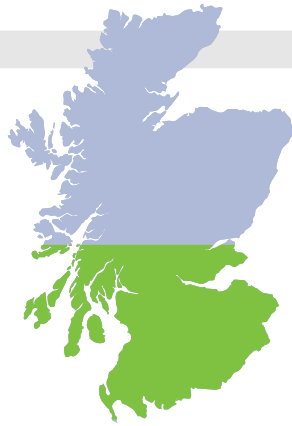
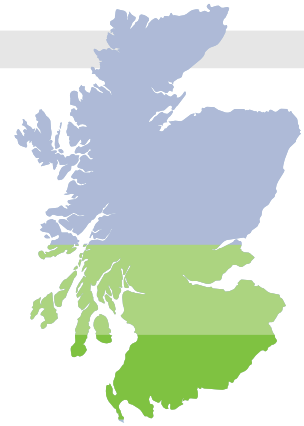


# Scottish Smoking Background Information

In 1981,  
**43%**  
of the Scottish  
population smoked



In 2018,  
**21%**  
of the Scottish  
population smoked



Since 2013, NHS Grampian has supported

**8600** people  
to reach their 12-week quit



**After 24 hours,**

carbon monoxide is no longer in your body, your lungs start to clear and your breathing will become easier.



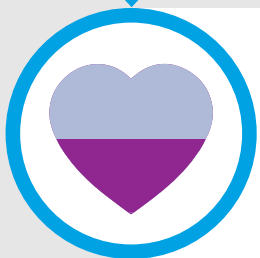
**After 48 hours,**

there is no nicotine in your body and your sense of taste and smell improve.



**As you remain smoke-free,**

your energy levels increase and your circulation improves.



**After 1 year,**

your risk of having a heart attack is half of someone who still smokes.