Tobacco and Noncommunicable Diseases

- There are 1.3 billion tobacco users around the world. Half of them will die from a tobacco-related disease.
- Most of the deaths and disabilities attributable to tobacco are due to noncommunicable diseases (NCDs), also known as chronic diseases. The main types of NCD are cardiovascular diseases (such as heart attack and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma) and diabetes.
- Tobacco use is one of the major risk factors for NCDs.

**In 2019 Globally**
- 55.4 million total deaths
- 40 million of them were attributable to NCDs
- Tobacco was responsible for 8.7 million deaths

**In 2019 in the WHO European Region**
- 9.4 million total deaths
- 8.5 million of them were attributable to NCDs
- Tobacco was responsible for 1.6 million deaths

**What is Tobacco’s Contribution to the Leading Causes of Death in the WHO European Region?**

Saying NO to Tobacco can help prevent or delay deaths and disability from heart disease, stroke, Alzheimer’s disease and other dementias, cancer, COPD, diabetes (type 2) and many other conditions.

**Call for Action**
- **Spread the word.** Raise awareness that TOBACCO is a leading contributor to preventable deaths and disabilities from NCDs, both globally and in the WHO European Region.
- **Quit tobacco and help others quit.** It is never too late to get the benefits of quitting tobacco use. Quitting, even in later life, can significantly lower the risk of heart disease, stroke and cancer over time and add years to a person’s life.
- **Say NO to e-cigarettes.** Early studies suggest that there is an increased risk of heart disease, lung injuries and strokes both for users of e-cigarettes and for bystanders of e-cigarette aerosol.
- **Support the implementation of comprehensive tobacco control policies,** broadening the scope to cover novel and emerging tobacco and nicotine-containing products.
- **Support the implementation of the WHO Framework Convention on Tobacco Control** to prevent and delay deaths and prolong a healthier life for all.

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1 After high blood pressure.
2 After malnutrition and high blood pressure.
Source of data: Global Burden of Disease 2019

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