Recent news and research

7.1 Health and other benefits of quitting

Last updated May 2017

News reports:


7.1.3 Immediate improvements in wellbeing and functioning


7.1.4 Short to medium-term reductions in health risks following quitting


7.1.5 Medium to long-term health benefits of quitting


7.1.7 Other benefits of quitting


Research:


7.1.1 Health problems that may be temporarily exacerbated by quitting


7.1.2 Quitting and weight gain


7.1.3 Immediate improvements in wellbeing and functioning


7.1.4 Short to medium-term reductions in health risks following quitting


7.1.5 Medium to long-term health benefits of quitting


### 7.1.7 Other benefits of quitting

