Tobacco in Australia
Facts & Issues

Relevant news and research
7.1 Health and other benefits of quitting

Last updated March 2020

Research:


Tobacco in Australia
Facts & Issues


7.1.1 Health problems that may be temporarily exacerbated by quitting


7.1.2 Quitting and weight gain


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


7.1.3 Immediate health effects of quitting


Tobacco in Australia
Facts & Issues


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


Tobacco in Australia  
Facts & Issues


Tobacco in Australia
Facts & Issues


**Tobacco in Australia**

**Facts & Issues**


7.1.4.1 Problems during pregnancy


7.1.4.2 Diseases for which the risk quickly declines


Tobacco in Australia
Facts & Issues


7.1.5 Medium to long-term health benefits of quitting


Tobacco in Australia
Facts & Issues


Tobacco in Australia
Facts & Issues


7.1.7 Other benefits of quitting


News reports:

tobaccoinaustralia.org.au
Tobacco in Australia
Facts & Issues


tobaccoinaustralia.org.au
Tobacco in Australia
Facts & Issues


7.1.3 Immediate health effects of quitting


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


7.1.5 Medium to long-term health benefits of quitting

tobaccoinaustralia.org.au
Tobacco in Australia
Facts & Issues


7.1.7 Other benefits of quitting
