



Stoptober is back this October, encouraging people across England to make a quit attempt and discover the benefits of a healthier, smoke-free life.

Around 4.4 million adults in England still smoke, and smoking remains the leading preventable cause of ill health and death. Since launching in 2012, Stoptober has encouraged millions of people to quit. The goal is to reach 28 days smoke-free, as people who manage this are five times more likely to quit for good.

Feel the benefits of quitting

The health benefits of stopping smoking begin surprisingly quickly. After just 20 minutes, your pulse starts returning to normal. Within eight hours, oxygen levels begin to recover, and the amount of harmful carbon monoxide in the blood reduces by half.

After 48 hours, taste and smell begin to improve, while after two to 12 weeks, circulation improves. Within three to nine months, lung function can increase by up to 10%.

Quitting can benefit mental wellbeing too. While some people feel that smoking helps them cope with stress, evidence shows that stopping smoking can reduce stress and anxiety and improve mood over time.

Becoming smoke-free can also benefit those around you by reducing their exposure to second-hand smoke, as well as freeing up money to spend on the things that matter.

Support to help you quit

It is easier to stop smoking with the right support, and Stoptober offers a range of free tools and practical advice to help people manage cravings and stay on track.

The free Personal Quit Plan provides personalised support based on smoking habits, with practical tips to help people prepare for their quit date, manage triggers and cravings, and see how much money they could save.

The NHS Quit Smoking app also provides personalised support, allowing people to track their progress and savings, receive daily support and find motivation from others.

There is also expert help available through local stop smoking services, alongside information about quitting aids such as nicotine replacement therapies and vaping.

Every attempt counts

It is never too late to quit, even for those who have tried before. Many people try several times before they stop smoking for good, and each time can help them learn more about their triggers, cravings and the support that works best for them.

Stoptober is a great opportunity to try again, with thousands of other people stopping smoking this October too.

Find advice, free tools and support at NHS Better Health Quit Smoking.



<https://www.nhs.uk/better-health/quit-smoking/>

