

# A Smoke-Free Wales

Our long-term Tobacco Control Strategy for Wales



Llywodraeth Cymru  
Welsh Government



A young people's  
summary

# Hello

The Welsh Government wants everyone in Wales to have a healthy, long life.



We are on a journey where fewer and fewer people smoke and use tobacco in Wales.

**In 2007**

We banned smoking in indoor places like restaurants.

**In 2015**

We banned smoking in cars with children.

**In 2021**

We banned smoking in outdoor spaces around hospitals, schools and playgrounds.

**Now... this tells you about our plan for a smoke-free Wales by 2030.**

# Some facts

Being a **smoke-free** nation:

- helps protect everyone from second-hand smoke
- reduces illness and deaths
- changes attitudes to smoking so it's not a normal thing to do
- motivates smokers to quit
- reduces the number of people who start smoking.



**Tobacco** contains nicotine which is addictive and makes it difficult to quit.



Tobacco smoke contains over **5,000** harmful chemicals and many of these are harmful.

## In Wales:

**14%** of adults in Wales still smoke.

**4%** of young people in Wales aged 11-16 smoke at least weekly.



Smoking doesn't only harm the person who is smoking.

## Second-hand smoke is harmful.

If pregnant people smoke, it's bad for the unborn baby.



## Our Vision

# We want to be a smoke-free Wales by 2030.

Smoke free means 5% or less  
adults in Wales smoke.

To reach this goal we will  
focus on 3 main themes.



# Theme 1:

## Reducing inequalities

...to support groups of people who are more likely to smoke.

We know smoking is more common in some communities than in others. Some groups of people are also more likely to smoke than others:

- people who live in more deprived areas
- people with mental health conditions
- people from some ethnic backgrounds
- people from the LGBTQ+ community.

This means that they can face more health problems.



### By 2030 you will see:

✓ fewer health inequalities caused by smoking

✓ more and more people helped to quit smoking

✓ groups with the highest risk of starting smoking are getting extra support so that they don't start smoking in the first place

✓ stop smoking support that works is available to everyone but targeted to where it's needed the most.



## Theme 2:

### Protecting Future Generations

...to reduce the effect of tobacco on children and young people.

Smoking affects the lives of children and young people during their childhood. Not only because they can breathe in other people's smoke but because seeing other people smoke can make it more likely that they will start themselves.



By 2030 you will see:

✓ not smoking is a normal part of life for all children and young people

✓ fewer people smoking when pregnant

✓ children have a smoke-free childhood and won't smoke even if their parents do, so smoking patterns are broken

✓ fewer young people start smoking

✓ fewer children and young people use e-cigarettes or other nicotine products

✓ all children and young people get the right support to not start smoking or quit smoking.

# Theme 3:

## Everyone working together ...to make a Smoke-Free Wales.



### By 2030 you will see:

✓ more policies and plans that support Wales being smoke-free

✓ everyone working together at different levels of government to support a smoke-free Wales

✓ solutions that help people to quit smoking

✓ more people are protected from harmful second-hand smoke

✓ a tobacco control system that works to stop illegal tobacco.

## Next steps

To support this strategy, we will publish a series of two-year delivery plans. The first plan will be from 2022-2024.



## Thanks for reading this

If you want to know more about this Tobacco Control Strategy for Wales, go to: [gov.wales/tobacco-control-strategy-wales-and-delivery-plan](https://gov.wales/tobacco-control-strategy-wales-and-delivery-plan)

