Cigars

The key features of the new health warnings displayed on most cigar packaging are as follows:

- Five cigar-specific health warnings have been developed comprising graphic images, warning messages and explanatory messages.
- Health warnings will occupy 25% of the front and 33% of the back of most cigar packages.
- Adhesive labels displaying the cigar warnings are permitted for all cigar products.
- An information message is not required on cigar packaging.

Cigar health warning messages:

- Cigars are not a safe alternative to cigarettes
- Cigar smoking causes mouth and throat cancer
- Cigar smoking causes lung cancer
- Don’t let children breathe your smoke
- Cigar smoke is toxic

In 1998, there were 22 deaths from environmental tobacco smoke in children aged 14 years or under, that is, about one death per fortnight.

Quitting smoking will reduce your chance of developing heart disease. After one year of not smoking your risk of heart disease is halved. Fifteen years after stopping smoking your risk of heart disease is to half. Five years after you quit smoking completely, the risks of cancers of the mouth, throat and oesophagus are halved.

Reducing children’s exposure to environmental tobacco smoke can lead to reduced school absence, improved school performance and reduced uptake of smoking by children.

Further Information

www.quitnow.info.au

Australian Government

GRAPHIC HEALTH WARNINGS on TOBACCO PRODUCT PACKAGING

Tobacco smoking is the single largest preventable cause of death and disability in Australia, killing more than 19,000 Australians a year. It is responsible for approximately 80% of all drug-related deaths and is estimated to cost the Australian community approximately $21 billion in social costs each year.

Health warnings have been displayed on tobacco products in Australia since 1973. A review of the text-only health warnings commenced in 2000.

In August 2004, a new system of graphic health warnings was introduced requiring all Australian-manufactured and imported tobacco product packaging to be printed with the new graphic health warning labels from 1 March 2006.

The new graphic health warnings provide a strong and confronting message to smokers about the harmful health effects of smoking tobacco products and will convey the ‘quit message every time a person reaches for a cigarette.

In combination with the warning messages and explanatory messages, the new images are intended to increase consumer knowledge of health effects relating to smoking, to encourage cessation and to discourage uptake or relapse.

Cigarettes, loose and pipe tobacco

The key features of the health warnings system for most cigarette packaging and loose tobacco (roll-your-own) and pipe tobacco packaging are as follows:

- Fourteen health warnings have been developed which comprise graphic images, warning messages, explanatory messages and information messages.

The people you live with, especially your children, will be healthier if you quit smoking.

Smoking causes 82% of emphysema/chronic bronchitis among males and 76% among females.
Warning messages

Warning messages for cigarettes, and most loose and/or pipe tobacco for Set A and Set B are as follows:

**Set A**

1. Smoking causes peripheral vascular disease
2. Smoking causes emphysema
3. Smoking causes mouth and throat cancer
4. Smoking clogs your arteries
5. Don’t let children breathe your smoke
6. Smoking – a leading cause of death
7. Quitting will improve your health

**Set B**

8. Smoking harms unborn babies
9. Smoking causes blindness
10. Smoking causes lung cancer
11. Smoking causes heart disease
12. Smoking doubles your risk of stroke
13. Smoking is addictive
14. Tobacco smoke is toxic

Tobacco smoke has a systemic impact on the body and can potentially affect all organs. Smoking is a major cause of heart disease, cancer, stroke, impotence, hearing loss, impaired vision, loss of bone density, delayed wound healing ... the list goes on. Many Australians remain unaware of the extent of its impact on the human body.

More than 80% of cancers of the mouth, nose and throat occur in people who smoke cigarettes, cigars or pipes. A total of 2,052 Australians died from mouth and throat cancer in 2003.