**Smoking**

Smoking 20 cigarettes a day over a 1 year period costs £3,650. Over 5 years this is £18,250.

**Facts on smoking**

- Smoking increases the risk of:
  - Cancer
  - Heart disease
  - Stroke
  - Secondhand smoke can increase a non-smokers risk of developing health problems

**Benefits of quitting**

- **After 24 hours:** Carbon Monoxide levels reduce and oxygen levels return to normal
- **After 48 hours:** Your taste and smell improves
- **After 3-9 months:** Breathing and coughing improves
- **After 5 years:** The risk of having a heart attack is halved

**Alcohol**

A quarter of all adults living in Oldham drink over the recommended daily guidelines.

**What is a Unit?**

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Units</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wine 250ml</td>
<td>3 units</td>
<td>228 calories</td>
</tr>
<tr>
<td>Vodka 25ml</td>
<td>1 unit</td>
<td>52 calories</td>
</tr>
<tr>
<td>Bottle Wine 750ml</td>
<td>9 units</td>
<td>683 calories</td>
</tr>
<tr>
<td>Beer (4%) 1 pint</td>
<td>2 units</td>
<td>180 calories</td>
</tr>
</tbody>
</table>

**1 Unit = 10ml pure alcohol**

**Alcohol facts**

- Can cause cancer
- Can cause weight gain
- Can cause social problems

**Alcohol guidelines**

- Men and women who drink should aim for no more than 14 units of alcohol consumed over a week.
- Regular drinkers should aim to have at least two days alcohol free each week.
- There is no recognised ‘safe limit’ for consuming alcohol.
- Pregnant women are advised to avoid alcohol altogether.

**Contact:**

- Positive Steps – 0800 288 9008

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**Physical activity**

44% of adults NEVER do any moderate exercise and a further 13% are completely inactive for 8 hours every day in 2012.

**Facts on inactivity**

- Can cause heart disease and stroke
- Can cause back pain
- Can result in muscle weakness and joint pain

**Benefits of being more active**

- 50% less chance of developing type 2 diabetes
- 83% lower risk of osteoarthritis
- Improves mood and a sense of well being
- Contributes to a healthy weight

**Healthy eating/drinking**

1 in 3 deaths from cancer and heart disease are caused by poor diet.

**Benefits of healthy eating**

- Helps maintain a healthy weight
- Increases energy
- Helps to fight infections
- Keeps blood sugars balanced
- Healthy bowels
- Healthy skin and teeth

**Facts on poor diet**

- Low energy
- Low vitamins
- Poor oral health
- Contributes to weight gain
- Increased risk of type 2 diabetes
- High blood pressure

**Did you know?**

- An average fizzy drink contains between 6 and 8 teaspoons of sugar

**Support to help you improve your physical activity levels**

- Oldham Community Leisure – 0161 207 7000
- environmentalservices@oldham.gov.uk – 0161 770 4067 – walking, growing activities
- www.parkrun.org.uk/oldham
- www.visit.oldham.gov.uk

**Contact:**

- Early Help Oldham – 0161 770 6672
- www.nhs.uk/change4life
- Oral Health:
  - Find a dentist – visit www.nhs.uk – 0300 311 2233
Five tips to encourage positive mental health
to achieve positive wellbeing

1. Connect to people – speak to someone.
2. Be active – move, stay active to lift your mood.
3. Take notice of what’s around you – notice your thoughts, feelings and the world around you.
5. Give – do something for someone.

Get your free NHS Health Check
Contact your G.P. or call Early Help 0800 288 9008.

Five ways to wellbeing

1. Connect to people – speak to someone.
2. Be active – move, stay active to lift your mood.
3. Take notice of what’s around you – notice your thoughts, feelings and the world around you.
5. Give – do something for someone.

Even if you feel great, you may be at risk of heart disease, stroke, diabetes and other health conditions.

Notes:

MECC
Making every contact count in Oldham
Small changes lead to big health benefits

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