

Smoking and cardiovascular disease

Fact sheet for health professionals

Introduction

Tobacco smoking is a major cause of cardiovascular disease, including coronary heart disease, stroke, aortic aneurysm and peripheral arterial disease.

Even people who smoke just a few cigarettes a day have an increased risk of cardiovascular disease.

Key facts and figures

- Tobacco use is the **leading cause of preventable death and disease in Australia.**¹ In 2019, **13.5% of Tasmanians smoked tobacco daily.**²

- People who currently smoke have at least **double the risk of many types of cardiovascular disease**, including acute myocardial infarction, cerebrovascular disease and heart failure, compared to people who have never smoked.⁴ People who only smoke a few cigarettes a day (4-6) have almost **double the risk of dying** from cardiovascular disease **compared to people who have never smoked.**

- In 2015, tobacco use was responsible for **9.3% of the burden of disease in Australia.** **11.5% of the cardiovascular disease burden was due to tobacco use.**³

- There is a **nonlinear dose response between tobacco smoke exposure and cardiovascular disease.** A 2018 meta-analysis found that **people who smoke just one cigarette a day have half the risk of developing coronary heart disease and stroke** as people who smoke 20 cigarettes per day.⁵