

# Tobacco in Australia

## Facts & Issues

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### Relevant news and research

#### 3.36 Health effects of occasional (“social”) smoking and cutting down

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## Research:

### 3.36 Health effects of occasional ("social") smoking and cutting down

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*3.36.1 Biological mechanisms for low-rate smoking posing substantial major health risks*

*3.36.2 Risks associated with low-rate daily smoking*

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### *3.36.3 Risks associated with non-daily smoking*

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### *3.36.4 Effects of moving from heavier to lighter rates of smoking*

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### *3.36.5 Cutting down as a step towards quitting*

## News reports:

### *3.36 Health effects of occasional (“social”) smoking and cutting down*

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