

# Table of Contents

Acknowledgements	5
Foreword	6
Introduction	7
Background: Tobacco Industry and Tobacco Dependence	9
Nutrition and Tobacco: The Role of Nutrition in the Uptake/Quitting of Smoking	15
Drug and Substance Use in association with Smoking	25
Associations between Alcohol Consumption/Dependence and Smoking	33
Mental Health and Smoking	45
Physical Activity and Smoking Cessation	63
Inter-individual Differences in Tobacco Dependence: the Impact of Genetics	71
Socio-economic Inequalities and Tobacco	85
Gender Differences in Tobacco Use: Why Women Smoke	95