

The national „Smoke Out Day“ is a day aimed at encouraging smokers to quit smoking in the Republic of Croatia.

Individuals attempting to quit smoking can regularly measure CO levels to monitor their progress in reducing this gas in their system.

Aim: to explore relationship between smoking status, smoke exposure and the levels of exhaled carbon monoxide during public health activity in 450 volunteers and passers-by.



Measuring carbon monoxide (CO) in exhaled breath with a visual representation can aid in smoking cessation by increasing smokers' awareness of how smoking negatively affects their health and how many harmful substances they introduce into their bodies.



Partial Correlation Matrix (Spearman rho) with  $p < 0.05$ , two tail

