TOBACCO & HEALTH
Facts about smoking

* 1/3rd of world population - Smoker
  - Males: > 1 billion
  - Females: > 250 million

* Industrialized Countries
  - % of Male smokers: 50%
  - % of Female smokers: 22%

* Developing countries
  - Males: 35%
  - Females: 9%

(Source: World Health Report)
Facts about smoking

- Three million deaths annually because of smoking – means one death after every 8 seconds.
- Ten million deaths annually expected by 2020 - means one death after every three seconds.
- Developed countries have reduced smoking by 10% while developing countries have increased by 60% after 1970.
Types of tobacco smoking

- Cigarette - Most common and most harmful
- Sheesha
- Bidi
- Tobacco chewing
- Hookah (Hubble bubble)
- Cigar
- Kreteks (clove cigarettes)
- Snuff – Moist & Dry
- E-cigarette
Causes of smoking

Usually the adolescents (mostly of 10-15 yrs) indulge in smoking as a result of

- curiosity,
- adventurism,
- rebelliousness and adulthood,
- a manly and masculine act that will lead them to happiness, fitness, wealth, power and sexual success.
- Attractive advertisements influence the immature and unstable minds.
Composition of tobacco

- About 4000 toxic substances are present in tobacco
- Most important and dangerous constituents:
  - Nicotine
  - Carbon Monoxide
  - Tar
Effects of Nicotine

- Smokers have to maintain a level of nicotine in the blood for normal working.
- Smokers have to smoke to avoid the discomfort experienced while not smoking.
Consequences of smoking

- Economic loss
- Health loss
- Socio-cultural loss
- Psychological loss
Smoking and Diseases

- An important causative/risk factor for various diseases.
- About 25 diseases caused/aggravated by smoking. e.g.
  - Lung cancer: 80-90% deaths due to smoking. Incidence 10 times more than non-smokers.
  - Chronic bronchitis
  - Emphysema: 80-95%
  - Ischaemic heart disease: 20-30% deaths. Risk is twice than non-smokers
  - Obstructive peripheral vascular disease
Smoking and Diseases

- Cerebrovascular disease
- Cancer of tongue, oesophagus, larynx & pancreas, Gastro-duodenal ulcers
- Cancer of the cervix and endometrium
- Cancer of the urinary bladder
- Still births, abortions
- Neonatal deaths
- Fracture of hip, wrist and vertebrae
Health Effects of Second Hand (Passive) Smoking (SHS)

- Second hand smoke causes premature death and disease in children and in non smoking adults

- Adults
  - Leads to discomfort, distress to asthmatics
  - Nicotine is detected in blood and urine of passive smokers.
  - Passive smoking by adults may lead to Cervix, CA lung, and coronary heart disease
Health Effects on Children

- Sudden Infant Death Syndrome (SIDS)
- Acute respiratory infections
- Middle ear disease
- More severe asthma
- Respiratory symptoms
- Slowed lung growth
Health Effects Cont..

- The scientific evidence indicates that there is no risk – free level of exposure to second hand smoke
Eliminating Exposure

- Smoke-free policies fully protect nonsmokers
- Cleaning the air or ventilating buildings cannot eliminate exposure
- No such thing as a no-smoking section
Laws of Zambia

Statutory Instrument No. 39 of 2008

The Local Government (Prohibition of Smoking in Public Places) Regulations, 2008

3. (1) A person shall not smoke in a public place within the area.

(2) A person who contravenes sub – regulation (1) commits an offence and is liable, upon conviction to a fine not exceeding two thousand five hundred penalty units or to imprisonment for a term not exceeding two years, or to both.
Public Smoking Preventive measures

- Govt.’s responsibility for implementation of legislation.
- Encourage not to start smoking.
- Encourage to stop smoking.
- Multi-sectoral approach.
Preventive measures

- Anti-smoking health education to general public but special emphasis to focus on public smokers.
- Highlighting the positive effects of NOT smoking and QUITING smoking.
- Awareness for the rights of non-smokers.
- Legislative action
- Environmental health officers to take the lead in the enforcement of tobacco control regulations
- NGOs to take the complimentary effort on political mobilization on the part on the government in monitoring and enforcing of the legislation
RESOLUTION
ABOUT SMOKING IN A PUBLIC PLACE
THANK YOU FOR NOT SMOKING