



# TOBACCO & HEALTH





# Facts about smoking

- ★ **1/3<sup>rd</sup> 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 Ca-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**

There's no such thing as a

**NO SMOKING**

section

***No Amount of secondhand smoke is safe!***

Here are some unexpected ways you may breathe secondhand smoke every day:

- Sitting in the "no smoking" section, even if it doesn't smell smoky
- Riding in a car while someone else is smoking, even if a window is open
- Being in a house where people are smoking, even if you're in another room
- Working in any restaurant, warehouse, or building that allows smoking inside, even if there is a filter or ventilation system

 **Secondhand smoke**  
It hurts you. It doesn't take much. It doesn't take long.



# 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

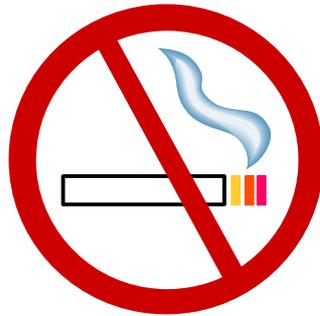
- ★ **Govt.'s responsibility for implementation of legislation.**
- ★ **Encourage not to start smoking.**
- ★ **Encourage to stop smoking.**
- ★ **Multi-sectoral approach.**





# 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 *QUITTING* 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

