



Solutions for Smoking

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What is smoking?

When people smoke tobacco, they burn it so they can breathe in it or taste the smoke. People smoke tobacco in different ways:

- Cigarettes
- Cigars
- Pipes

Tobacco smoking is the largest preventable cause of death and disease in the world. It affects your health, and affects the people around you through your second-hand smoke; which is the act of inhaling smoke around you, which can be just as harmful as smoking.



Problems caused by smoking

Smoking causes cancer, heart disease, stroke, lung diseases, and diabetes. (**Without terminology**)

Smoking may cause diseases in which abnormal cells divide without control and can invade nearby tissues, cardiovascular disease, the blockage of a blood vessel supplying blood to the brain, lung diseases, and diabetes complications. (**With terminology**)



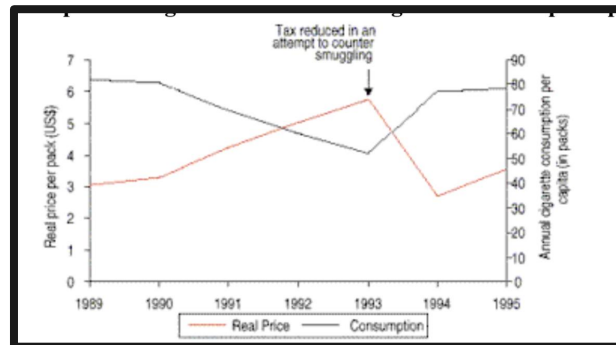
Raising prices on Tobacco Products

Price increases on tobacco products are one of the most productive and cost-effective means for reducing the demand for tobacco. One of the fundamental principles of economics states that as the price of a good rises, demand for that good falls.

Several reviews have demonstrated that a price increase of 10% results in a decrease of 2.5% to 5% in cigarette consumption. It has been estimated that such a response to a 10% price increase could result in 600 000 to 1.8 million fewer premature deaths in eastern European and central Asian countries, at a cost of 3 to 78 US dollars per disability-adjusted life year.

Example on why this solution works.

Canada provides an excellent example of the effect of tobacco price increases on smoking. Cigarette prices and consumption were both fairly steady between 1950 and 1980. As prices increased steadily beginning in the early 1990s, there was a correspondingly steady decrease in consumption. Between 1993 and 1994, federal and some provincial tobacco taxes in Canada were cut dramatically in response to signs of increased international smuggling, and subsequently, cigarette consumption rose significantly.





Educating Consumers about the disadvantages of smoking.

The available evidence for the effectiveness of various forms of consumer education as a tobacco control suggest that this should be included as a component of a comprehensive programme against tobacco. Mass media campaigns can raise awareness and change attitudes about the risks of using tobacco and the benefits of quitting. There is evidence that multimedia campaigns can prevent young people from starting to smoke and increase cessation among youth and adults when combined with other interventions.

For example, an evaluation of an anti-tobacco multi-media campaign in Norway comprised of youth-targeted messages about the negative effects of smoking found that non-smoking youth in the intervention counties were less likely to initiate than youth in control counties.



Restrictions, by Governments or Institutions on Tobacco Consumption

Legal restrictions appear to be effective in reducing both demand and consumption of tobacco, though it is difficult to quantify these benefits. A systematic review of interventions for preventing smoking in public places concluded that carefully planned restrictions, as elements of a comprehensive strategy, were effective in reducing public smoking. As to restrictions at work settings, there is evidence that the prevalence of smoking is reduced by almost 4% at smoke-free workplaces, and may yield reductions of up to 10%. These restrictions may prompt, or motivate smokers who are smoking illegally, to stop smoking.



Bans on advertising and the promotion of Tobacco Products

Advertising bans impose essential limits on the tobacco industry's sophisticated strategies for encouraging adults and even children to use its products. Among countries that have instituted comprehensive advertising bans, there has been an associated 6.3% reduction in smoking per adult. Equally important, the same study found that partial bans have little or no effect on smoking, as the tobacco industry in these cases simply re-channels its marketing to other mediums.



Conclusion

Most interventions for tobacco control are effective and cost-effective. The best results will be achieved by making use of all of the options available including the following:

- Increase taxes on all tobacco products, which is the single most effective means of tobacco control
- Utilize consumer education about tobacco-related health risks.
- Institute or increase smoking restrictions in workplaces and public spaces to protect non-smokers, encourage smokers to quit, and help denormalize smoking.
- Institute bans on the advertising and promotion of tobacco use.



Chosen Research Method

For this presentation, we chose the method of document analysis, in which we analyzed a 2003 document, created by the European World Health Organization (EWHO), which outlines, and gives examples for solutions to reduce tobacco consumption.



Sources (Cited)

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Which are the most effective and cost-effective interventions for ... (n.d.). Retrieved October 24, 2022, from https://www.euro.who.int/_data/assets/pdf_file/0004/74722/E82993.pdf **(Document analysis)**



Thank you.