



# World No Tobacco Use Day 2018

Every year, on 31 May, WHO and partners mark World No Tobacco Day (WNTD), highlighting the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption. The focus of World No Tobacco Day 2018 is **"Tobacco and Heart Disease:"** Increasing awareness on link between tobacco and heart and other cardiovascular diseases (CVD) and feasible actions and measures that key audiences, including governments and the public, can take to reduce the risks to heart health posed by tobacco

## Facts about Tobacco smoking

- More than 3,200 people under 18 smoke their first cigarette, and approximately 2,100 youth and young adults become daily smokers.
- 9 out of 10 smokers start before the age of 18, and 98% start smoking by age 26.
- 1 in 5 adults and teenagers smoke.
- On average, smokers die 13 to 14 years earlier than nonsmokers

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## Types of smoking

- Active Smoking - The person is actively lighting up a cigarette and smoking it.
- Passive Smoking - This is also known as second hand smoking or environmental tobacco smoke, which is created through the exhaled particles of an active smoker.

## Constituents/components in tobacco

- **Tar** - The particulate matter inhaled when the smoker draws on a lighted cigarette, composed of a large variety of organic and inorganic chemicals consisting of nitrogen, oxygen, hydrogen, carbon dioxide, carbon monoxide, and a wide range of volatile and semi volatile organic chemicals. In its condensate form, tar is the sticky brown substance which can stain smokers' fingers and teeth

(yellow brown) as well as the lung tissue(black).

- **Nicotine** - the most important acute-acting pharmacological agent in tobacco smoke, which causes addiction among smoker.

Its immediate physiological effects include increased heart rate and blood pressure, constriction of cutaneous blood vessels, and muscular, hormonal and metabolic effects. It's among the most toxic of all poisons and acts with great speed

- **Carbon monoxide** - it impairs oxygen transportation in the blood. Since it has a chemical affinity for hemoglobin over 200 times greater than that of oxygen, thereby reducing the amount of oxygenated blood in body organs and tissues.

- **Nitrogen oxides**-responsible for initiating lung damage leading to emphysema.

- **Hydrogen cyanide** - interference with this cleaning system can result in an accumulation of toxic agents in the lungs, thereby increasing the likelihood of developing disease

- **Metals** such as arsenic, nickel, arsenic, cadmium, chromium and lead that are causally associated with cancer in humans, while nickel and cadmium and their compounds are probably carcinogenic to humans

- **Radioactive compounds** - This are well established as carcinogens





### Health Effects of Smoking

- Cancer of: Bladder, Oesophageal, Laryngeal (voice box), Lip,
- Lung, Mouth, Throat, and Tongue
- Heart disease, Stroke,
- Lung diseases,
- Diabetes,
- and chronic obstructive pulmonary disease (COPD), including emphysema and chronic bronchitis.
- Increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis
- In pregnancy tobacco smoking increases risks of Miscarriage, still births, ectopic pregnancies, placental abruption, low birth weight, and birth defects.

- Protect people from exposure to tobacco smoke by creating completely smoke-free indoor public places, workplaces and public transport;
- Offer help to quit tobacco (cost-covered, population-wide support, including brief advice by health care providers and national toll-free quit lines);
- Warn about the dangers of tobacco by implementing plain/standardized packaging, and/or large graphic health warnings on all tobacco packages, and implementing effective anti-tobacco mass media campaigns that inform the public about the harms tobacco use and second-hand smoke exposure.
- Enforce comprehensive bans on tobacco advertising, promotion and sponsorship; and
- Raise taxes on tobacco products and make them less affordable

### WHO : Facts about tobacco, heart and other cardiovascular diseases

Cardiovascular diseases (CVD) kill more people than any other cause of death worldwide, and tobacco use and second-hand smoke exposure contribute to approximately 12% of all heart disease deaths. Tobacco use is the second leading cause of CVD, after high blood pressure.

WHO has come up with a slogan **MPOWER** , measures that can be used by governments to reduce tobacco use and protect people from NCDs. These measures include

- Monitor tobacco use and prevention policies;

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