

SMOKING PRESENTATION:

Smoking is the habit or addiction to tobacco smoke, i.e. the act of burning the dry leaves of the tobacco plant and inhaling smoking derived by pleasure, resulting in chronic intoxication and addiction; by extension it includes dependencies related to other, percentageally less relevant, assumptions, such as inhalation of dust (snuff).

SMOKING

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PUBLIC HEALTH POLICY (BMHP5013)



Smoking is...

- Smoking is the inhalation of the smoke of burning tobacco encased in cigarettes, pipes, and cigars.
- Casual smoking is the act of smoking only occasionally, usually in a social situation or to relieve stress.
- A smoking habit is a physical addiction to tobacco products. Many health experts now regard habitual smoking as a psychological addiction, too, and one with serious health consequences.

- This part presents information on smoking patterns among adults.
- Smoking prevalence, consumption and trends among different groups of society and geographical areas are explored, along with smoking during pregnancy.
- 14.9% of adults in England are current smokers, down from 15.5% in 2016, and 19.8% in 2011.
- This equates to a drop of around 1.6 million smokers in the adult population since 2011, from approximately 7.7 million (2011) to 6.1 million (2017)¹.

- ❖ Based on the longer time series of the OPN, in 2000, 26.8% of adults aged 16+ were smokers.

SMOKING PREVALENCE, BY SEX:

- ❖ Men were more likely to be current smokers than women.

Smoking is Haram!

"Nor kill or destroy yourselves for verily Allah hath been to you most Merciful (Surah, An-Nisa, 4:29)"

BACKGROUND

- ❖ Smoking was banned in nearly all enclosed workplaces and public spaces in 2007. We commissioned a review of how the ban was working in 2011.

- ❖ Most forms of tobacco advertising have been banned since 2003, and eye-catching displays were banned from supermarkets in April 2012.

ISSUE

- ❖ Smoking causes more preventable deaths than anything else - nearly 80,000 in England during 2011.
- ❖ There's also an impact on smokers' families: each year, UK hospitals see around 9,500 admissions of children with illnesses caused by secondhand smoke.
- ❖ Electronic or e-cigarettes aren't currently regulated like products that contain tobacco.
- ❖ So the Medicines and Healthcare Products Regulatory Agency (MHRA) is carrying out research on these products - looking in particular at how different levels of nicotine affect the body. We'll use this research to help us to decide whether we need to take any action on e-cigarettes.

- ❖ The likelihood of being a current smoker is highest in younger age groups.
- ❖ Adults aged 25 to 34 were most likely to be current smokers (20%), with those aged 65 and over the least likely (8%).

- ❖ Smoking prevalence information is primarily taken from the Annual Population Survey (APS) , with some additional analysis included from the Opinions and Lifestyle Survey (OPN).

NHS

- ❖ Data on exposure to second hand smoke is taken from the Health Survey for England (HSE) 2015 which is published by NHS Digital.
- ❖ The survey is designed to measure health and health-related behaviours in adults and children in England.

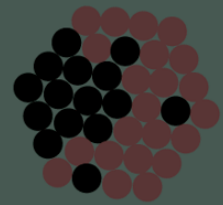
CANCER:

- Smoking is the biggest preventable cause of cancer in the UK, and worldwide. (Brown, K. F.)
- Harmful chemicals in cigarette smoke affect the entire body – not just our lungs. And smoking causes at least 15 different cancer types. (Cancer Research UK.)
- Heavy smoking can cause cancer: means a smoking history of 30 pack years or more. A pack year is smoking an average of one pack of cigarettes per day for one year.
- For example, a person could have a 30 pack-year history by smoking one pack a day for 30 years or two packs a day for 15 years.¹¹ (U.S. Preventive Services Task Force)



- More than 80% of all smokers now live in countries with low or middle incomes, and 60% in just 10 countries, a list headed by China.

- China is the world's most populated country, and is also the leading country in the cigarette industry. In 2014, China produced and consumed more than 30% of the cigarettes in the world.



Cancer

- Smoking rates in the United States dropped by half from 1965 to 2006, from 42% to 20.8% of adults.

- In Australia the incidence of smoking is in decline, with figures from 2014–15 showing 14.7% of the population (over 18). Young adults are the most likely age group to smoke,

Heart disease

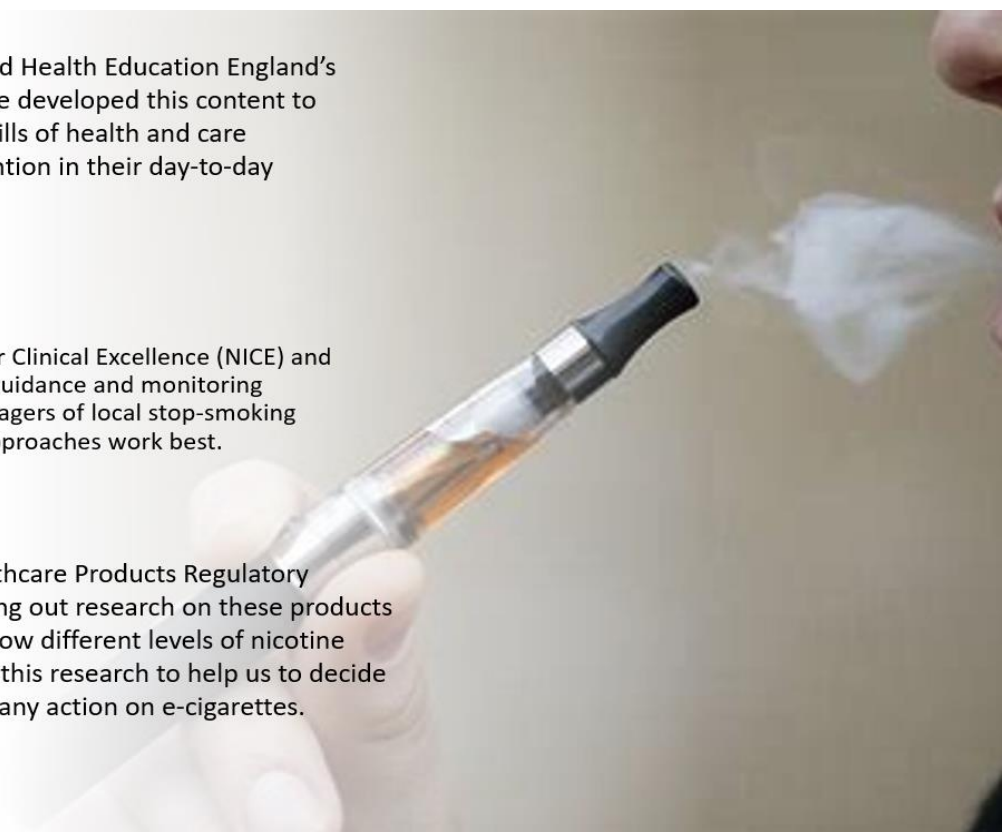
COPD



POLICY:

- Smoking is banned in almost all enclosed public places and workplaces in the UK.
- You also need to make sure that employees and customers keep to the rules. It is therefore advisable to have a smoking policy for your business.
- Every front-line health and care professional should:
 - discuss smoking with their patients
 - routinely offer all smokers advice and support to quit smoking as part of routine care
 - deliver evidence-based interventions in accordance with NICE guidance



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- Public Health England (PHE) and Health Education England's 'e-Learning for Healthcare' have developed this content to increase the confidence and skills of health and care professionals, to embed prevention in their day-to-day practice.

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- Working with the National Institute for Clinical Excellence (NICE) and other organizations, we've produced guidance and monitoring standards, so commissioners and managers of local stop-smoking services have information on which approaches work best.

- The "Medicines and Healthcare Products Regulatory Agency" (MHRA) is carrying out research on these products - looking in particular at how different levels of nicotine affect the body. We'll use this research to help us to decide whether we need to take any action on e-cigarettes.



In conclusion...

- ❖ **Smoking seriously harms health for you and the people around you.**
- ❖ **Creates addiction especially for young people.**
- ❖ **Let's help to prevent people from smoking!**

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