

SMOKING

Public Health Policy

BMHP5013 (Group 4)

Lecturer: Barbara Chinyani

Roland Nwaosu 1917495 - Leader

Nataliya Virych 1909127

Nathalia Piedrahita Uribe 1906185

Nazma Begum 1912288

Ogo-oluwa Mafimisebi 1914926

Modou Mbacke 1916151



Introduction

- ▶ Smoking: a public health issue
- ▶ Local, National and International Policies action
- ▶ Incidences, causes and controls of smoking public health issue
- ▶ The roles of national, international agencies, local authorities, government, WHO, voluntary organisations.
- ▶ Different approaches and strategies used to control the incidence of smoking
- ▶ Developments in health and social care policy

Smoking: a public health issue

What is smoking?

Smoking is act of inhaling and exhaling the fumes of burning plant material. Variety of Plant materials are smoked Including hashish, marijuana. However, the most common one is tobacco as smoked in a cigarette, cigar, or pipe. (Sweanor, 2021)

History of smoking

- ▶ Tobacco is derived from the leaves of the genus Nicotiana, a plant from the night-shade family, indigenous to North and South America. (Shanu Mishra, 2013)
- ▶ Tobacco has been growing wild in the Americas for nearly 8000 years.
- ▶ Around 2,000 years ago tobacco began to be chewed and smoked during cultural or religious ceremonies and events.(Anon., 2020)

Definitions of smoking from:

➤ World Health Organization

A smoker is someone who smokes any tobacco product, either daily or occasionally. A daily smoker is someone who smokes any tobacco product at least once a day. An occasional smoker is someone who smokes, but not every day. (Who, 2020)

➤ National Health Service

Secondhand comes from a lit cigarette and smoke exhaled by the smoker. Inhaling it is called secondhand smoke and is dangerous to health as smoking. (NHS, 2018)

Local, National and International Policies

► **Local Policy**

The Local is called Smoke-free Merton

The Policy is a legislation based on England smoke-free law governing enclosed public places and workplaces

1. Three offences associated with this new legislation are:
2. Smoking in a smoke free place or vehicle;
3. Not displaying appropriate no smoking signage in a smoke free place or vehicle; and allowing smoking in a smoke free place or vehicle

► **National Policy**

Public Health England's
"Towards a Smoke free Generation"

Ambitions Are:

1. The first smokefree generation
2. A smokefree pregnancy for all
3. Parity of esteem for those with mental health conditions
4. Backing evidence based innovations to support quitting

Action

1. Prevention first
2. Supporting smokers to quit
3. Eliminating variations in smoking rates
4. Effective enforcement (Department of Health and Social Care, 2017)

► **International Policy**

World Health Organization Policy is based on an acronym "MPOWER"

- M - Monitor tobacco use and prevention policies
- P - Protect people from tobacco smoke
- O - Offer help to quit tobacco use
- W - Warn about the dangers of tobacco
Raise taxes on tobacco
- E - Enforce bans on tobacco advertising, promotion and sponsorship
- R - Raise taxes on tobacco

INCIDENCES

- Smoking considering as the growing epidemic.



- Smoking is one of the biggest causes of death and illness in the UK. Every year around 78,000 people in the UK die from smoking, with many more living with debilitating smoking-related illnesses. (Henningfield, 2019)
- **About one-third of the world's tobacco is produced and consumed in China.one of the major risk factor for mortality in China** (Gu et al., 2009)
- **Cigarette smoking is the most important risk factor of developing lung cancer** (pakuna, 2014)

CONTROL, DATA...



GTSS includes over 20 tobacco data topics including, tobacco use, tobacco advertising, cessation, secondhand smoke, school policies, and perceptions of smoking behaviors.

The GATS Atlas presents tobacco statistics from Global Adult Tobacco Surveys implemented in 22 countries.



Nathalia Piedrahita Uribe 1906185

Roles of different agencies

- ▶ Public Health England (PHE) have advised smokers to access support through their local stop smoking service. (StopsmokingLondon,2020)
- ▶ Using nicotine replacement therapies (NRT) to help aid in stopping smoking
- ▶ Using alternative medicines to stop smoking prescribed by GP(NHS, 2018)
- ▶ WHO have stated that counselling and medication is needed in order to quit (WHO, 2021)
- ▶ Volunteer organizations offer telephone behavioural therapy to offer support
- ▶ NHS England have support available at GP surgeries who provide NRT.(NHS,2018)



Different approaches and strategies used to measure, monitor and control the incidence of disease in communities

1. **Smoking Cessation Services.** Smoking Clinic-Maudsley Hospital. This is a specialist service, available to people living or working in Southwark. (Anon., 2016)

2. **Stoptober (2012).** A campaign that encourages smokers to quit for good.

3. **Breaking The Chain (2017)**

(Southwark Council, 2017)

4. **The London Health Inequalities Strategy.**

This is by supporting London borough like Southwark, on their work preventing tobacco, alcohol and drug-related harm.

5. **Health Needs Assessment.**

(Southwark Council, 2019)

Recent developments in health and social care policy and their impact on the health and wellbeing of individuals in health and social care settings

National and international public health are working to make smoking harder for the people as it could improve individual's wellbeing. Public health England are spending lot of money on advertising to persuade people to stop and not start smoking their target is younger people this why they spend money on social medias where they can reach their target. Globally health authorities are banning smoking indoor which has really improved wellbeing especially for none smokers and children.

Conclusion

To conclude this report smoking is one of the main health issue worldwide. In this report we explained what smoking is and different smoking policies globally, nationally and locally. Furthermore, we explained what is the incident rates and the negative impact it makes to families financially. According to NHS the direct cost of smoking to the NHS have been estimated between at £2.7 billions to £5.2 billions, which is equivalent to 5% of total NHS budget for each year. This money could serve other societal challenges. There are a lot of benefits both health wise and financially if strategies and policies enumerated in the report is strictly adhered to.

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