



Public Health Policy - Smoking

Lecturer: Evelyn Callahan
Module name: Public Health Policy
Module Code: BMHP5013





Group Members and Roles:

- Maria Michael (1913894)- introduction
- Maria Michael (1913894)- A Public Health Issue
- Rusti Monica (1909952)- Incidence of smoking disease
- Maria Michael: Anti-Smoking Policies
- Stoyan Grozdanov (1913753)- Impact of anti-smoking legislation
- Ileana Ioana Chis (1818454)- The role of different agencies
- Stoyan Grozdanov (1913753)- Conclusion and Recommendation

PUBLIC HEALTH POLICY

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MODULE NAME: PUBLIC HEALTH POLICY
MODULE CODE: BMHP5013



Ileana's slide

ROLE OF LOCAL AGENCY

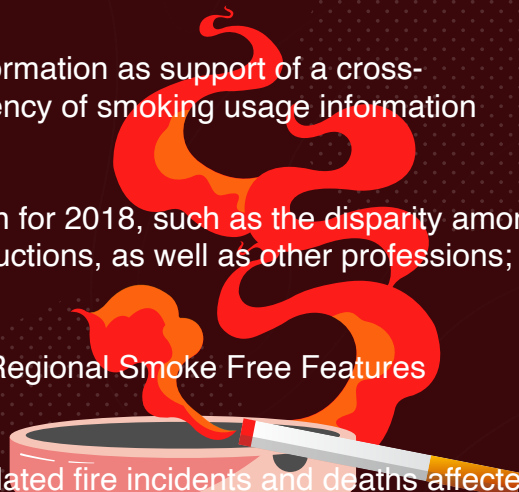
- ❑ motivating smokers to stop smoking and preventing youthful individuals from stealing up the addiction, multimedia efforts are very successful and cost-efficient (Carreras-Torres *et al.*, 2018).
- ❑ Strategy to reduce medical inequities - could be targeted to categories and locations exhibiting excessive cigarette consumption propaganda campaigns (Conner *et al.*, 2018).
- ❑ Propaganda campaigns - local governments may desire to work cooperatively and finances along a bigger region in order to expand the reach of propaganda campaigns.
- ❑ Prevention initiative

Ileana's Speaker notes

Role of local agency

Both motivating smokers to stop smoking and preventing youthful individuals from stealing up the addiction, multimedia efforts are very successful and cost-efficient (Carreras-Torres *et al.*, 2018). PHE performs nationwide mass media initiatives, however these programmes are more effective when they are supplemented by tailored local campaigns. Local knowledge will be used in local campaigns. As a strategy to reduce medical inequities, it could be targeted to categories and locations exhibiting excessive cigarette consumption (Conner *et al.*, 2018). Local governments may desire to work cooperatively and finances along a bigger region in order to expand the reach of propaganda campaigns. Refreshing, the North East's particular geographic tobacco prevention initiative, is such an approach. Refreshing, which is sponsored by Northeastern governments, administers a number of regional initiatives, notably award-winning advertisements.

Ileana's slide ROLE OF NATIONAL AGENCY

- ❑ Department Of Healthcare and NHS Information as support of a cross-government effort to enhance the transparency of smoking usage information (Cooper et al., 2017).
 - ❑ New smoking epidemiological information for 2018, such as the disparity among tobacco consumption in schedule and instructions, as well as other professions; data information for respiratory system
 - ❑ Health Research England's info to their Regional Smoke Free Features (Anyanwu et al., 2020).
 - ❑ Latest update information for smoking-related fire incidents and deaths affected by companions
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Ileana's Speaker notes Role of National agency

This publication is provided on the same day as similar relevant announcements from Department Of Healthcare and NHS Information as support of a cross-government effort to enhance the transparency of smoking usage information (Cooper et al., 2017). New smoking epidemiological information for 2018, such as the disparity among tobacco consumption in schedule and instructions, as well as other professions; data information for respiratory system, enteral, and carcinoma signups; and latest update information for smoking-related fire incidents and deaths affected by companions are all included in Health Research England's info to their Regional Smoke Free Features (Anyanwu et al., 2020). The Tobacco Control Plan for England (2017) aims to "lower the cigarette percentage inequity gap among individuals in regular and repetitive professions and the overall population." They assessed the probabilities of smoking in the regular and unskilled populations vs those who are in management, professional, and midrange jobs to determine the degree of the disparity.

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ROLE OF INTERNATIONAL AGENCY

- ❑ The “smoking pandemic” is one of the planet's most severe “global health hazards”, claiming the “lives of more than 8 million inhabitants” every year. “More than 7 million” of these losses are caused by “direct nicotine usage”, and the rest of “1.2 million are caused by non - smokers inhaling second - hand smoking”.
- ❑ The WHO FCTC represents a watershed moment in the advancement of human healthcare - it is a proof agreement that asserts public's freedom to the greatest level of healthcare, establishes legal frameworks for global health collaboration (Brose et al., 2021).
- ❑ The 2030 Agenda for Sustainable Development Goals has a particular objective of improving agreement enforcement
- ❑ Combat Unlawful Exchange in Cigarettes mandates - the procedure have broad spectrum of cigarette distribution network initiatives, as well as the licensing of cigarette imported goods, export markets, and manufacturing, the implementation of package tracking structures, criminal penalties on ones who engage in underground economy.

Ileana's Speaker notes

Role of International agency

The “smoking pandemic” is one of the planet's most severe “global health hazards”, claiming the “lives of more than 8 million inhabitants” every year. “More than 7 million” of these losses are caused by “direct nicotine usage”, whereas “1.2 million are caused by non - smokers inhaling second - hand smoking”. The WHO FCTC represents a watershed moment in the advancement of human healthcare. It is a scientific proof agreement that asserts public's freedom to the greatest level of healthcare, establishes legal frameworks for global health collaboration, and establishes rigorous required criteria (Brose *et al.*, 2021). The 2030 Agenda for Sustainable Development Goals has a particular objective of improving agreement enforcement. MPOWER was launched by WHO in 2007 as a realistic and cost-effective means to significantly increase execution of the WHO FCTC's primary consumption control measures on the field. At least one article of the WHO International Health regulations relates to every MPOWER initiative. Throughout 2007, the World Health Organization has been tracking MPOWER regulations. The Procedure to Combat Unlawful Exchange in Cigarettes mandates a broad spectrum of cigarette distribution network initiatives, as well as the licensing of cigarette imported goods, export markets, and manufacturing, the implementation of package tracking structures, and the encroachment of criminal penalties on ones who engage in underground economy. It also aims to make illegal activities like unlawful manufacturing and cross-border trafficking illegal.

Ileana's slide

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- Chis Ileana Ioana (1818454)- The role of different agencies

Monica Speaker Notes

In a country, it is necessary for the citizens to take care of their lives and to carry on with a proper and healthy lifestyle. To do so, it is necessary to maintain some regulations that are necessary for daily lives.

Incidence of Smoking Disease

Smoking has been considered a global issue that causes harm to a huge population as it leads to severe diseases like chronic bronchitis, emphysema and certain eye problems (Jacob *et al.*, 2018).



Monica Speaker Notes

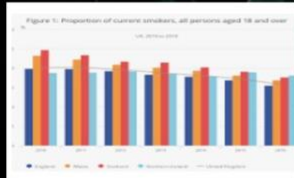
The incident of smoking can cause several issues, for instance, peer pressure can lead to increased chances of smoking among youths and adults.

Otherwise, it may also happen that excessive stress in the workplace may lead to smoking (Armitage *et al.*, 2018). Along with this, it may also happen that the person may become addicted and cause a severe illness (Lawrence *et al.*, 2019). To ensure the health and wellbeing of the citizens of the UK, the government has tried to execute certain policies that will reduce the cases of unnatural and premature death.

As a result, a few policies will be taken into consideration to ensure public health in the UK.

The government has tried to restrict and control the use of tobacco and alcohol primarily by introducing "Screening and brief advice for tobacco and alcohol use".

Incidence Rates / Geographical distribution



- In the UK, the areas that can be named as the zones of adult smoking are Northern Ireland, Wales and Scotland .
- In addition, Northern Ireland have the major portion (Lawrence H,2019).
- In terms of the rates of smoking, it can be said that the percentage has fallen from 14.7% to 14.1% in the year 2019 (.gov. UK, 2021).

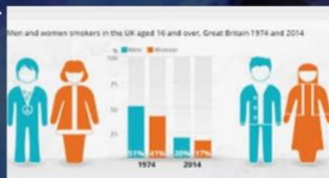
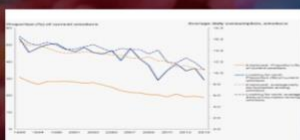
Monica Speaker Notes

The incident of smoking is a common factor that can be found spread over the globe. However, in terms of the UK, the areas that can be named as the zones of adult smoking are mainly Northern Ireland, Wales and Scotland. Among the three major locations that have been given, **Northern Ireland** forms the major portion. In terms of the rates of smoking, it can be said that the percentage has fallen from 14.7% to 14.1% in the year 2019 (.gov. UK, 2021).

Therefore, the rate of smoking has been reducing as per the report of the government.

Trends / Vulnerable groups

- It can be said that nearly 6.9 million people of the population are currently in the sphere of this issue and they are striving hard to quit it.
- The rate of smoking has been reducing as per the report of the government. The main age group of the populations that have been falling prey to smoking falls under the age group of 25-34 years.
- It can be estimated that nearly 15.9% of men and 12.5% of women are being entrapped in this issue (.gov. UK, 2021).



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- The government has tried to restrict and control the use of tobacco and alcohol primarily by introducing "Screening and brief advice for tobacco and alcohol use". With the help of this

policy, the citizens could be made aware of the different issues that may be faced by an individual while smoking and taking alcohol. With the help of this policy, a few people have been made to realise the harmful effects and the **impact** has been quite fruitful.

According to the policy of "smoking and quitting in England", the government has been taking steps to reduce the number of people who smoke and trying to bring them back to mainstream society by quitting these habits.

Causes



- The incident of smoking can cause several issues, for instance, peer pressure can lead to increased chances of smoking among youths and adults.
- It may also happen that excessive stress in the workplace may lead to smoking (Armitage *et al.*, 2018).

Monica Speaker Notes

Smoking has become a universal problem and may lead to many premature deaths.

The universal problems need to be under control to ensure public welfare.

Therefore, strategies and policies are to be implemented to bring the situation under control.

Spread and Control



- The consequences of smoking can vary from normal coughing to cancer, heart disease, stroke, lung cancer, diabetes and finally to Chronic Obstructive Pulmonary Disease.
- The US Department of Health and Human Services have tried to figure out scientific evidence to make people aware of the results of smoking (gov. UK, 2021).

Monica Speaker Notes

The effort to reduce the incidents of smoking can be accessed in the following manner.

- The international agencies have tried to reduce this incident by banning the use of cigarettes in many regions whether the rates are very high.
- The US Department of Health and Human Services have tried to figure out scientific evidence to make people aware of the results of smoking (gov. UK, 2021).
- Moreover, the local authorities can organise meetings and campaigns to reduce the incidence of smoking.

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Public Health Policy - Smoking

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Maria Michael



Introduction

What is Smoking?

Smoking may be defined as the inhaling of small carbon particles along with tar that causes damage to various organs of the body, especially the lungs (Jacob *et al.*, 2018)..



Maria Michael

Lung cancer is the most common cancer worldwide, and is responsible for

1.76 MILLION DEATHS



I should have
never
smoked!



Smoking: A Public Health Issue

- The single greatest cause of preventable ill health (NHS, 2019)
- Accounts for more years of life lost than any other modifiable risk factor
- Smoking is linked to nearly half a million hospital admissions each year (Department of Health , 2017)
- Smoking is a major contributor to inequalities in health in high-income countries such as the UK (Anyanwu, et al., 2020)

Approximately two-thirds of lifelong smokers in the UK will die of smoking-related illnesses. Tobacco smokers are also more likely than non-smokers to be diagnosed with a variety of ailments, from cardiovascular to respiratory diseases (UK Health Security Agency, 2021).

Maria Michael

Anti-Smoking Policies



Smoke-free Public Places Legislation

- **UK Scotland – Smoking, Health and Social Care (Scotland) Act 2005**
 - legal ban on smoking in the workplace in March 2006.
- **The Prohibition of Smoking in Certain Premises (Scotland) Regulations 2006**
 - applies to most indoor workplaces and public places, with few exceptions
- **The Health Act 2006**
 - Covers most indoor workplaces with few exemptions. It also increased the minimum age of persons to whom tobacco may be sold.
 - This immediately resulted in a reduction in smoking initiation and a narrowing of inequalities in initiation over subsequent years.



A study conducted on workers in bars indicated that their exposure to tobacco smoke was reduced by up to 91%, with a corresponding improvement in their respiratory health when the legislation was introduced. (Centre for Public Impact, 2019). Overall, these legislation reduced non-smokers' exposure to second-hand smoke, and the related illnesses.

Maria Michael

Sale and Promotion of Tobacco



- Virtually all tobacco advertising is now prohibited in the UK
- The Tobacco Advertising & Promotion Act 2002 was enacted in November 2002 in the UK, with most advertising and sponsorship being prohibited from February 2003 (e.g. on billboards and in printed publications)
- Tobacco sponsorship of international sport has been banned since July 2005
- All tobacco brand advertising and displays of tobacco products at the point of sale have been prohibited since April 2015

• Tobacco Taxes

- High prices put people off smoking - especially young people and people on lower incomes
- The UK government continues to set tobacco tax rates high enough to discourage people from smoking

Even though the sale and promotion of tobacco is prohibited, tobacco manufacturers and distributors continue to do so via “below the line” marketing techniques such as trade shows and direct mail campaigns (Action on Smoking and Health, 2019).

Maria Michael



Tobacco Packaging

- The UK was the first country in Europe to require standardized, plain packaging for cigarettes.
- As of 20th May 2016, tobacco products in the UK are no longer to be sold in flashy, brightly coloured packs.
- They should be sold in dull green packs with large graphic images on the front and back and health warnings on all four sides.

The only remaining branding is the product name in a standard font (Action on Smoking and Health, 2017). Standardized packaging would increase the impact of health warnings reduce false and misleading messages that one type of cigarette is less harmful than another, and reduce the attractiveness of smoking to young people (Action on Smoking and Health, 2017).

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Conclusion

- ▶ Tobacco smoking has been a significant health issue in the United Kingdom for many decades.
- ▶ Various policies have been formulated and enacted with the main objective of reducing the prevalence of smoking in the country.
- ▶ Over the decades, most of these policies have been observed to bear positive results as the number of smokers in the UK continues to reduce.

For more than half a century, the United Kingdom's healthcare and legislative departments have been formulating and executing measures to combat tobacco smoking, which has always been a significant health issue for the country.

Various legislations have been enacted and these have been measured, with results indicating that most of the Acts and laws designed to reduce the prevalence of tobacco smoking in the country have had positive outcomes.

The prevalence rates of smoking in the country are far lower today than they were at the time when anti-smoking movements began gaining traction in the 1970s.

Recommendation

- ▶ While there are many positive signs, the relevant authorities, such as the NHS, need to continually come up with improved ways to influence people to stop smoking.
- ▶ The efforts to reduce the prevalence of tobacco smoking should be focused on preventing new smokers more than on influencing smokers to quit (Anyanwu et al., 2020).
- ▶ The relevant authorities should involve smokers' families and close friends to help them cope with difficulties associated with quitting.

The NHS cannot relent in its quest for a smoke-free population in the United Kingdom.

The positive outcomes of legislative interventions may communicate that the NHS can always look towards these as a solution, but it should not always be the primary goal for the NHS and the public health stakeholders who want a smoke-free nation.

Involving the people who smoke or those who live with smokers and developing strategies through which these individuals can first be psychologically and mentally prepared to quit smoking or to influence their family members to quit smoking would have significant positive outcomes as the NHS seeks to take the prevalence of smoking in the country to single-digit rates and, ultimately, to zero percent.

The most successful strategies in this approach would be those that help smokers to quit on their will as well as provide support to those that quit smoking.

Reference

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Policies on Tobacco Smoking

- Policies by the UK governments to control the impact of smoking have been there for years and they continue to be updated.
 - ❖ Smoking in public and in closed places was banned in the UK in 2007.
 - ❖ Between 2006 and 2008, the UK countries also raised the legal age for tobacco purchase from 16 years to 18 years.
 - ❖ TV and press advertising of tobacco is banned in the UK, although promotion of cigarettes can be done through smaller shops.
 - ❖ Tobacco taxes have repeatedly been increased to put people off smoking, with the target being young people and those on lower incomes (Anyanwu et al., 2020).

Impacts of Anti-Smoking Policies

- Some of the impacts of the anti-smoking policies in the UK include:
 - ❖ Smoke-free legislation has been associated with reduced cases of cardiovascular and respiratory, as well as pregnancy complications.
 - ❖ Such policies have been observed to cause a significant reduction in air pollution in bars and other public places.
 - ❖ These policies have also been cited to be effective in the prevention and reduction of socioeconomic inequalities in youth smoking initiation (Anyanwu et al., 2020).

Reference

- Anyanwu, P. E., Craig, P., Katikireddi, S. V., & Green, M. J. (2020). Impact of UK tobacco control policies on inequalities in youth smoking uptake: a natural experiment study. *Nicotine and Tobacco Research*, 22(11), 1973-1980.