

SMOKING AND YOUNG PEOPLE

WHAT IS SMOKING?

- Tobacco smoking consists of drawing smoke from burning tobacco into the mouth, which then travels down to the lungs via the upper airway, (West, 2017).
- Smoked tobacco products include cigars, cigarettes, kreteks and bidis, (National Institute on Drug Abuse, 2021).
- Tobacco contains a highly addictive chemical called nicotine, which after it gets **absorbed** in the bloodstream, it travels up to the brain. The brain then releases a hormone called dopamine (also known as the happy hormone), giving the consumer a good and pleasant feeling.
- Over time, the brain starts to crave the 'good feeling' from nicotine, hence the tobacco consumers continue to smoke even more to experience that feeling.
- Nicotine also reacts with the adrenal gland, releasing adrenaline in the body, giving some consumers 'energy and focus', (Government of Northwest Territories, 2022).
- Due to nicotine being so addictive, quitting smoking is very challenging, therefore it is recommended not to begin smoking in the first place.



HOW IT EFFECTS THE BODY

- Addicted to nicotine
- Reduces lung growth and damage the heart
- Impacts brain development (PCPCH, 2020))

Short term effects:

- Bad breath
- Smelly clothes and hair
- Low stamina (CDC, 2023)

Kidshealth (2019) higher risk of injury

Risks of illnesses such as pneumonia and infections



STATISTICS?



STATISTICS



- Shkurte

Cigarette smoking remains the number one preventable cause of death world wide, killing almost 6 (six) million people each year, (Harvey and Chadi, 2016).

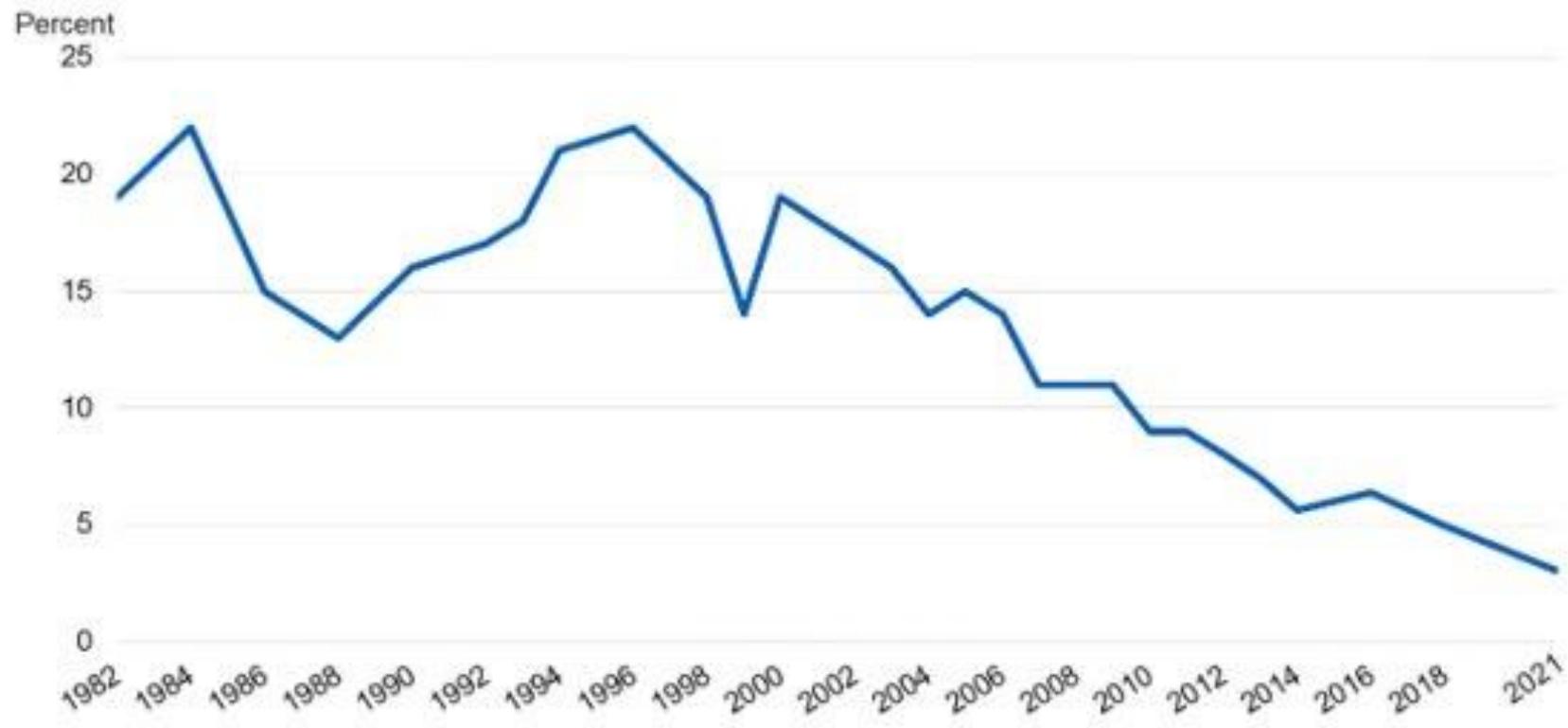
Smoking is predominantly more prevalent in the lower socio-economic status population.

In the United Kingdom, those individuals who had no qualifications were more likely to be current smokers with a percentage of (28.2%), compared to those individuals who had a higher education degree or equivalent with a percentage of 6.6% in 2021, (Office for National Statistics, 2021).

It is estimated that in the UK, around 207,000 children start smoking each year, (Action on Smoking and Health, 2019)

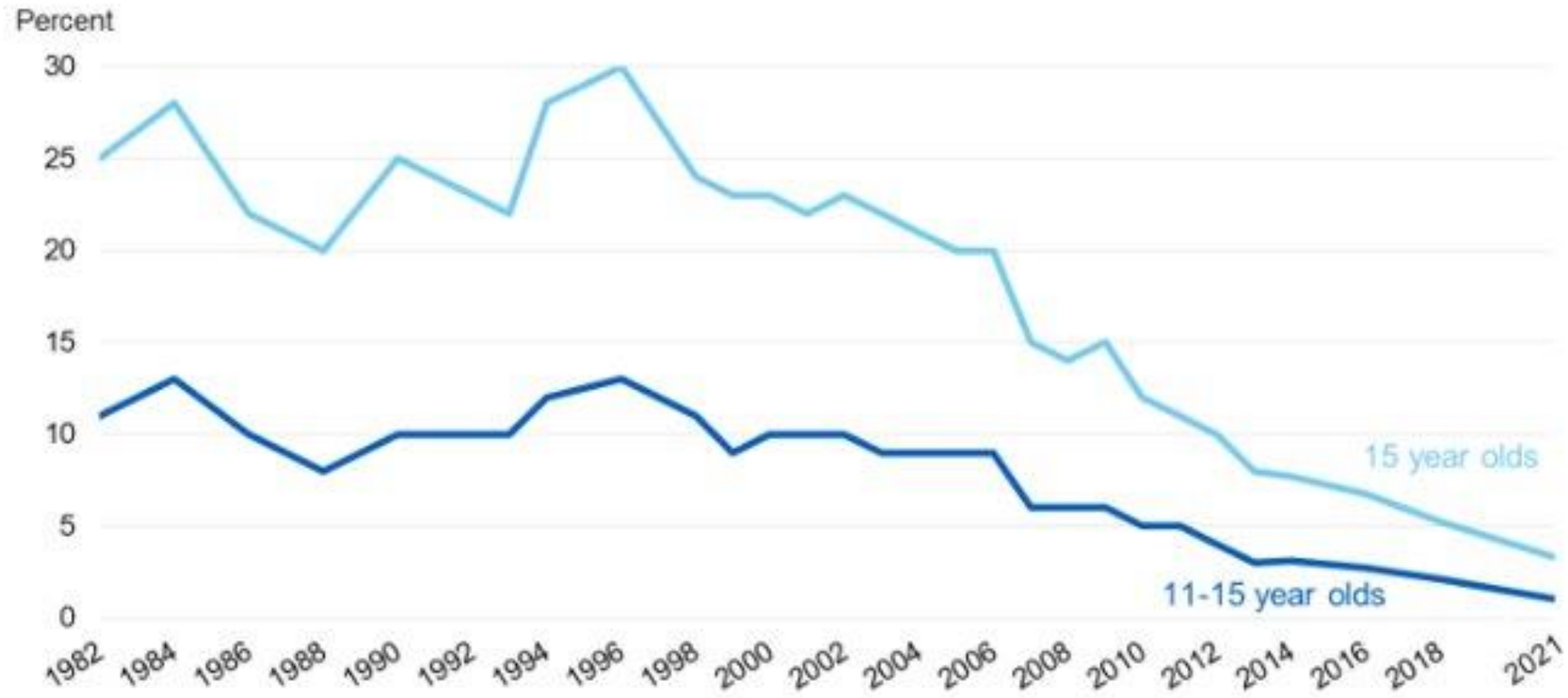
Each year, around 78,000 people in the United Kingdom die from smoking, (the National Health Service, 2018).

STATISTICS ON PUPILS WHO ARE CURRENT SMOKERS- S.K

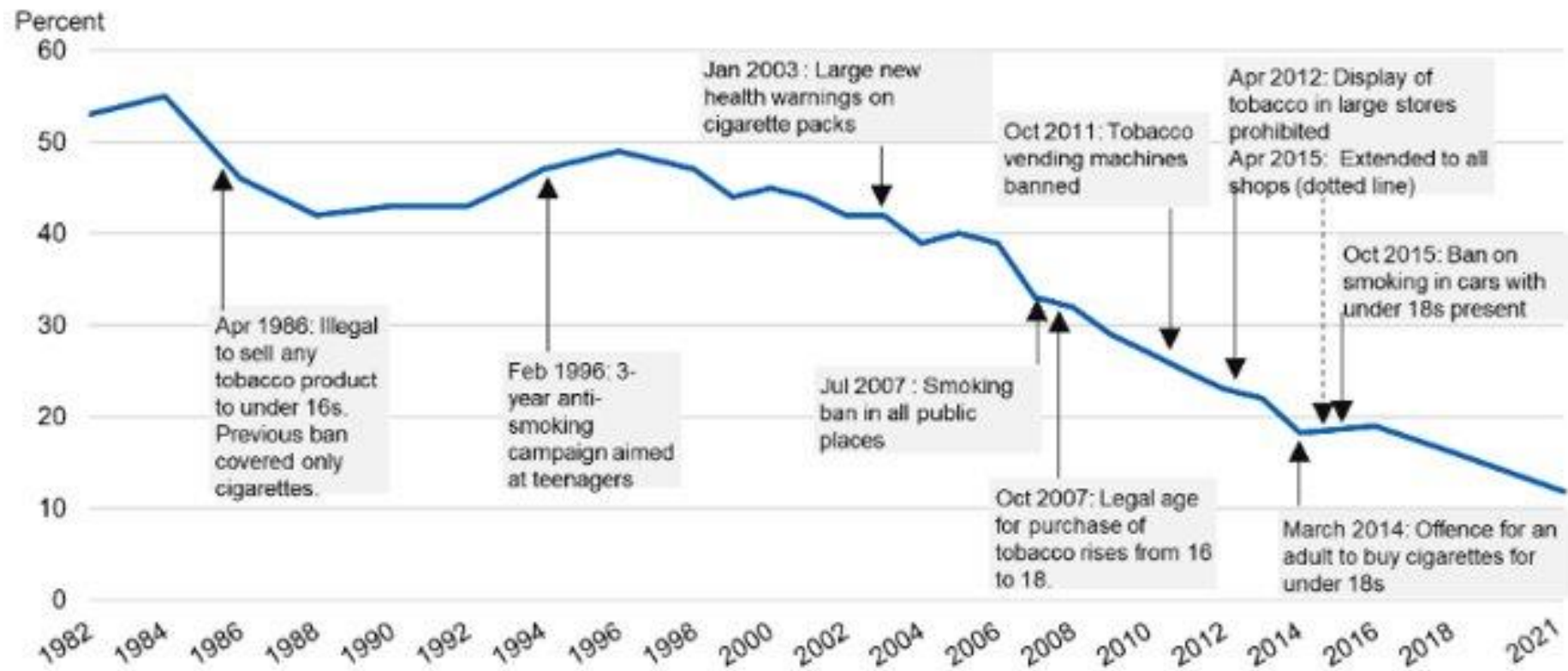


National Health Service, 2021

STATISTICS ON PUPILS WHO ARE REGULAR SMOKERS- S.K



STATISTICS ON PUPILS WHO HAVE EVER SMOKED- S.K



WHY YOUNG PEOPLE SMOKE?

Start smoking before leaving school

- Peer pressure
- Parents smoke so it is ok for them to smoke
- Experiment
- Media influence (American lung Association (2022))

Only takes 100 cigarettes to become addicted (Park 2011)



MODELS OF HEALTH

The Ottawa Charter (WHO 2023) identifies five integrated action areas for health promotion:

- Build healthy public policy
- Create supportive environments
- Strengthen community actions
- Develop personal skills
- Re-orient health services

Behaviour model

The behavioural change model for health promotion takes a preventive approach and concentrates on everyday lifestyle that influence health (Glanz, K Viswanath and Rimer, 2015)

VS

Education model

For people to make an educated decision about their health behaviour, this method aims to provide knowledge and information as well as build the essential skills (Sharma (2016).

PREVENTION & RECOMMENDATION

- What is the government doing to tackle and prevent child and teenage smoking?
- In 2017, the Government published a Tobacco Control Plan 2017–2022 towards a 'Smoke Free Generation' aim.
- They set out aims and objectives on how they were going to achieve the aims.
- The first intervention in which they put a particular focus on, was 'Prevention First' (Department of Health and Social Care, 2018)

PREVENTION + RECOMMENDATION

- Recommendation for Health Care Providers

- Advocate for medical schools and residency programs to address smoking prevention and cessation as a part of their core curriculum.
- Stay up-to date with the latest research on smoking and its negative impacts on health.

- Recommendation for Schools and Communities

- Educate students and families on the negative health consequences of tobacco use as a part of primary and secondary school.
- Offer regular programs to screen and counsel for smoking cessation

- Recommendations for the Government

- Continue to adopt and enforce laws and regulations that limit tobacco access for minors, (Harevy & Chadi, 2016).

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