Public Health Policy
BMHP5013

Topic: Smoking Group1

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Introduction



- This presentation will focus on smoking, the impact of smoking in general and the role that government, local authorities and different organisations play in designing policies to control or decrease the health risk associated with smoking.

- Smoking is described as the act of breathing in and breathing out the smoke of burning substances such as cigarette, cannabis, tobacco, and e-cigarette. Yet the act of smoking is mainly correlated with tobacco, which contains nicotine that can have both stimulating and tranquillizers psychoactive outcomes and is addictive (Sweanor, 2020).

- People who start smoking at an early age are more likely to develop an addiction

and find it harder to give up. The main addictive chemical in tobacco is nicotine which gives a rush of adrenaline when inhaled and produce an increase in dopamine which stimulates the part of the brain associated with pleasure (Healthline, 2018).

Smoking

- Christopher Columbus was the first European that discovered smoking in 1492. (Davey,2021)
- In 1565 tobacco was first cultivated in Europe. (Tobacco Free Life, 2016)
- By 1700 smoking had become more popular and the Tabacco Industry had its beginning and expand.(Sargent et al 2001)
- The link between lung cancer and smoking was firstly discovered in 1920 (Proctor,2012).
- Between 1950 and 1960 the medical researchers were able to put out a series of medical records to confirm that Tabacco causes a range of serious illnesses. (Brandt, 2012)
- By 1606 the British started to cultivate cannabis for hemp fibre use. (Maxwell, 2006)

Impact of Smoking

Coronary Heart disease

- Smoking damages your heart and your blood circulation and in long term increases the blood pressure (NHS, 2021).
- All smokers are at risk of developing heart and circulatory diseases, cancer, respiratory diseases and problems during pregnancy.
- A shisha smoker can inhale the same amount of toxins as a cigarette smoker consuming over 100 cigarettes.

Lung disease

- Smoking develops sudden changes through airways and lungs; colds and pneumonia are the most common illnesses (UMPC, 2016).
- More people die from Lung cancer than any other type of cancer which is mainly caused by smoking.
- It can also lead to stroke (NHS,2021).
- Smoking reduces the rate of growth of the lungs. (Tommola et al, 2016)

Most young people that smoke continue to smoke for a lot longer throughout their adulthood meaning long term addiction.(Baumeister , 2017)

Incidences

Smoking incidence

- 77.800 people die annually in the UK, 7 million people die annually in the world (Ash, 2020).
- Smoking rate in the UK: 13.9% in England, Wales 15.5%, Scotland 15.4%, Northern Ireland 15.6% (Office for National Statistics, 2019).

Smoking prevalence/trends UK

- The initiation of smoking at an early age in the UK is prevalent in underprivileged families (Tailor-Robinson et al, 2017).
- Among secondary school ,children are smoking an average of 24.7 cigarettes per week (Ash, 2019)
- Smoking in young people in the UK has dropped since the 1970s and 1980s but remains as an insignificant descending trend (Ash, 2016).

Vulnerable groups

- Smoking parents, school and work environment, people with mental health conditions, people that had contact with the criminal justice system
- **Causes of smoking**
- Socioeconomic disadvantages (NHS, 2020).
- Exposure to adult smoking (Tailor-Robinson et al, 2017).
- Peer pressure (NHS, 2020).

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UK Policies

Taxation (2003)

- Increasing considerably the price for Tobacco through taxation becomes the more important channel to decrease consumption. This Policy was immensely efficient and saved significantly lives and on the other hand is an exceptional form of taxation (SANDFORD, 2003).
- This policy is the result to taxes on tobacco products being the highest in the Uk compared to other EU member states. (TMA, 2017).

Smoke Free Legislation The Health Act 2006

- Stop smoking in enclosed areas, or partially covered premises (PHE, 2006).
- No Smoking signs in buildings, certain public spaces and public transportation.

Smoking in public places

- Smokers should have available to them places where they are able to smoke, however, without inconveniencing those who don't smoke and conversely, non-smokers should have access to smoke-free areas (TMA, 2017).

UK Policies

Children and Family Act 2014

- Personal transportation should be smoke free if carrying children under 18 (Ash, 2020)

Children and young Persons Act 1991 (Protection from Tobacco)

- Stop tobacco sale to any individual under the age of 18
- ID requirement
- Prohibition on unpacked cigarettes sale
- Display warning announcement (UK legislation, 2020)

Public Health England

- E-cigarettes has become the main aid used in trying to quit smoking (PHE, 2015)
- Since October 2015, new regulations have been put in place to prohibit sale of e-cigarettes to under 18s (PHE, 2015).

The Tobacco Advertising & Promotion Display England 2010

- Protect users that are trying to quit smoking
- Stop impulse purchase (WHO, 2017)

Policies

Misuse of Drugs Act 1971

- This is the key legislation for the UK , in 1973 it became fully in effect (Department of Health, 2002)
- The aim of this act is to stop the misuse of controlled drugs
- Cannabis is governed by this Act, and is declared a B class drug in the UK, it is considered a criminal offence to possess (Department of Health, 2002)
- Zero lenience to drive under the effect of cannabis. There is a fine for any form of consumption or supply, criminal penalties and can lead to prison time if cultured (UKCSC, 2019)

International cannabis policy

- In the EU cannabis is treated as an offence in all member states ((EMCDDA, 2010)
- Under international law, home grown is permitted in Uruguay and seven USA states
- ‘ Medical marijuana’ has been legalized in California since 1996 , since then more states in the USA has legalizes cannabis for medical and scientific uses
- The late 1990s in Europe the decriminalization and harm reduction policies has fewer harmful influence than the fear that existed (EMCDDA, 2010)

Role of Agencies

Local Authorities Strategies

- Local general practitioner (GP) offer advice and support on how to stop smoking (Dockrell, 2018)
- Clinical commissioning groups (CCGs) and the NHS provides clinical cost, effective ways for people to stop smoking (Robinson, 2014)
- Stoptober is a campaign that has been created by Public Health England to challenge smokers to quit smoking (British Lung Foundation, 2019)

PHE. Health board and the government strategies

- NHS works hand in hand with the stop Smoking Support Services to support and assist users that want to give up (NHS, 2020)
- Public Health England (PHE) aim is to provide a tobacco- free age group by 2025 (PHE, 2015)

Government on users' strategies

- The UK government help users by implementing tobacco control strategies (Department of Health and Social Care, 2015)
- In 1999 UK government declared that increased revenue from duty tax on tobacco would be used to advance healthcare in smokers (WHO, 2021)

Conclusion

Recommendations

- An extension on the display and advertising ban that will stop tobacco generics
- Local authorities and schools should focus on educating young people on the exact harm that smoking can cause to the human body
- NHS could focus on supporting those who have smoked their first cigarette
- The media could do more advertisement on the risk of smoking

Conclusion

We have discovered that they are several types of smoking such as tobacco, herbal substances and electronic cigarettes which can all have implications on individual health. We also learned that seven million people around the world died annually due to smoking. In addition, the government has implemented policies to reduce smoking such as duty tax on tobacco to ensure the safety and well-being of children, people with certain health conditions, and non-smokers. There is also the role of different agencies like Public Health England (PHE), local authorities, local GPs, voluntary organisations, and the World Health Organisation (WHO), who help to enforce regulations, provide information and guidance for those who desire to stop smoking and also for those who find it challenging to stop the habit of smoking.

Thank You

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