

--- World No Tobacco Day 2017 ---



Approximately **10 People** die
from a Tobacco related diseases every minute



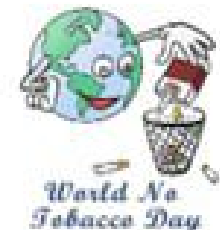
The true face of Tobacco
is Disease, Death and
Horror.

Make everyday a World No Tobacco Day

- More than 7 million people die due to tobacco consumption.
- More than 6 million of those deaths are the result of direct tobacco use.
- Whereas, approx. 890000 are the result passive smoking.

Introduction

- In 1987, the World Health Organisation passed a resolution that **announced** April 7, 1988, as '**World No Smoking Day**'.
- The act was passed to motivate people to prevent using **tobacco** for at least 24 hours.
- Later in 1988, the organisation passed another resolution that **World No Tobacco Day** will be observed on May 31.



Why do people start smoking?

- Most people who smoke started smoking when they were teenagers.
- Those who have friends and/or parents who smoke are more likely to start smoking than those who don't.
- Some teenagers say that they “just wanted to try it,” or they thought it was “cool” to smoke
- To avoid tension, anxiety, depressant.
- Movies showing people smoking are another big influence.



CHEMICAL COMPOUNDS IN CIGARETTE SMOKE

THIS GRAPHIC OFFERS A SUMMARY OF A SELECTION OF HAZARDOUS COMPOUNDS IN CIGARETTE SMOKE & THEIR EFFECTS

ESTIMATED NUMBER OF CHEMICAL COMPOUNDS IN CIGARETTE SMOKE

7,357

70

NUMBER OF THESE COMPOUNDS WITH CONFIRMED CARCINOGENIC ACTIVITY



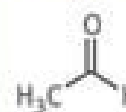
The compounds shown below are all found in cigarette smoke. The mass figures, given in μg , take into account both mainstream (inhaled) and sidestream smoke. 1 μg is equal to 1 millionth of a gram. Amounts of these compounds vary in different brands of cigarettes - these figures are approximate.

NICOTINE



- Approx. 919 μg per cigarette
- Addictive
- Increases heart rate
- Increases blood pressure
- Increases blood glucose
- Lethal dose: around 500-1000mg

ACETALDEHYDE



- Approx. 680-1571 μg per cigarette
- Known animal carcinogen
- Probable human carcinogen
- Irritant to skin & eyes
- Irritant to respiratory tract

N-NITROSAMINES



- Large class of compounds
- Several are tobacco-specific
- Known human carcinogens
- Most carcinogenic: NNK & NNV
- NNK: approx. 0.3 μg per cigarette
- NNV: approx. 2-50 μg per cigarette
- May cause reproductive damage

1,3-BUTADIENE



- Approx. 36-191 μg per cigarette
- Known human carcinogen
- Suspected human teratogen
- Irritant to eyes & skin
- Irritant to upper respiratory tract

BENZENE



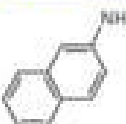
- Approx. 46-272 μg per cigarette
- Known human carcinogen
- Damages bone marrow
- Lowers red blood cell count
- May harm reproductive organs

ACROLEIN



- Approx. 69-306 μg per cigarette
- Possible human carcinogen
- Known DNA mutagen
- Irritant to skin & nasal passages
- May contribute to heart disease

AROMATIC AMINES



- Large class of compounds
- Includes 2-aminonaphthalene
- Known human carcinogen
- Linked with bladder cancer
- Approx. 0.04 μg per cigarette

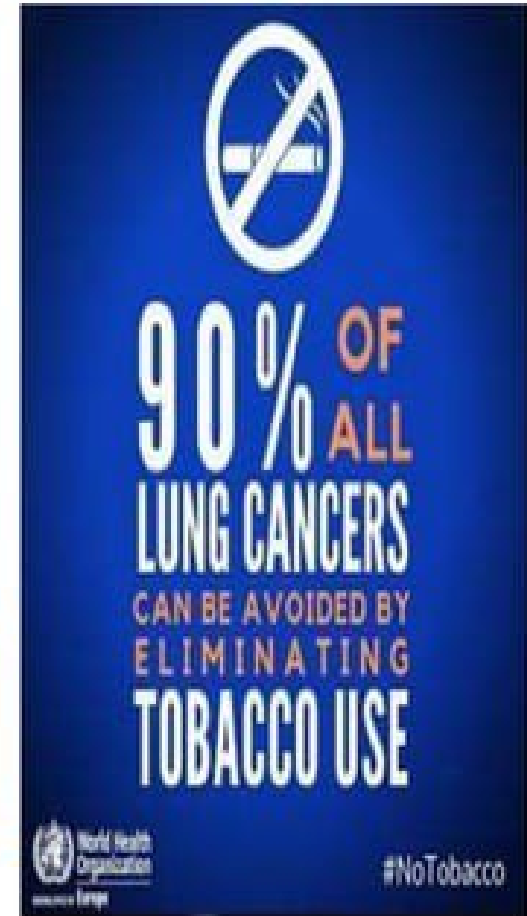
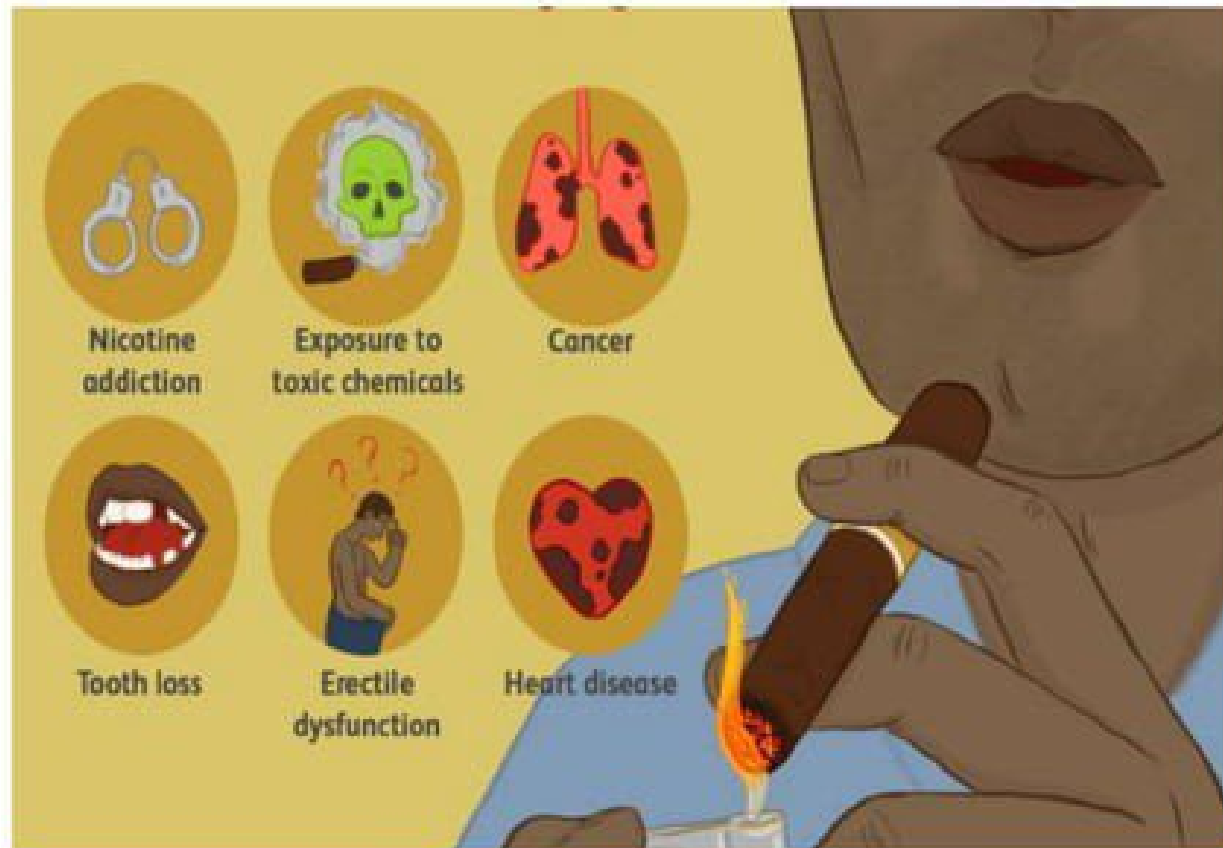
POLYAROMATICS

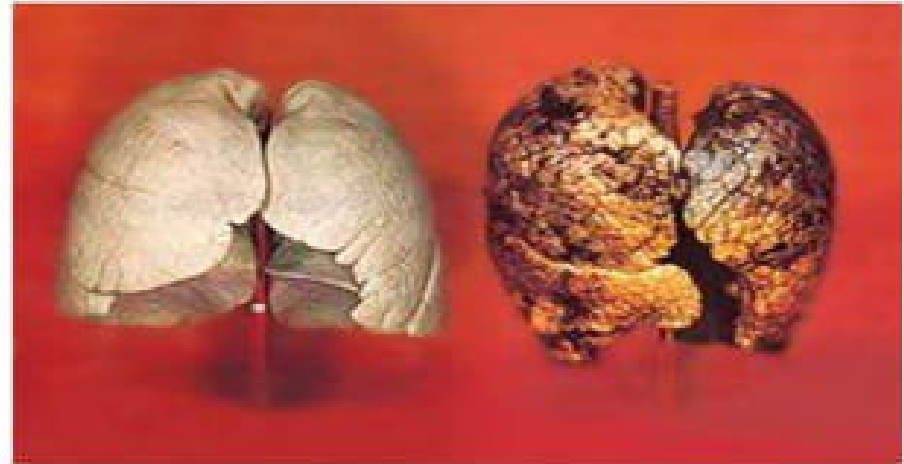


- Large class of compounds
- Includes benzo[a]pyrene
- Known human carcinogen
- Known DNA mutagen
- Affects reproductive capacity
- Up to 0.14 μg per cigarette



Causes

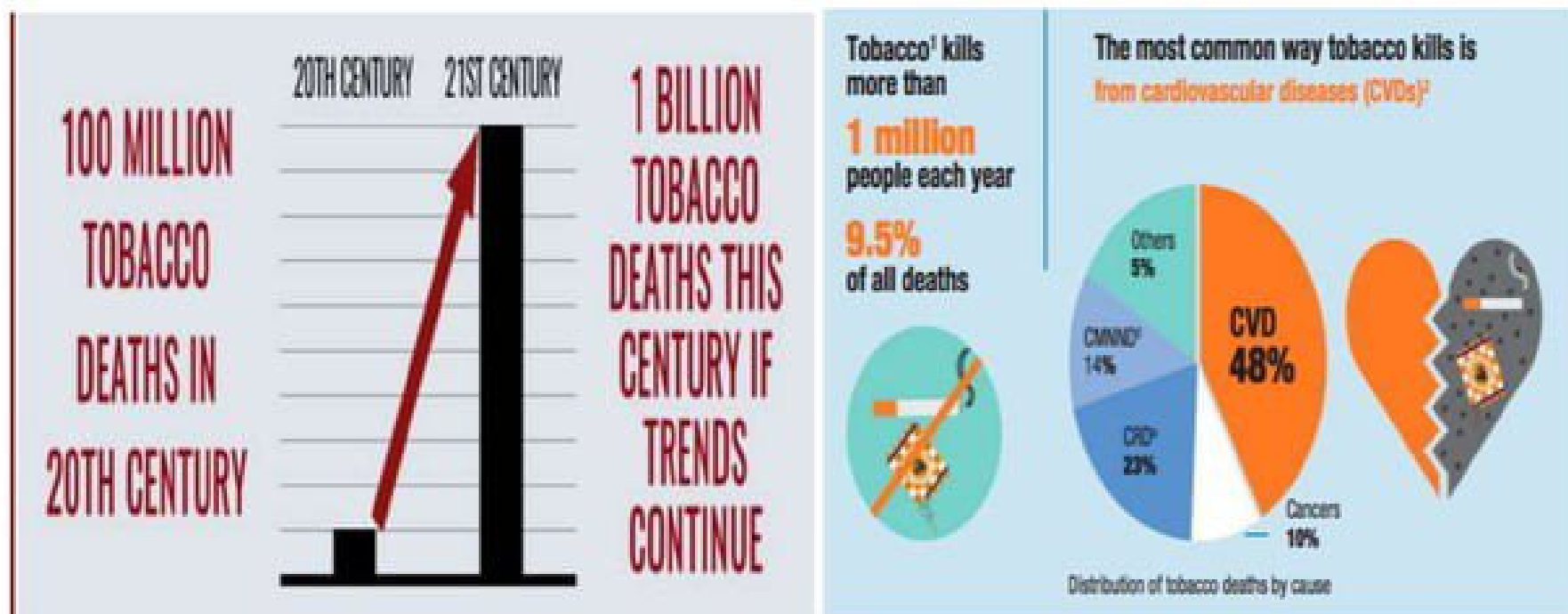




Statistics



- The **tobacco** is one of the biggest public health threats the **world** has **ever** faced, killing more than 8 million people a year around the world.
- According to WHO, **tobacco** kills more than 1 million people each year in **India**, accounting for 9.5% of all **deaths**.
- **India** is home to 12% of the world's smokers.



Facts

**ROAD ACCIDENT
DEATHS**

400
DAY

**UNDER-5 DEATHS
DUE TO DIARRHEA**

1200
DAY

**TOBACCO RELATED
DEATHS**

3700
DAY



SOLUTION

Restrict

- Increased price
- Ban sales to minors
- Create smoke free areas

Educate

- At school
- Community and home
- Mass media campaigns

Restrict

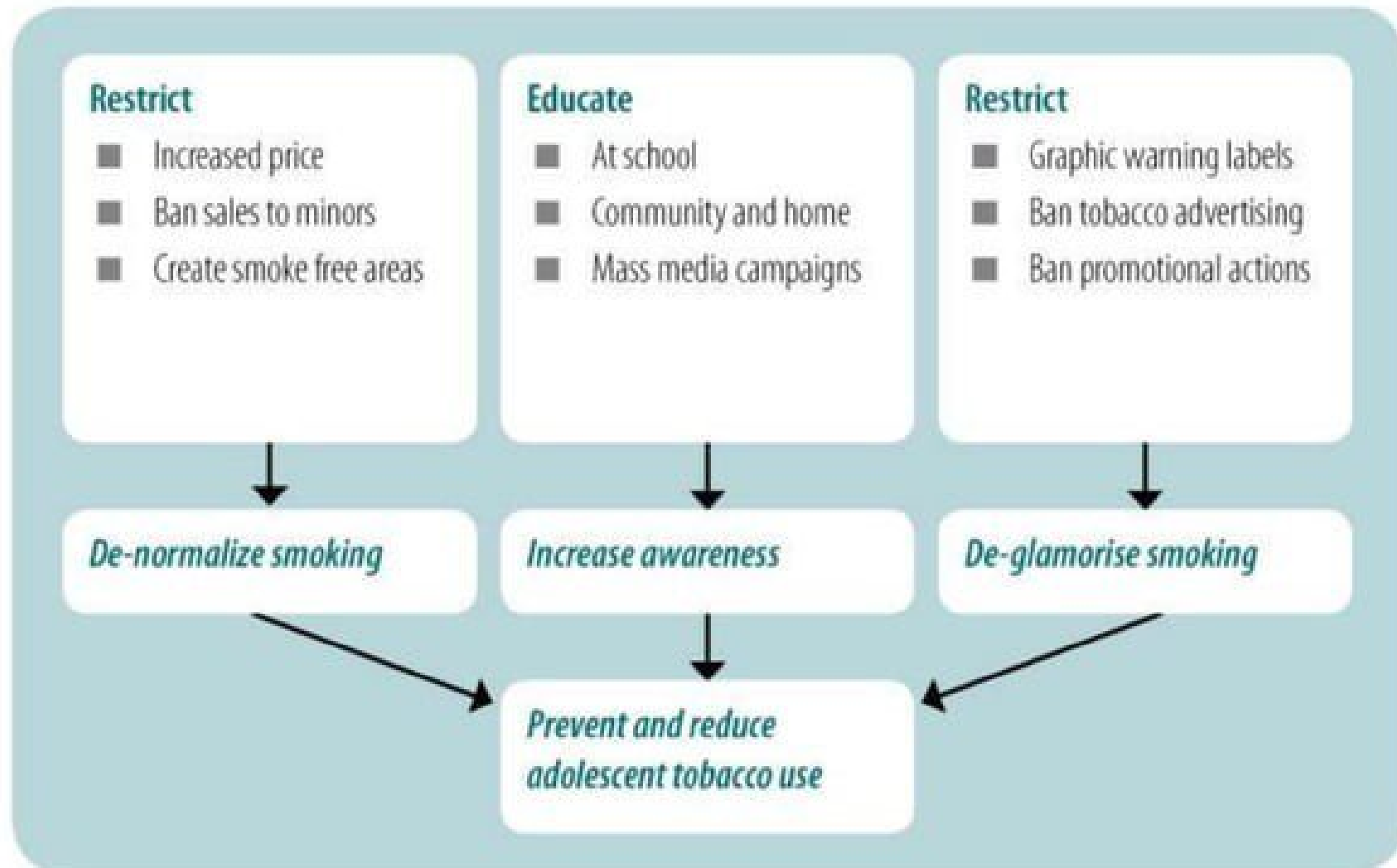
- Graphic warning labels
- Ban tobacco advertising
- Ban promotional actions

De-normalize smoking

Increase awareness

De-glamorise smoking

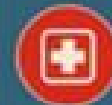
*Prevent and reduce
adolescent tobacco use*



Benefits of not taking tobacco

- Good health
- Prevent different types of Diseases
- Family life will be better
- Avoid dependency and live happy life.
- Longer survival.
- Lower risk of infection
- Easier breathing.
- Better quality of life

HEALTH BENEFITS OF QUITTING SMOKING



IMPROVES health and
INCREASES life expectancy



LOWERS
risk of 12 types of cancer



LOWERS
risk of cardiovascular
diseases



LOWERS
risk of chronic obstructive
pulmonary disease (COPD)



LOWERS
risk of some poor
reproductive health
outcomes



BENEFITS
people who have already
been diagnosed with
coronary heart disease or
COPD



BENEFITS
people at any age - even
people who have smoked
for years or have smoked
heavily will benefit from
quitting



PLEDGE

On this occasion of World No Tobacco Day, I take a pledge that I shall never smoke & consume any type of tobacco products in my life and motivate my family or acquaintances to not to smoke & use any tobacco products. I shall keep the campus of my office tobacco-free and shall also motivate my colleagues for the same.

QUIT SMOKING!
it weakens you. it ruins you.



Thank you!