

WORLD



TOBACCO DAY

31 MAY



**World Health
Organization**



- **World No Tobacco Day (WNTD)** is observed around the world every year on May 31.
- It is intended to encourage a 24-hour period of abstinence from all form of tobacco consumption around the globe.
- Initiative of WHO



- The day is further intended to draw attention to the widespread prevalence of tobacco use and to its negative health effects, which currently lead to nearly 6 million deaths each year worldwide,
- including 600,000 of which are the result of non-smokers being exposed to second hand smoke

World Health Organization. Tobacco, Fact Sheet N°339, Updated May 2014. Geneva. Accessed 6 January 2015.



World Health Organization

- The member states of the WHO created World No Tobacco Day in 1988.
- In the past twenty years, the day has been met with both enthusiasm and resistance around the globe from governments, public health organizations, smokers, growers, and the tobacco industry.



How is it celebrated?

- Groups around the world — encouraged by the WHO to organize events each year to help communities celebrate World No Tobacco Day in their own way at the local level.
- Past events have included
 - letter writing campaigns to government officials and local newspapers,
 - marches,
 - public debates,
 - local and national publicity campaigns,
 - anti-tobacco activist meetings,
 - educational programming,
 - public art

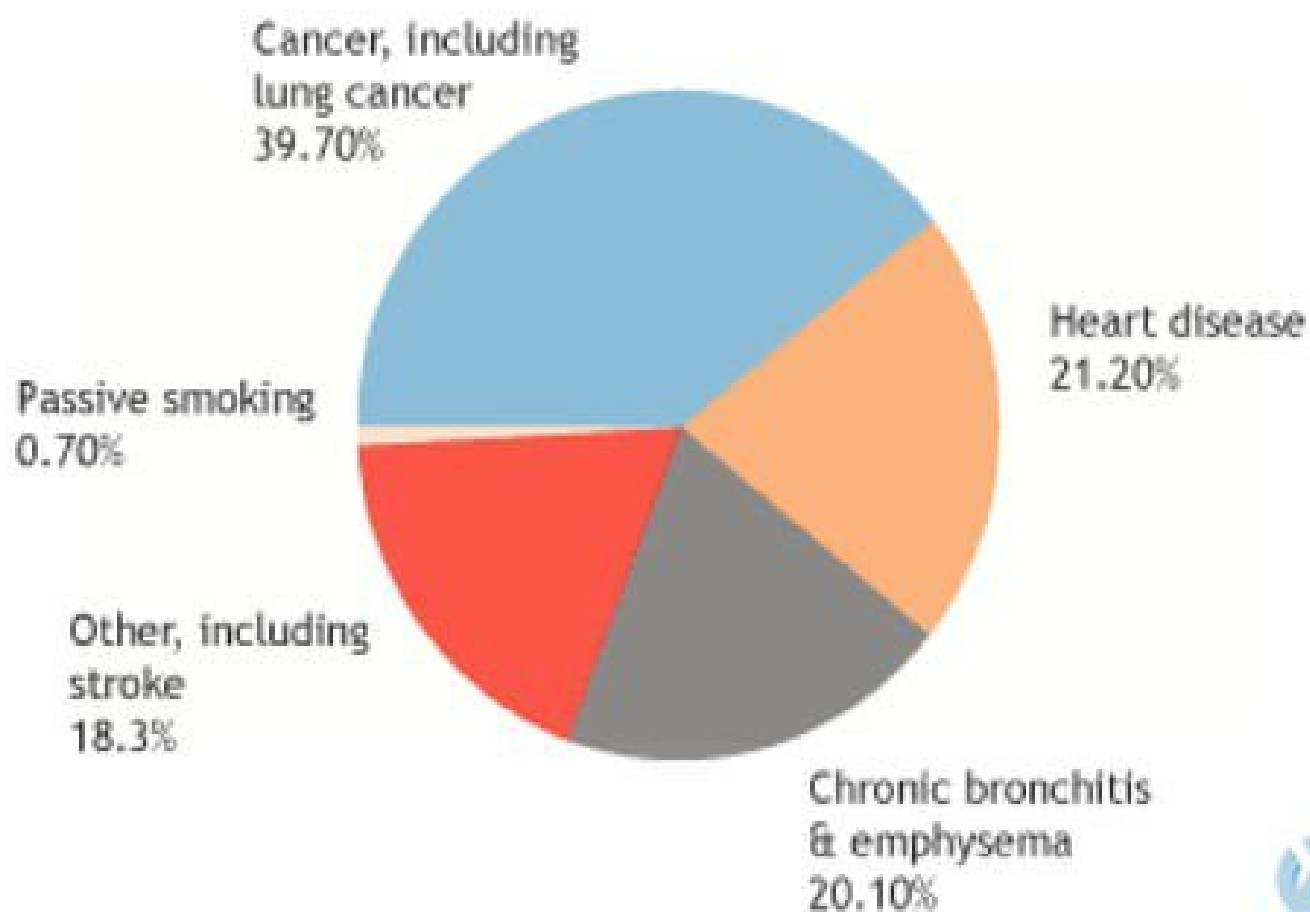
In India.....



- The day has also been used as a springboard for discussing the current and future state of a country as it relates to tobacco—for example in India which, with 275 million tobacco consumers, has one of the highest levels of tobacco consumption in the world

Campaign for Tobacco-free Kids. [Global Epidemic: India.](#) Washington. Accessed 5 January 2015.

Deaths from tobacco-related disease



Forms of tobacco

```
graph TD; A[Forms of tobacco] --> B[Smokeless/chewing tobacco]; A --> C[Smoking tobacco]; B --> D["Paan, zarda, misri, gutkha, khaini, etc"]; C --> E["Cigarette, bidi, cigar, etc"]
```

Smokeless/
chewing tobacco

Paan, zarda,
misri, gutkha,
khaini, etc

Smoking tobacco

Cigarette,
bidi, cigar, etc



Some Facts About Tobacco

- On average, each cigarette shortens a smoker's life by around 11 minutes
- Ninety percent of lung cancer cases are due to smoking
- The more cigarettes you smoke in a day, and the longer you've smoked, the higher your risk of lung cancer

The risk rises the deeper you inhale and the earlier in life you started smoking

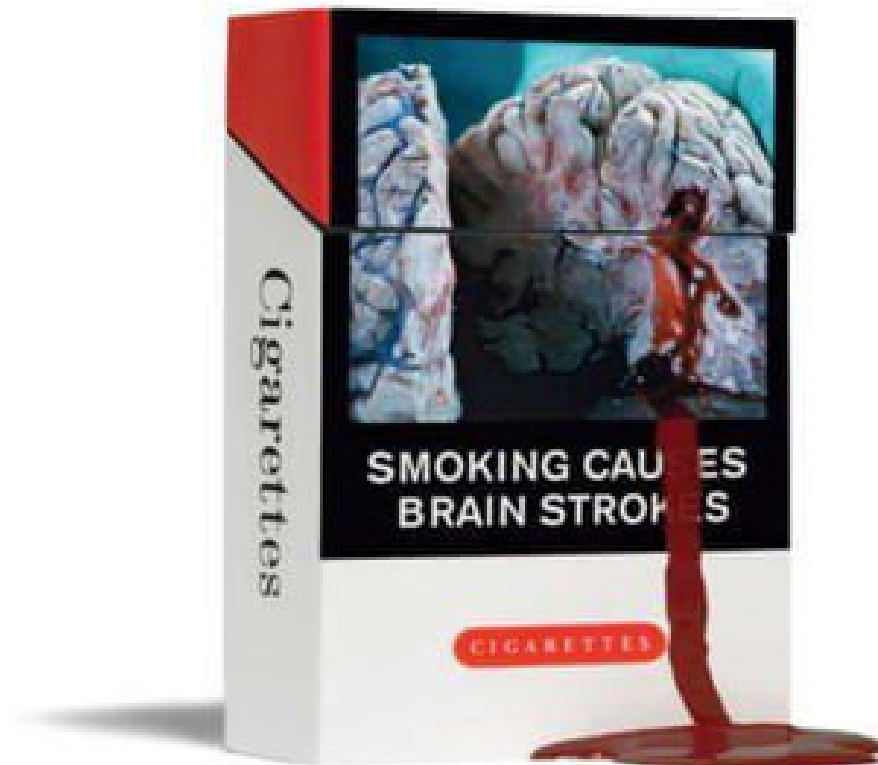



CONSTITUENTS OF TOBACCO

- ✘ Polycyclic aromatic hydrocarbons
 - ✘ Nicotine
 - ✘ Nitrosamine
 - ✘ Phenol
 - ✘ Benzopyrene
 - ✘ Carbon monoxide - impaired oxygen transport
 - ✘ Formaldehyde & oxides of N - toxicity
- Diagrammatic connections:
- Polycyclic aromatic hydrocarbons, Nicotine, and Nitrosamine are connected by a bracket to the text "carcinogenesis".
 - Phenol and Benzopyrene are connected by a bracket to the text "tumour promotion & irritation".



- Smoking raises blood pressure, which can cause hypertension (high blood pressure) - a risk factor for heart attacks and stroke



- 
- Couples who smoke are more likely to have fertility problems than couples who are non-smokers

Mainly Due To Smokeless Tobacco
.....Buccal Carcinoma, Ca Of Buccal
Vestibule



So let us say “NO” to tobacco.....



Let us try....and

**Make
every day
World No
Tobacco Day.**



THANK YOU