



## SITUATION, IMPACT AND FUTURE CHALLENGES OF TOBACCO CONTROL FOR YOUTH

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# Tobacco Facts



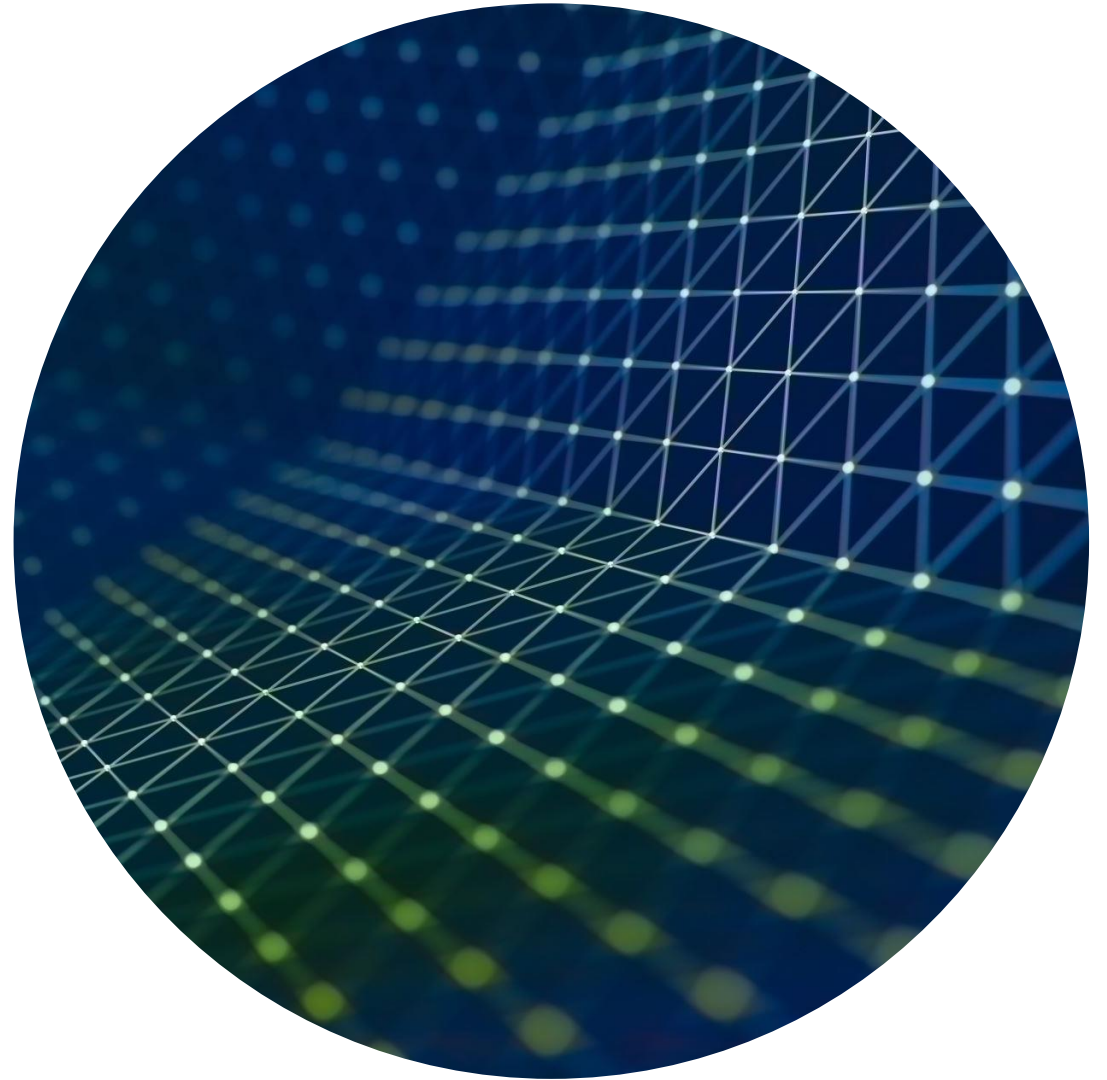
- Tobacco use is the major cause of death and illness in the world.
  - Tobacco use deaths more than 30 lakh people every year around the world.
  - 80 lakh Indians die from tobacco use every year, which is more than those killed by AIDS, tuberculosis, and malaria combined.
  - More than 2,200 Indians die every day due to tobacco use.
  - 40 out of 100 cancer cases in India are tobacco-related. Nearly 95% of all oral cancers occur among tobacco users.
  - Tobacco use also causes stroke, heart attack, lung disease, blindness and other illnesses.
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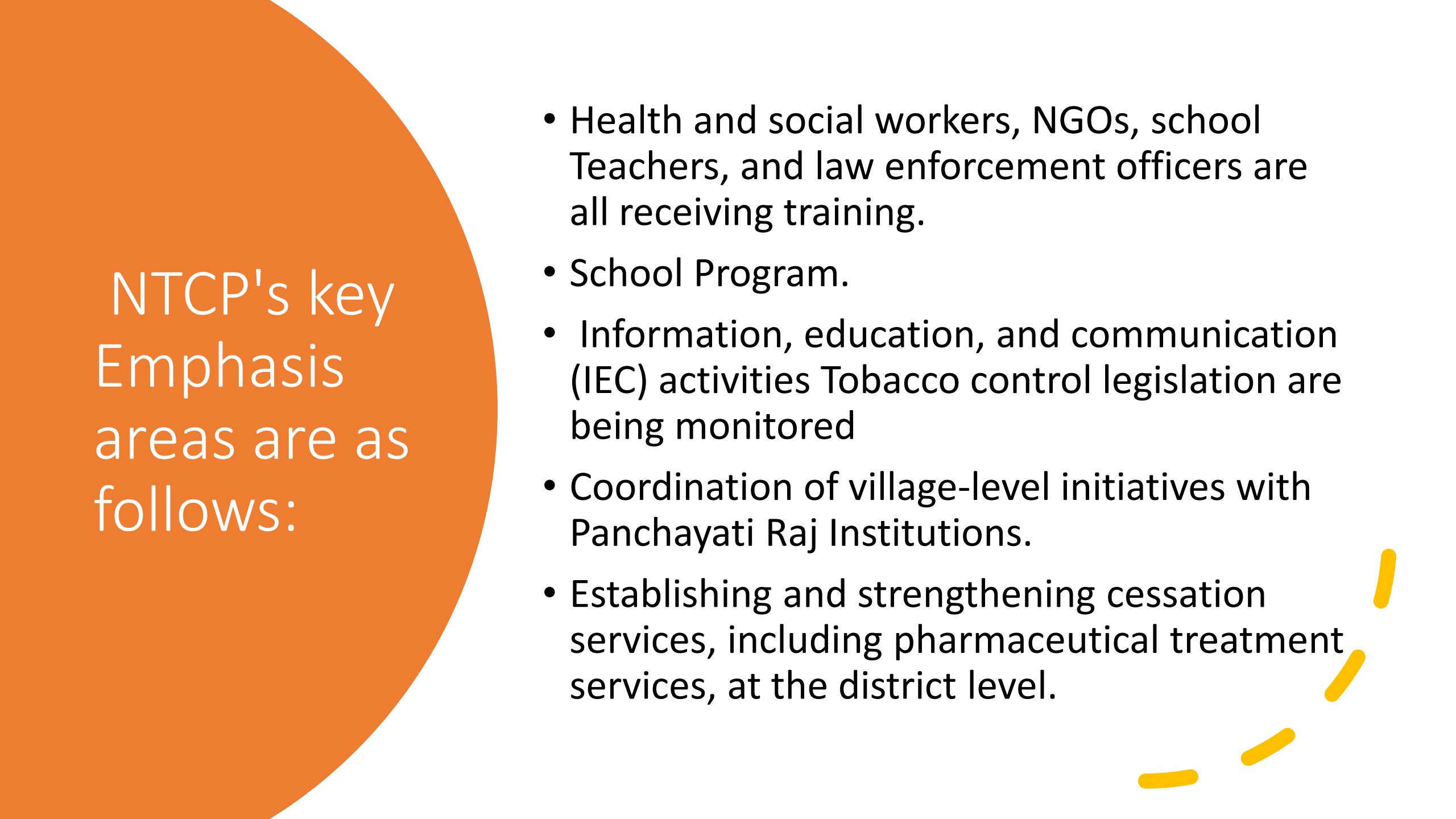
# Tobacco Products in India

There are several kinds of smoked tobacco:

- Bidi
- Cigarette
- Hookah
- Cigarettes contain more than 4,000 chemical compounds, 200 known poisons, and 60 cancer causing agents.

Smokeless tobacco comes in different of forms, the most common of which are chewing tobaccos such as Zarda, Khaini, Gutka, Pan Masala,



A large orange circle is positioned on the left side of the slide, partially overlapping the text. In the bottom right corner, there are several short, curved yellow dashed lines.

## NTCP's key Emphasis areas are as follows:

- Health and social workers, NGOs, school Teachers, and law enforcement officers are all receiving training.
- School Program.
- Information, education, and communication (IEC) activities Tobacco control legislation are being monitored
- Coordination of village-level initiatives with Panchayati Raj Institutions.
- Establishing and strengthening cessation services, including pharmaceutical treatment services, at the district level.



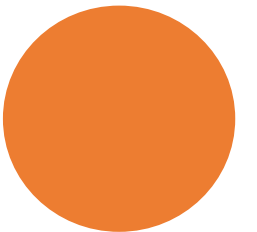
## National Tobacco Control Cell (NTCC)

Ministry of Health and Family Welfare's National Tobacco Control Cell (NTCC) oversees overall policy formulation, planning, implementation, monitoring, and evaluation of the many activities planned under the National Tobacco Control Program (NTCP).



- **District Level:**

- Key stakeholders receive training, including health and social professionals, NGOs, school Teachers, and law enforcement officers.
- Activities in the areas of information, education, and communication (IEC).
- School-based program.
- Tobacco control laws are being monitored.
- At the district level, creating and improving quit facilities, including the provision of medical treatment facilities.
- Coordination with Panchayati Raj Institutions to promote the concept of tobacco control at the community level.



# State Level:

Workshop on Advocacy at the State Level

Staff allocated to DTCC under the NTCP are involved in a Training of Lecturers program.

The DTCC workers will receive refresher training.

Health care providers will receive tobacco cessation training.

Training and education for police officers





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# COTPA

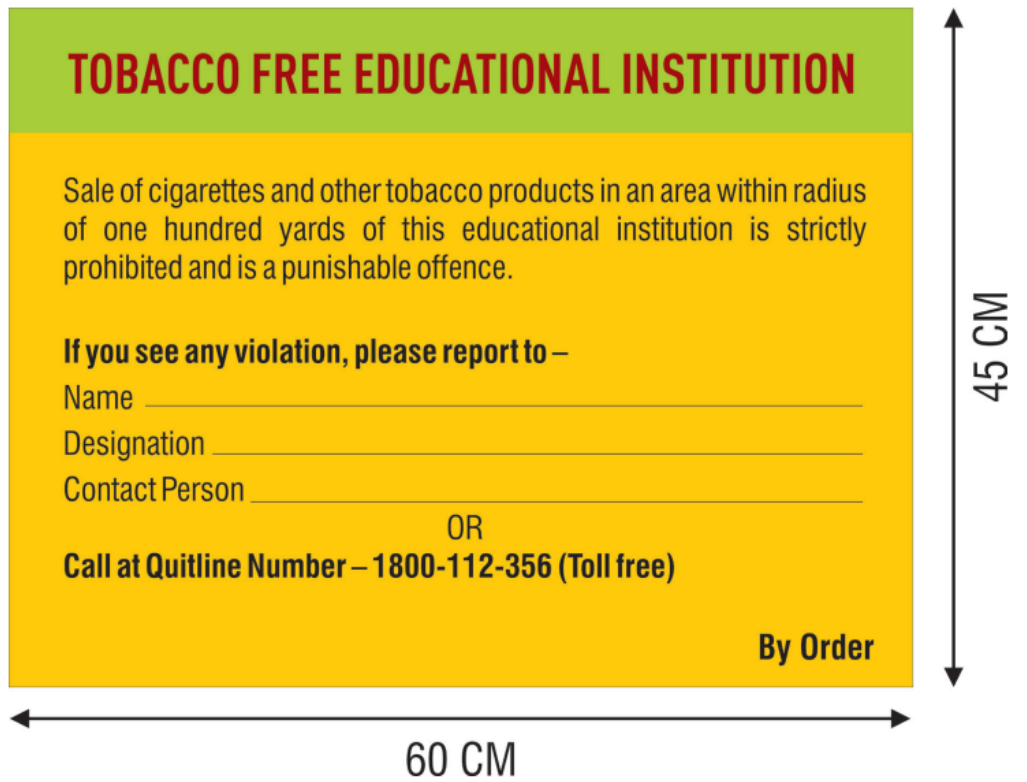
The Cigarettes and Other  
Tobacco Products Act

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Display the signage as per the specification given in the Figure below:



**TOBACCO FREE EDUCATIONAL INSTITUTION**

Sale of cigarettes and other tobacco products in an area within radius of one hundred yards of this educational institution is strictly prohibited and is a punishable offence.

**If you see any violation, please report to –**  
Name \_\_\_\_\_  
Designation \_\_\_\_\_  
Contact Person \_\_\_\_\_

OR

**Call at Quitline Number – 1800-112-356 (Toll free)**

**By Order**

60 CM

45 CM





**TOBACCO FREE AREA**  
Tobacco Use here is a Punishable Offence

\_\_\_\_\_

**If you see any violation, please report to -**  
Name \_\_\_\_\_  
Designation \_\_\_\_\_  
Contact No. \_\_\_\_\_

OR

**Call at Quitline Number – 1800-112-356 (Toll free)**

60 CM

45 CM



तम्बाकू मुक्त विद्यालय

# Health Workers Can Help People Quit Tobacco

Do not use any form of tobacco, at home or outside.

Educate community members on the harmful effects of tobacco use.

- All tobacco products are harmful.
- No tobacco product is safe in any quantity.
- Bidis are as harmful as cigarettes.
- Secondhand tobacco smoke causes many Life-Threatening diseases.
- Chewing tobacco also causes disease, including mouth cancer



## Tobacco Spares No One — Secondhand Tobacco Smoke Kills

Smoke from someone else's bidi or cigarette is called secondhand tobacco smoke.

Secondhand tobacco smoke harms everyone — adult non-smokers, young children and babies.

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# Quitting Tobacco

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- As your health worker, I want you to know that quitting will help you live a longer, healthier life. You'll also protect those around you.
- As your health worker, I want you to quit as soon as you can — the sooner you quit, the better you'll feel. Your health starts improving immediately after quitting.
- As your health worker, I want you to know that it is never too late to quit — quitting at any age will improve your health.
- As your health worker, I want to know when you are ready to quit so that I can help you.

# Benefits of Quitting Smoking

- 2 hours after quitting: nicotine is out of the system.
- 12 hours: carbon monoxide is out of the system and lung function begins to improve.
- 2 days: sense of smell improves; physical activity becomes Easier and more air gets into the lungs.
- 2 months: lungs work more efficiently and are able to remove mucous; blood flow to the limbs improves.
- 12 months: risk of heart disease is half that of a continuing smoker.
- 10 years: risk of lung cancer is less than half that of a continuing smoker.
- 15 years: risk of heart attack and stroke is almost the same as a person who has never smoked



# Tips for Quitting

|          |                                                                                                                                 |
|----------|---------------------------------------------------------------------------------------------------------------------------------|
| Be       | Be determined.                                                                                                                  |
| Set      | Set a quit date and stick to it.                                                                                                |
| Discard  | Discard any tobacco products, lighters, matches and ashtrays. You won't need them.                                              |
| Tell     | Tell your family you are quitting. Ask them to help by encouraging you.                                                         |
| Identify | Identify situations that make you want to smoke and avoid them. For example, seeing a bidi shop or people smoking/using tobacco |

# Protecting the Young

- Boys use tobacco products much more than girls but use among girls is increasing.
- 50 out of 100 teenagers who smoke today will eventually die of tobacco related disease unless they quit.
- 1. When young people smoke or chew Tobacco, they.
  - experience loss of stamina during and after exercise
  - face difficulty in breathing, running and sporting activities
  - get tired easily.
- 2. As your health worker I want to tell you that.
  - you may believe smoking makes you look trendy and cool, but you can become impotent/infertile.
  - smoking and tobacco use causes teeth stains and bad breath.
  - smoking and tobacco use dries out your skin and hair. It is likely to cause wrinkles.

# Tobacco Control Law in India

It is against the law to: –

- Smoke in public places, including work places. –
- Advertise tobacco products.
- Sell tobacco products to children under 18 years. –
- Sell tobacco products within a radius of 100 yards of schools and colleges. –
- Sell tobacco products without pictorial warnings.



Every public place must display this warning sign.



Post office



Government office



Clinic



Restaurant

# Tobacco Control Law in India

Section of Act (COTPA) Provisions  
of the Act

Section 4 Prohibition on smoking  
in a public place

Section 5 Prohibition on  
advertisements of cigarettes and  
other tobacco products

Section 6 Prohibition on the sale  
of cigarettes or other tobacco  
products to a person below the  
age of 18 years and in an area  
within a radius of one hundred  
yards of any educational  
institution

Sections 7,8 and 9 Prohibition on  
the sale of cigarettes and other  
tobacco products without  
specified health warnings

## Research Questions:

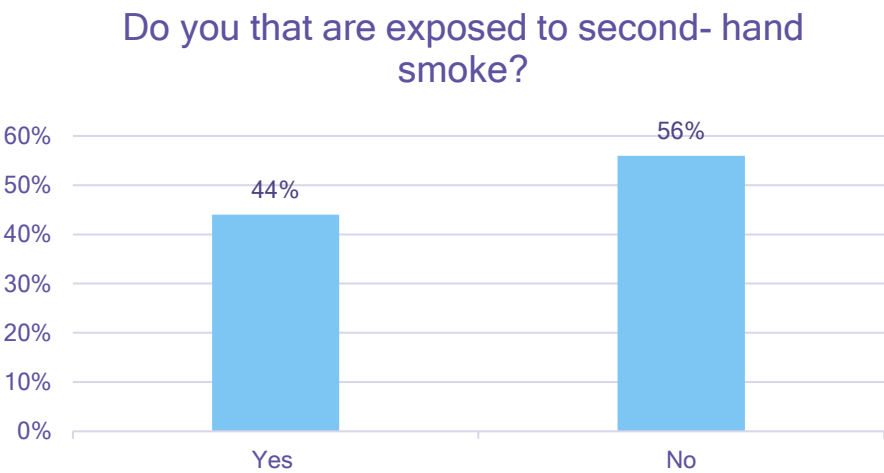
What are the barriers that affects to the preventions of tobacco control in the state of Rajasthan.

## Research Objective:

1. To identify the current situation of tobacco in the state of Rajasthan.
2. To identify the impact of tobacco in the sate of Rajasthan.
3. To identify the future challenges.

# Analysis:

## Exposed to second- hand smoke

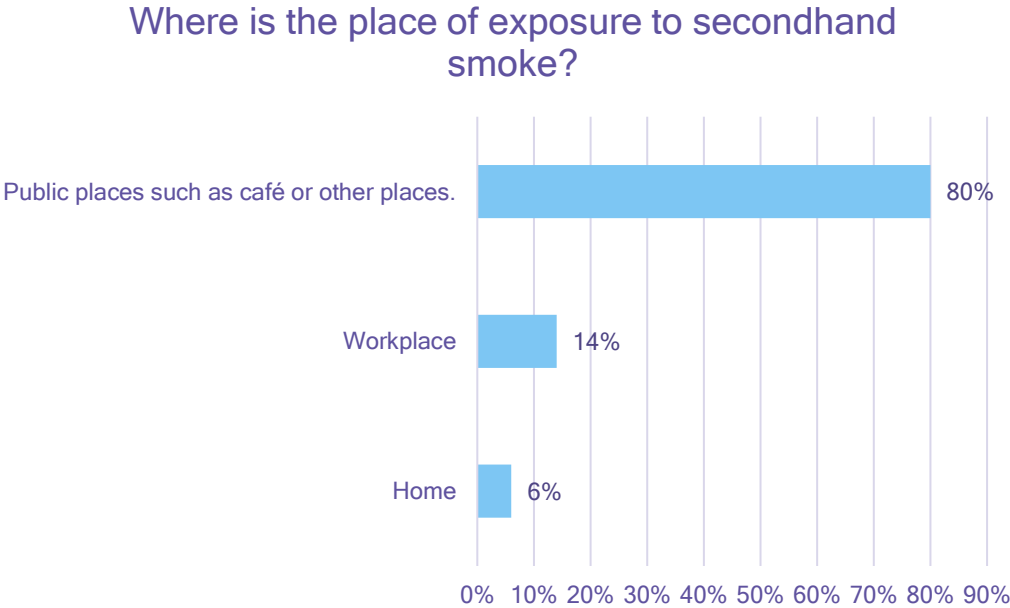


## Days per week exposed to second smoke

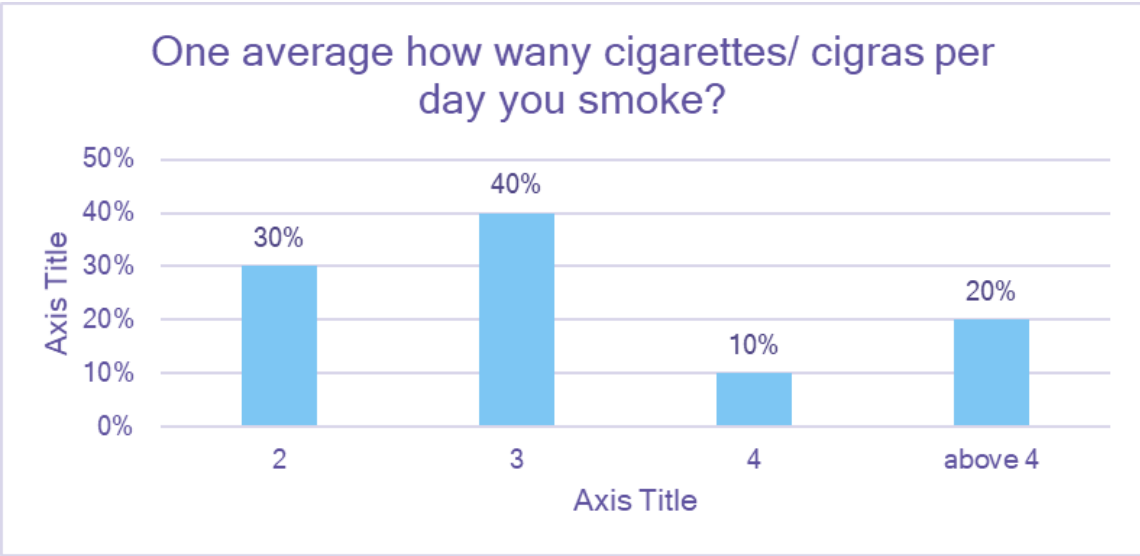




# Place of exposure secondhand smoke



# Cigarettes/ cigars per day smoke



Seriously considering quitting smoking/  
using

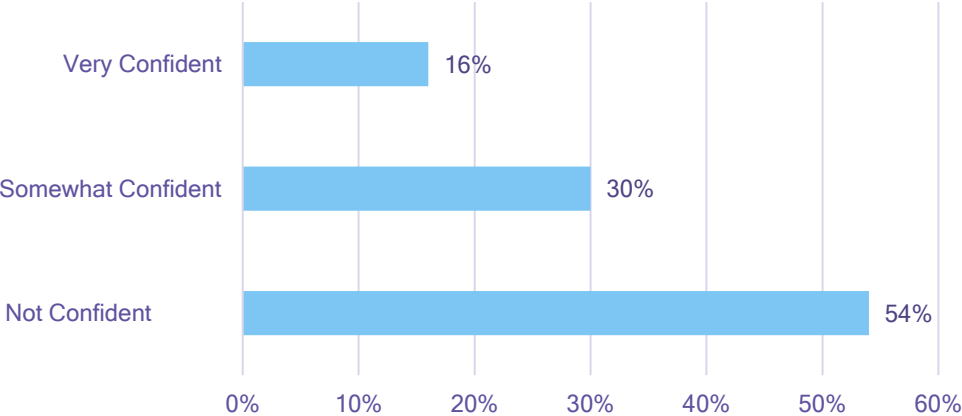


Important quit smoking/using



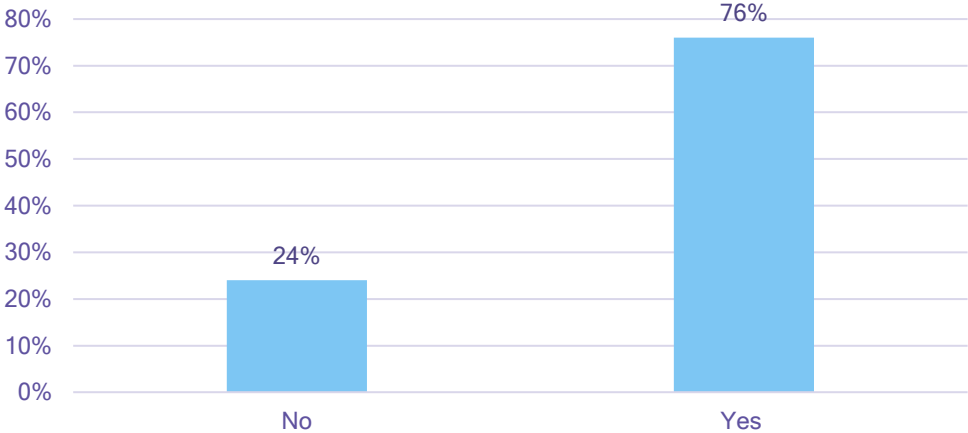
# Confident quit smoking/ using?

How Confident are you that you can quit smoking/ using?

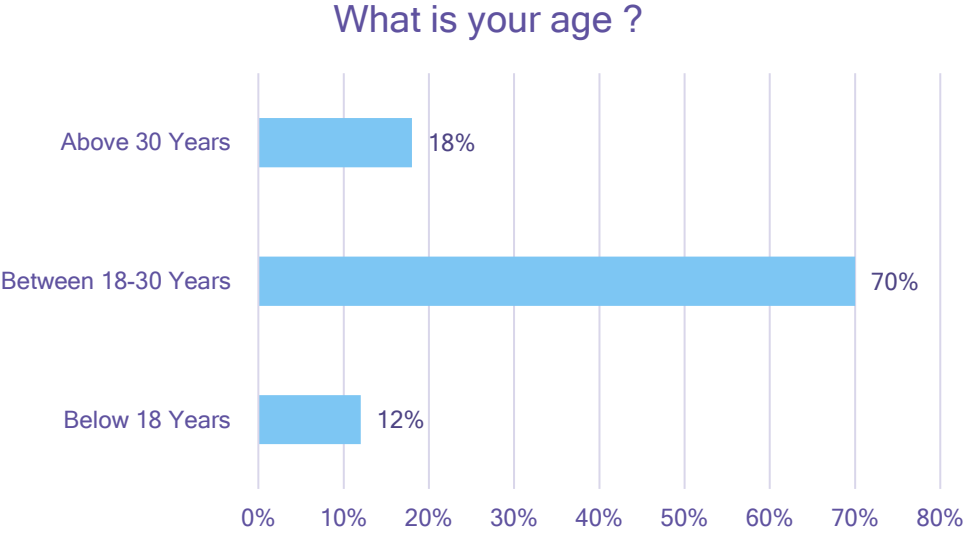


# Lives with Someone who smokes

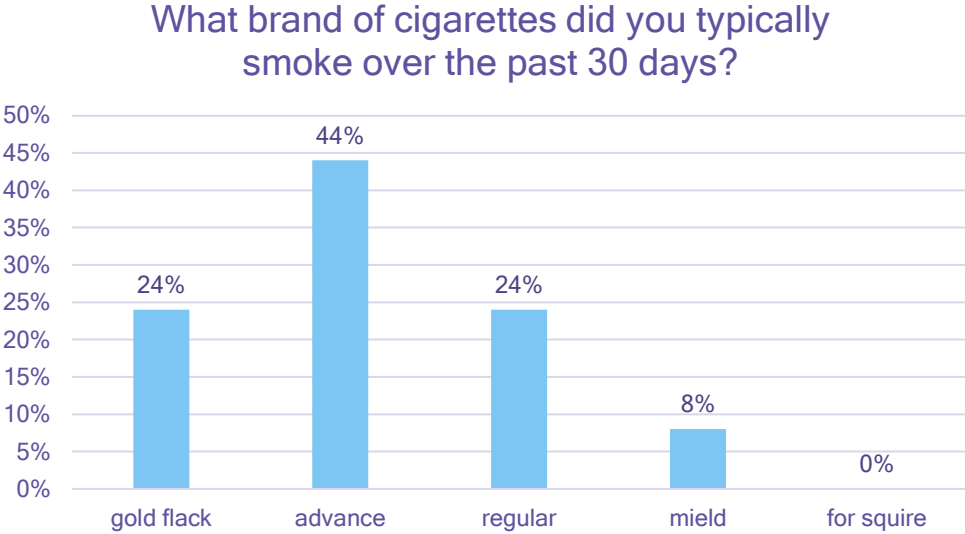
Do you Currently live with Someone Who Smokes?



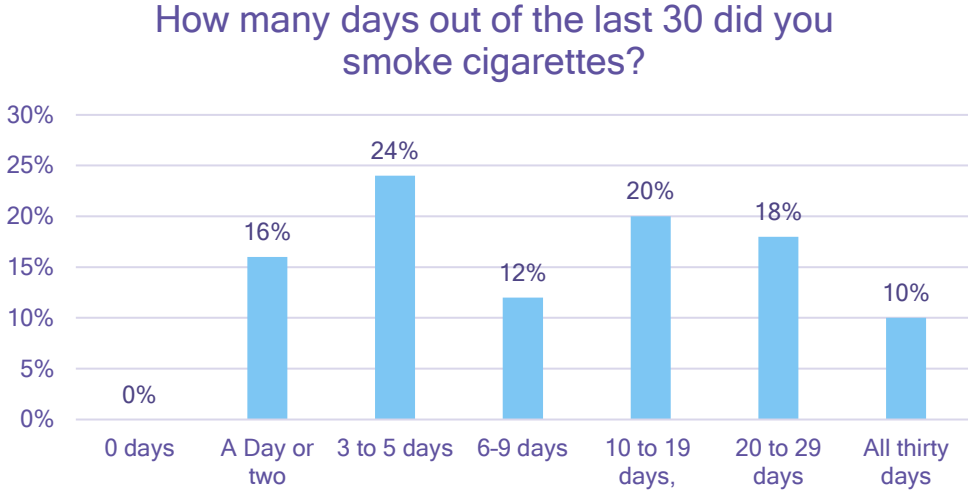
# Age



# Brand of the Cigarettes

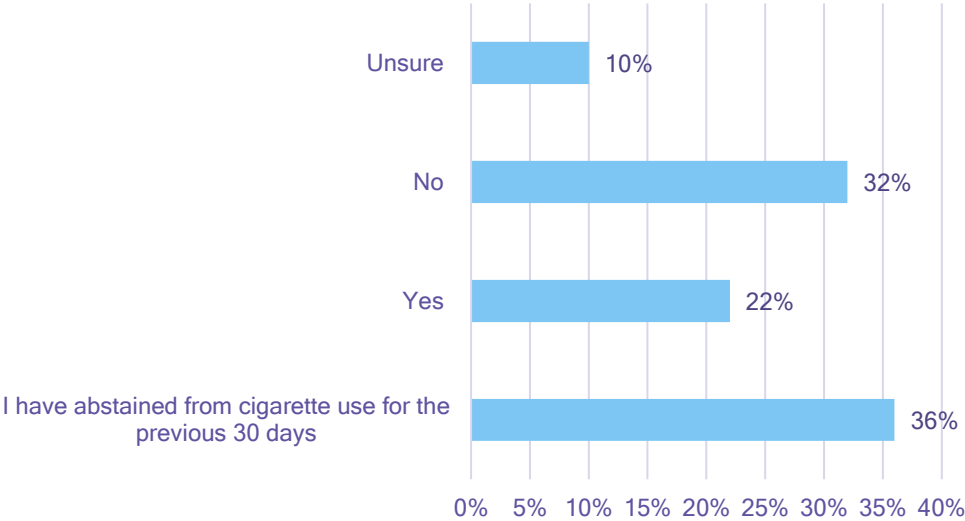


## Days out of smoke cigarettes

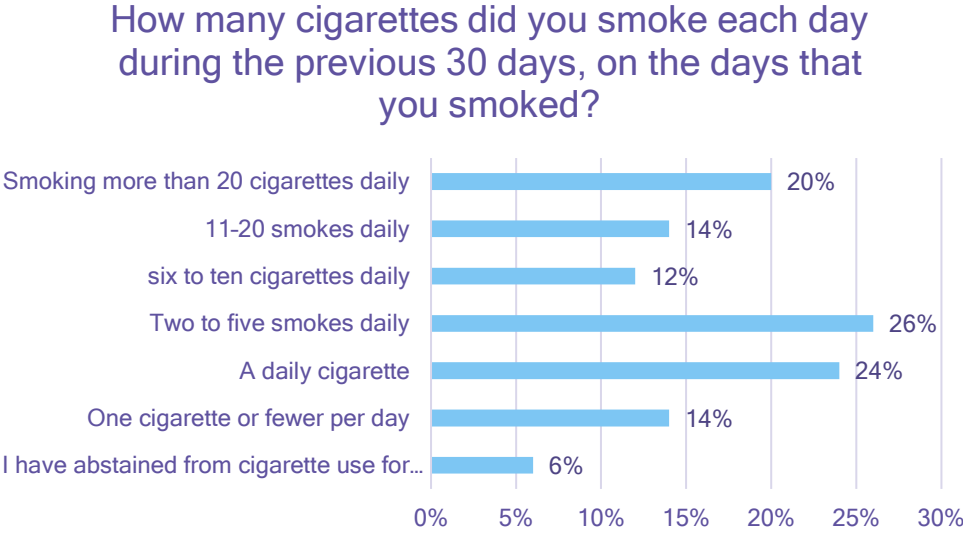


## Menthol Cigarettes

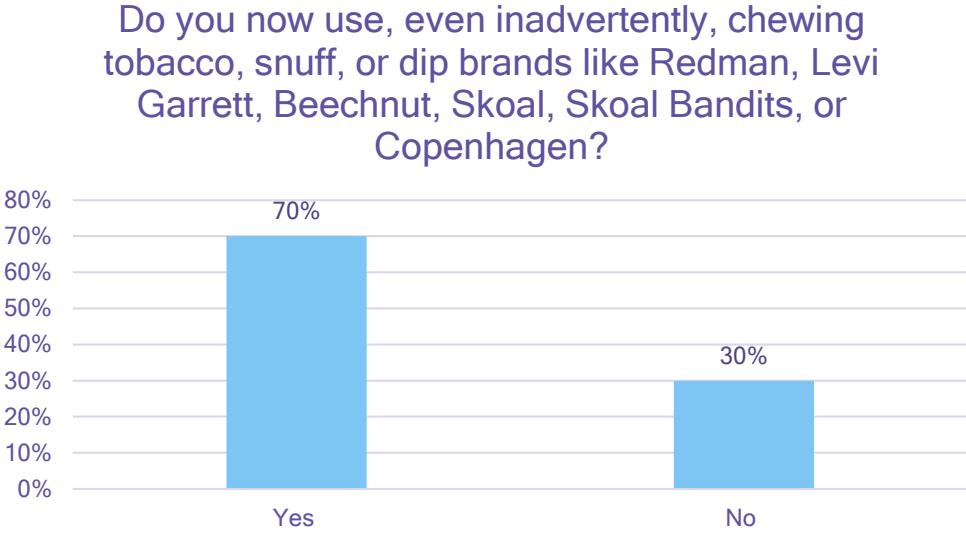
Cigarettes with a mint flavor are known as menthol cigarettes. Were the cigarettes you typically smoked menthol in the last 30 days



# Cigarettes smoke Daily

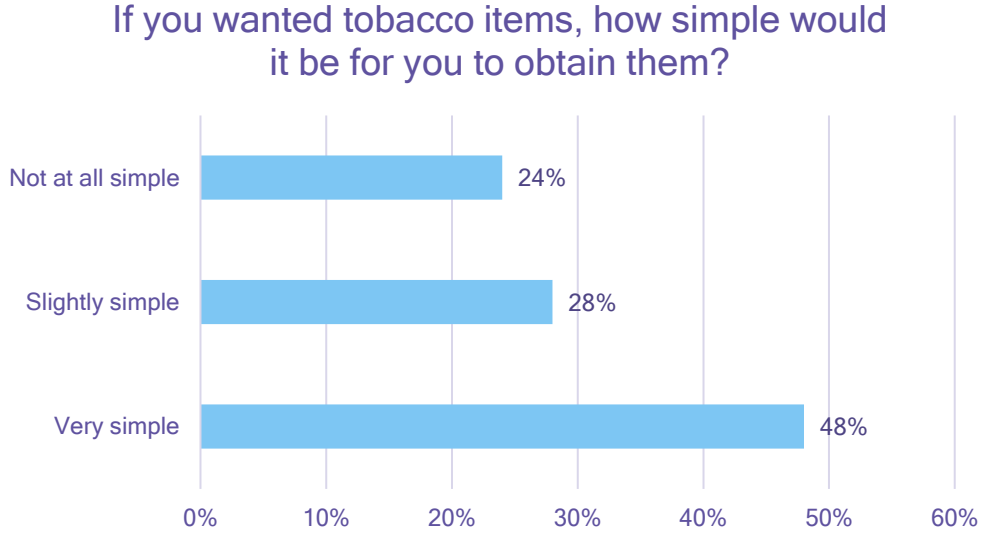
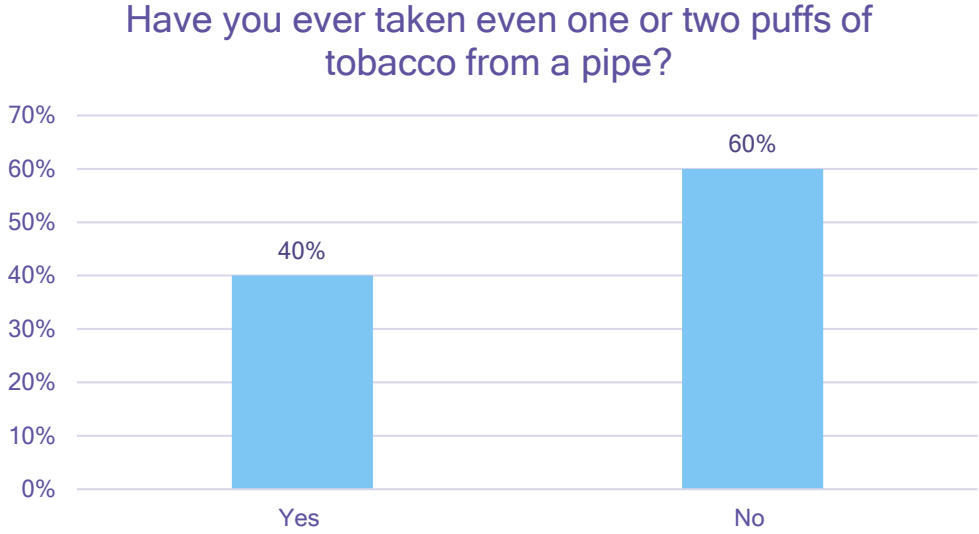


# Other items of tobacco



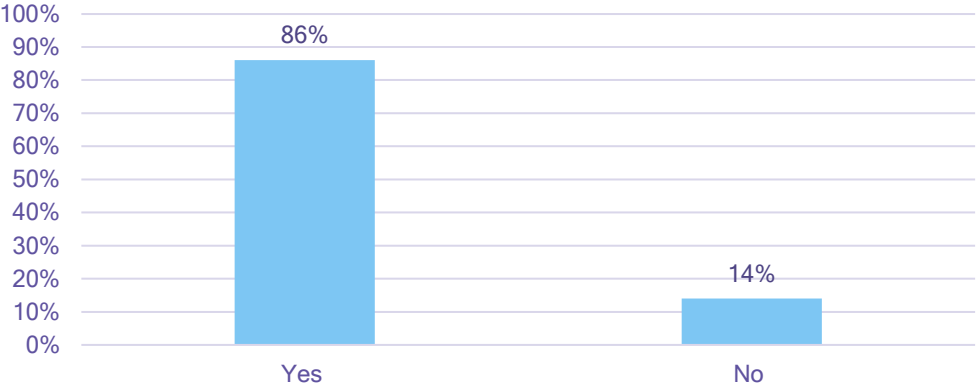


# Obtain tobacco item



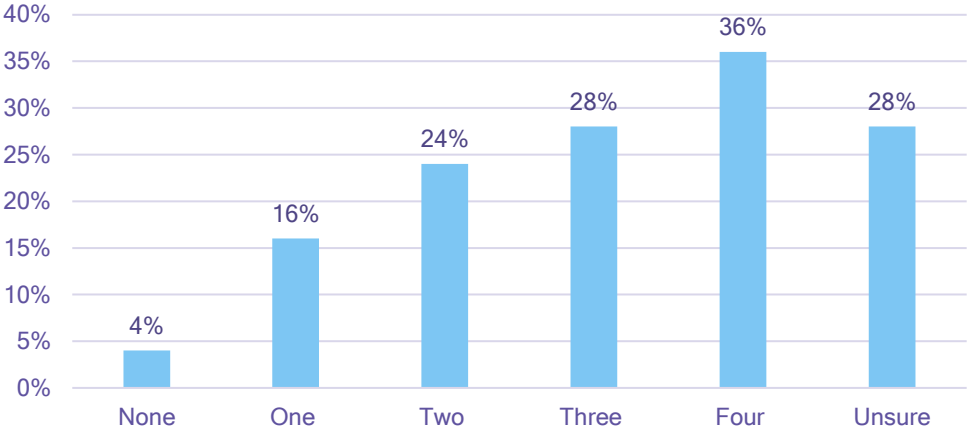
# Young people encourage

Do you think cigarette corporations actively work to encourage young people under the age of 18 to use their products?



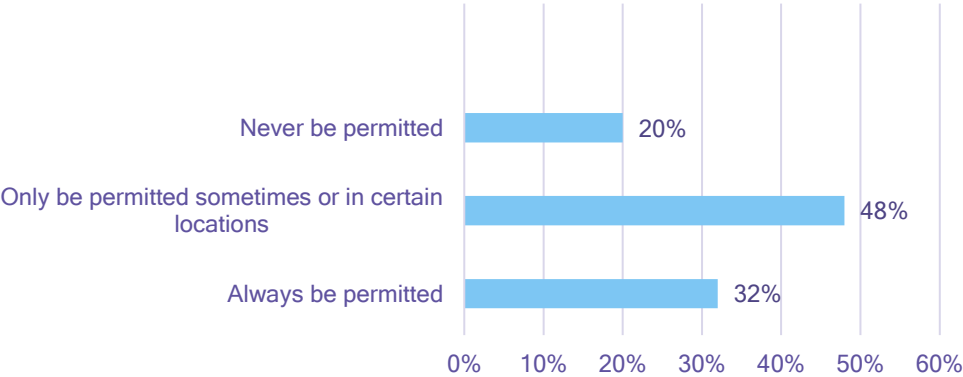
# Closest pals' smoker

Which one of your four closest pals is a smoker?



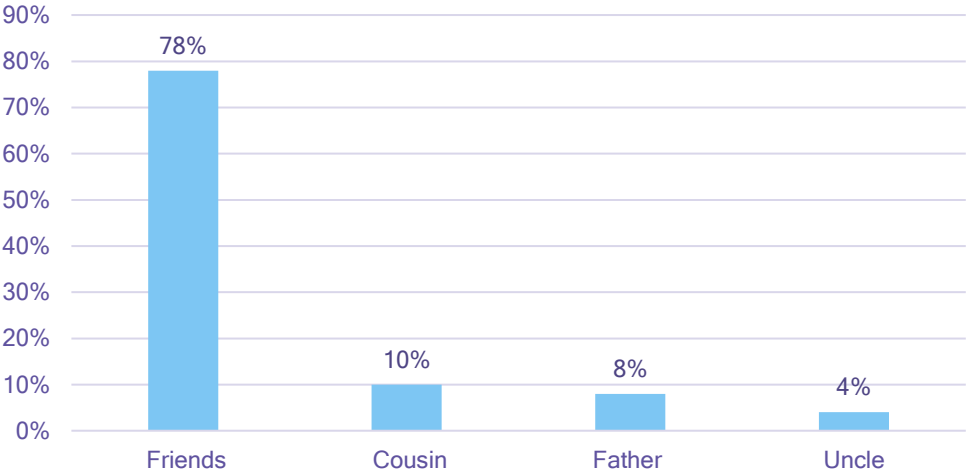
# Indoors tobacco products

According to you, using tobacco products indoors should...

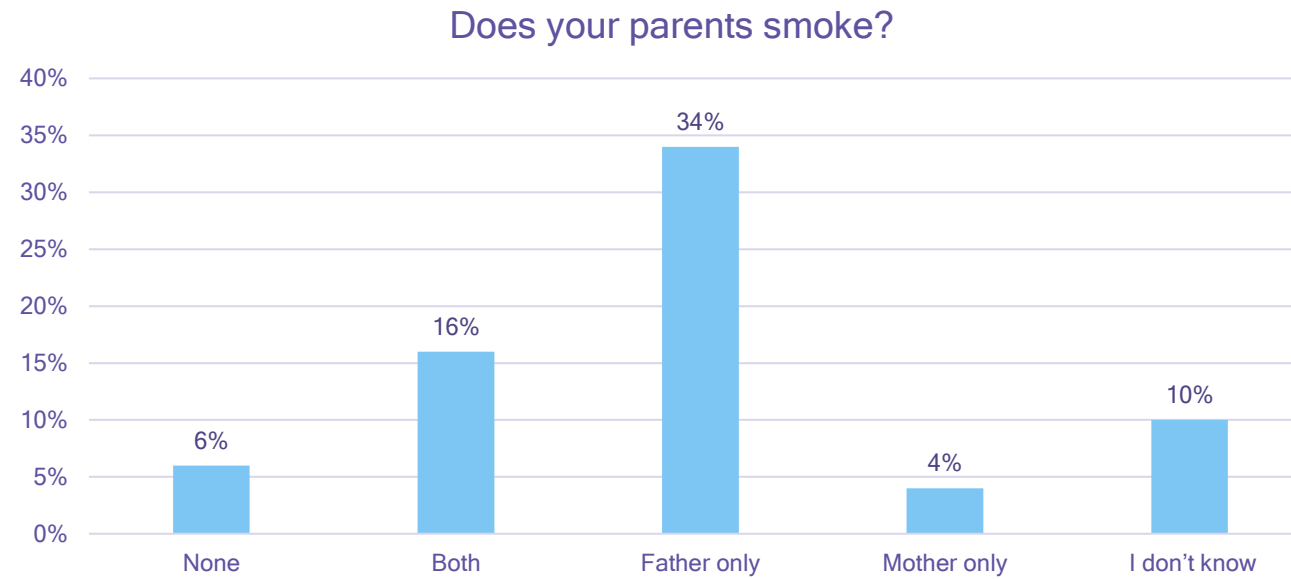


# Source of first cigarettes

Source of first cigarettes or book



## Smoker in their family



# Recommendation

- The following can be taken in Rajasthan 4 district Kota, Bundi, Baran, Chittor.
- According to the finding study, it is important to young people about the tobacco control quitting to a change of society.
- As we know that it is the era social media and. If we can collaborate with the awareness about the poster and school, 10o days campaign tobacco free place.
- By Collaborating all the stakeholders such as government office, SP office, and CHMO office. Nagar Neegam, NGO promote.
- BY school, park and government office and awareness.

# Conclusion

The WHO Framework Convention on Tobacco Control is the foundation for many countries' tobacco control strategies, albeit young people are not always the primary target. This is a top concern that needs to be addressed since young tobacco smoking has a significant physical and financial impact. Creative policies that are geared at young people are required, and youth tobacco prevention needs to be given more importance. Instead of being a matter of trade and business, tobacco control should be a social, public health, and quality-of-life problem.

THANK YOU

