

World **No Tobacco** Day

**Observed every year on
31st May**

A Presentation by Yuvaan Educative
LLP

WORLD NO TOBACCO DAY



- 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 forms of tobacco.
- This is an initiative of World Health Organization (WHO).

Agenda for 2023



THEME

The theme of World No Tobacco Day 2023 is "We need food, not tobacco"



GOAL

To raise awareness about alternative crop production and marketing opportunities for tobacco farmers and encourage them to grow sustainable, nutritious crops.

Call to action



01.

Give tobacco users an extra reason to quit. Quitting tobacco benefits your health and the environment.

02.

Support policy action around ban on single use plastics which include cigarette butts, smokeless tobacco pouches and electronic waste.

03.

Raise awareness of the tobacco industry's greenwashing tactics.

04.

Support governments on additional levies/taxes on industry to protect the environment.

Tobacco cessation programme of India

- Ministry of Health & Family Welfare has launched a toll-free national tobacco Quitline (1800112356) and mCessation services (give a missed call from your mobile to 011 22901701 to receive text-messages towards successful quitting of tobacco).
- This initiative aims to support tobacco users of all categories who want to quit tobacco use towards successful quitting through constant text messaging on mobile phones.

TOBACCO KILLS : QUIT NOW
WORLD NO TOBACCO DAY 31ST MAY



TOBACCO CAUSES PAINFUL DEATH
QUIT TODAY CALL 1800-11-2356

Use of Cigarette, Bidi, Hookah, Khaini, Zarda, Gutkha, Flavored/Scented Chewable tobacco, E-Cigarette, Vape, Juul etc is injurious to health

Harmful Health Effects

 <p>Spitting of Gutkha or Tobacco increases spread/transmission of COVID-19</p>	 <p>Smoker's Lung Lung Cancer</p>	 <p>Oral Cancer</p>
 <p>Heart Diseases</p>	 <p>Brain Stroke</p>	 <p>Tuberculosis</p>

Forms of Tobacco

Smokeless/Chewing
Tobacco

Smoking Tobacco

Paan, Zarda, Misri,
Gutkha, Khaini, etc.

Cigarette, bidi, cigar,
etc.

ANTI SMOKING

The Risk of Smoking



Nicotine, Tar, Carbon monoxide, Arsenic, Cadmium, Lead, Formaldehyde, Mercury, Polonium-210, Acetone, etc...

01

SMOKING TOBACCO

The largest known killer by tobacco is by Smoking.

02

Cigarettes

Smoking of tobacco is commonly done using cigarettes.

Danger of **Smoking**

Lungs damage



Heart damage



Digestive diseases



Foul mouth



Many chemicals in cigarettes

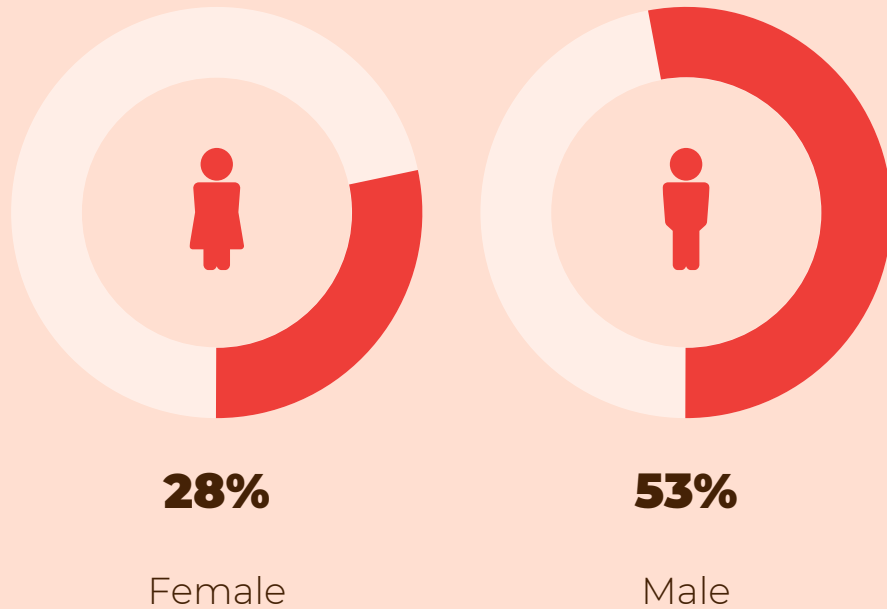


Spend a lot of money



Smoking **Kills**

Gender



Age



Every year more than **7 MILLION** people **DIE OF SMOKING**

What Can Increase **The DAMAGE**



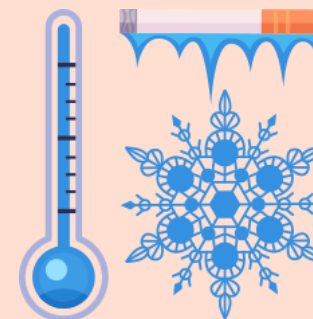
Alcohol



**Coffee
or Tea**



**Menthol
Cigarettes**



**Smoking
in the cold**



**Smoking
Fast**

How to quit **Smoking**



Quit all at once



Do regular exercise



Practice deep breathing exercise



Eat vegetables and fruit



Save the money you usually spend on cigarettes



Make a list of reasons you want to quit smoking

Electronic Nicotine Delivery Systems

What is Electronic Nicotine Delivery System (ENDS)

- Electronic Nicotine Delivery Systems (ENDS) are devices that heat a solution to create an aerosol, which frequently also contains flavours, usually dissolved into Propylene Glycol or/and Glycerin.
- Electronic cigarettes, the most common prototype, are devices that do not burn or use tobacco leaves but instead vaporize a solution, which the user then inhales. Electronic Nicotine Delivery System (ENDS) aerosol contains nicotine, the addictive component of tobacco products. The main constituents of the solution, in addition to nicotine (when nicotine is present) are propylene glycol, with or without glycerol and flavoring agents. ENDS solutions and emissions contain other chemicals, some of them considered to be toxicants.
- Although ENDS is generally considered a single product class, these products constitute a diverse group with potentially significant differences in the production of toxicants and mechanisms for delivery of nicotine.



Ill-effects of ENDS

- In addition to creating dependence, nicotine can have adverse effects on the development of the foetus during pregnancy. It may contribute to cardiovascular disease to the people who use ENDS. Also, nicotine may function as a “tumour promoter” and seems to be involved in the biology of malignant diseases.
- Foetal and adolescent nicotine exposure may have long-term consequences for brain development, potentially leading to learning and anxiety disorders. A number of metals - including lead, chromium, and nickel, and chemicals like formaldehyde have been found in aerosols of some ENDS, with concentrations equal to or greater than traditional cigarettes, under normal experimental conditions of use. As such, the evidence is sufficient to warn children and adolescents, pregnant women, and women of reproductive age against ENDS use and nicotine.

Government action against e-cigarettes

The Government of India issued an advisory in 2018 to all States to consider banning e-cigarettes.



CABINET DECISION

PROHIBITION OF ELECTRONIC CIGARETTES ORDINANCE

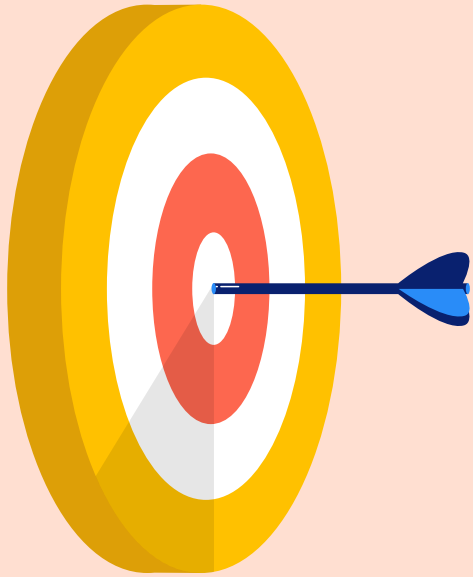
- Will ensure effective and timely action against the trend of use of e-cigarettes, especially among the young generation
- Will advance tobacco control efforts, leading to better public health outcomes
- Will contribute to reduction in tobacco usage, and decline in associated economic and disease burden

National Tobacco Control Programme

National Tobacco Control Programme (NTCP)

- The Government of India has enacted the national tobacco-control legislation namely, “The Cigarettes and other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, 2003” in May, 2003.
- India also ratified the WHO-Framework Convention on Tobacco Control (WHO-FCTC) in February 2004. Further, in order to facilitate the effective implementation of the Tobacco Control Law, to bring about greater awareness about the harmful effects of tobacco as well as to fulfill the obligations under the WHO-FCTC, the Ministry of Health and Family Welfare, Government of India launched the National Tobacco Control Programme (NTCP) in 2007- 08 in all districts of all the States/Union Territories of the country.

Objectives



1. To bring about greater awareness about the harmful effects of tobacco use and Tobacco Control Laws.
2. To facilitate effective implementation of the Tobacco Control Laws.
3. The objective of this programme is to control tobacco consumption and minimize the deaths caused by it. The various activities planned to control tobacco use are as follows:
 - Training and Capacity Building
 - IEC activity
 - Monitoring Tobacco Control Laws and Reporting
 - Survey and Surveillance

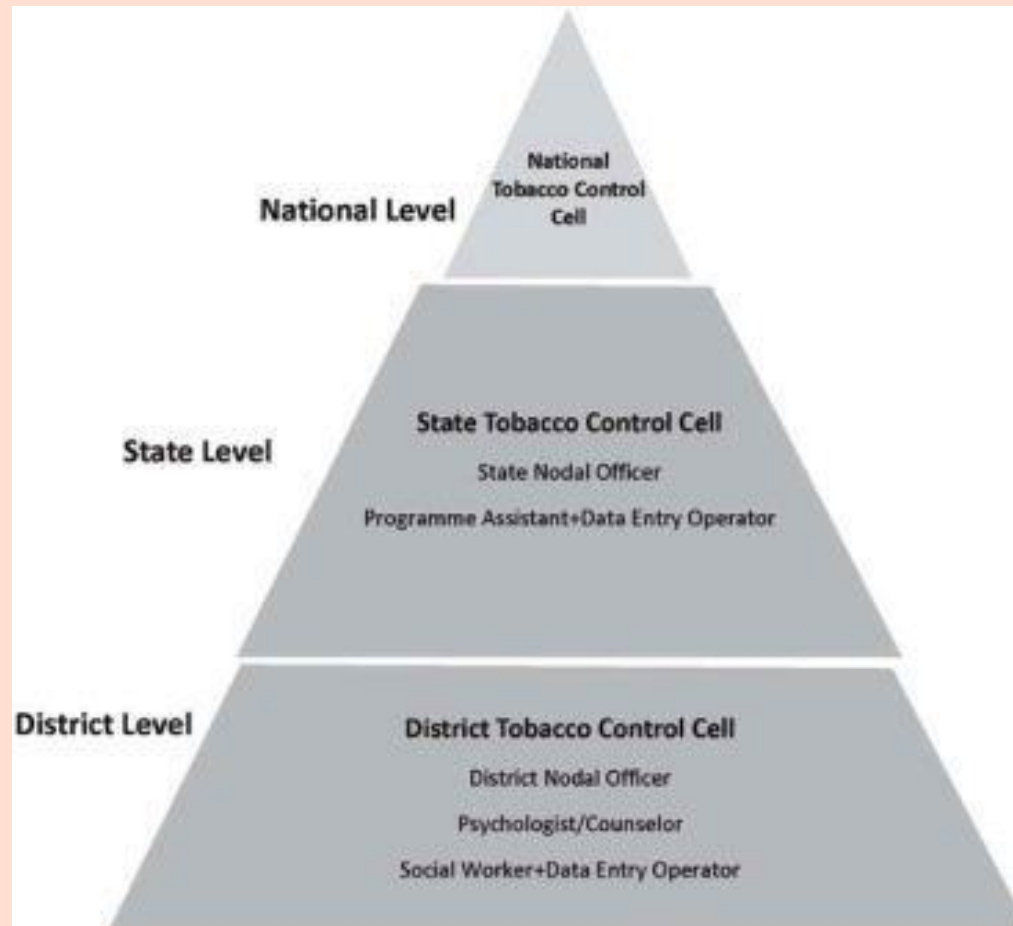
Implementation of the Programme



National Tobacco Control Cell (NTCC) at Central level

State Tobacco Control Cell (STCC) at State level

District Tobacco Control Cell (DTCC) at District level



Major Achievements of NTCP



The prevalence of tobacco use has reduced by six percentage points from 34.6% to 28.6% during the period from 2009-10 to 2016-17. The number of tobacco users has reduced by about 81 lakh (8.1 million).



Regulation of the use of Cigarettes and other tobacco products in films and TV programmes.



Issued an Advisory to ban Electronic Nicotine Delivery System (ENDS) including e-Cigarettes, Heat-Not-Burn devices, Vape, e-Sheesha, e-Nicotine Flavoured Hookah, and the like devices that enable nicotine delivery except for the purpose & in the manner and to the extent, as may be approved under the Drugs and Cosmetics Act, 1940 and Rules made thereunder.

So, let us say no to tobacco.....



Thanks !