

31 WORLD MAY NO TOBACCO DAY



WORLD NO TOBACCO DAY, MAY 31ST, 2023 "WE NEED FOOD, NOT TOBACCO".

The Sir Brian Bell Foundation proudly supports World No Tobacco Day 2023 providing vital information to the community to learn about the dangers of tobacco use and reminding smokers their choice to smoke not only affects their health but the health of those around them. Lung health is essential to achieving overall health and well-being, and smoking whether active or breathing in second-hand smoke has long-term effects on your health. The choices you make can have an impact on your quality of life today and in the future. Tobacco is a threat to us all from our own health and health care systems to our direct environments and the pollution it causes around us. At the Sir Brian Bell Foundation, we are extremely supportive of World No Tobacco Day and urge everyone to protect their own health and the health of their family and community by not smoking. "Tobacco use is dangerous and kills up to half of its users. This World No Tobacco Day, take a stand and don't let smoking affect your health, if you are having trouble quitting talk to your doctor, and talk to a supportive friend while it may be hard it is worth it and it may just save your life" commented Sir Brian Bell Foundation CEO Bronwyn Wright.

WORLD HEALTH ORGANIZATION:

We need food, not tobacco – the focus of World No Tobacco Day 2023.

A global food crisis is growing fuelled by conflict, climate change, impacts of the COVID-19 pandemic as well as the ripple effects of the war in Ukraine driving rising prices of food, fuel, and fertilizer. Tobacco growing and production lead to long term, global ecological harms, and climate change, and plays a crucial role in determining the future of agriculture and food security. WHO today announces the 2023 global campaign for World No Tobacco Day – focused on growing sustainable food crops instead of tobacco. Currently, tobacco is grown in over 125 countries as a cash crop, over an estimated area of 4 million hectares (ha), which is an area larger than the country of Rwanda. The harmful effects of the cultivation on the environment are particularly apparent in low- and middle-income countries (LMIC). World No Tobacco Day 2023 will serve as an opportunity to mobilize governments and policymakers to support farmers to switch to sustainable crops through creating market ecosystems for alternative crops and encourage at least 10 000 farmers globally to commit to shifting away from tobacco growing. Scarce arable land and water are being used for tobacco cultivation with thousands of hectares of woods being destroyed to create space for tobacco production and to make fuel for curing tobacco leaves. Fertile land is thus being destroyed and cannot be used for growing much needed food crops. In

many countries where tobacco production and growing are consequential, the issue of livelihoods often comes as an impediment for the implementation of strong tobacco control measures. "The tobacco industry is using the farmers livelihoods by creating front groups to lobby against policy changes aimed at reducing demand for tobacco," said Dr Ruediger Krech, Director of Health Promotion, "We need to protect the health and well-being of farmers and their families, not only from the harms of tobacco growing but also from the exploitation of their livelihoods by the tobacco industry." Farmers are often under contractual arrangements with the tobacco industry and are trapped in a vicious circle of debt. In most countries, the tobacco industry provides farmers seeds and other materials needed to grow tobacco and then later removes the costs from the earnings, which makes moving away from tobacco very difficult from a farmer's perspective. But the tobacco industry often fails to give farmers a fair price for their product and, farmers often fail to pay back the loan in full. With partners, the global campaign will raise awareness about alternative crop production and marketing opportunities for tobacco farmers and encourage them to grow sustainable, nutritious crops. These crops will feed their families and millions more on a global scale, help them break free of the vicious debt-ridden cycle of tobacco growing, and support a healthier environment overall. The campaign will also support governments in developing suitable policies, strategies and enabling market conditions for the tobacco growing farmers to shift to growing food crops

<https://www.who.int/news/item/07-11-2022-we-need-food--not-tobacco--focus-of-the-world-no-tobacco-day-2023>

TOBACCO

Tobacco kills more than 8 million people each year according to World Health Organization (WHO). In 2020 alone, 22.3% of the global population used tobacco, 36.7% of all men and 7.8% of the world's women. More than 7million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non-smokers being exposed to second-hand smoke. There are many ways to use tobacco however cigarette smoking is the most common worldwide, no matter the form no safe level of exposure is safe.

WHAT CHEMICALS ARE IN TOBACCO SMOKE?

There are approximately 600 ingredients in cigarettes according to the American Lung Association, and when burned, they create more than 7,000 chemicals, 69 of these chemicals are known to cause cancer, and many are toxic. Some of these chemicals include:

- Acetone: found in nail polish remover
- Formaldehyde: embalming fluid
- Acetone: found in nail polish remover
- Hexamine: found in barbecue lighter fluid

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- Ammonia: a common household cleaner
- Arsenic: used in rat poison
- Benzene: found in rubber cement
- Butane: used in lighter fluid
- Cadmium: active component in battery acid
- Carbon Monoxide: released in car exhaust fumes
- Lead: used in batteries
- Naphthalene: an ingredient in mothballs
- Methanol: a main component in rocket fuel
- Nicotine: used as an insecticide
- Tar: material for paving roads
- Toluene: used to manufacture pain

LONG TERM EFFECTS OF SMOKING

Every cigarette is doing you damage. Long term smokers are at a higher risk of developing a range of potentially deadly diseases, including:

- Smoking can cause cancer almost anywhere in your body, including the lungs, throat, oesophagus, pancreas, kidney, liver, colon, tongue, bladder, stomach and more.
- Lung Diseases such as Chronic Obstructive Pulmonary Disease (COPD), which includes chronic bronchitis and emphysema.
- Heart disease, heart attack, and stroke.
- Increased risk of blood clots, which block blood flow to the heart, brain, or leg, sometimes resulting in amputation or gangrene.

SMOKING AND PREGNANCY

Smoking during pregnancy increases the risk of health problems for developing babies, including preterm birth, low birth weight, and birth defects. Smoking during and after pregnancy also increases the risk of sudden infant death syndrome (SIDS). Additionally, e-cigarettes and other tobacco products containing nicotine (the addictive drug found in tobacco) are not safe to use during pregnancy, according to the Centres of Disease Control and Prevention. Nicotine is a health danger for pregnant women and developing babies and can damage a developing baby's brain and lungs. Quitting tobacco is one of the most important ways you can protect your health and your baby's health. While it is better to quit smoking before becoming pregnant, quitting at any time during pregnancy gives your baby a better chance of a healthy start in life.

LONG TERM EFFECTS OF SMOKING

No matter your age, quitting smoking improves your health and wellbeing, most likely adding more years to your life, breathing more easily, saving money as well as lower your risk of cancer, heart attack, stroke, and lung disease. As soon as you stop smoking, your body begins to repair itself. How well your body recovers can depend on the number of cigarettes you normally smoke and how long you've been smoking for however according to Quit Australia benefits can include:

- Within 6 hours: Your heart rate slows, and your blood pressure becomes more stable.
- Within a day: The level of carbon monoxide in your blood has dropped, oxygen can more easily reach your heart and muscles, and your fingertips become warmer and your hands steadier.
- Within a week: Your sense of taste and smell may improve, and you have higher blood levels of protective antioxidants such as vitamin C.
- Within 3 months: Your immune system is beginning its recovery and more easily fighting infection. Coughing and wheezing has likely reduced, and blood is less thick and sticky, and blood flow to hands and feet has improved.
- Within 6 months: You are less likely to be stressed or coughing up phlegm.
- After 1 year: Your lungs will be healthier, and breathing will be easier than if you'd kept smoking.
- Within 2 to 5 years: There is a large drop in your risk of heart attack and stroke, which will continue to gradually decrease over time. For women, within five years, the risk of cervical cancer is the same as someone who has never smoked.
- After 10 years: Your risk of lung cancer is lower than that of a continuing smoker (provided the disease was not already present when you quit).
- After 20 years: Your risk of heart attack and stroke is close to that of a person who has never smoked.

QUIT SMOKING TIPS

It's never too late to quit smoking. Breaking habits can help you say goodbye to smoking for good; if you commonly smoke at the same place or time each day, break the cycle, remember why you are quitting and ask others not to smoke around you. Exercise is one of the best ways to reduce cravings and ease stress and anxiety; take up a new sport or exercise you enjoy and bring a supportive friend with you to create new smoke-free memories. Remember to keep the following 4 Ds in mind when you have a craving:

- Delay: Remember that the worst cravings last for only a few minutes and will become even less frequent the longer you have quit.
- Deep breathe: This should help you relax; remember why you want to quit and give you time to focus your mind on something else.
- Drink water: It is essential to drink plenty of fluids to help flush the nicotine and other toxins out of your system.
- Do something else: You could go for a walk, talk to a friend, eat an apple, meditate, or read a book. meditate, or read a book.



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