



19 June 2018 – Every year, on 31 May, the World Health Organization (WHO) and partners mark World No Tobacco Day, highlighting the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption. This year, World No Tobacco Day focuses on tobacco and heart disease. The campaign’s slogan is “Tobacco breaks hearts. Choose health, not tobacco”.

To mark this occasion, the Ministry of Health organized an awareness-raising event that took place at one of Amman’s popular malls (Mecca Mall) on Thursday 31 May. This event was conducted with the support of World Health Organization (WHO) in Jordan, the Royal Health Awareness Society (RHAS) and International Federation of Medical students Association (IFMSA).

Some of the most important risk factors for noncommunicable diseases like cardiovascular disease include tobacco use, unhealthy diet and physical inactivity. The event stressed the importance of healthy lifestyles through disseminating messages and engaging in interactive activities to raise awareness on these issues.

Several free-of-charge services were provided: blood pressure test, peak flow test (measuring how well the lungs are functioning), cardiovascular disease, tobacco cessation and physical activity counselling. The results of these services showed that, among all the participants, 42% were smokers, 12% were passive smokers living in a smoking environment, and 46% were non-smokers living in a smoke-free environment.

On this World No Tobacco Day, the Government of Jordan, together with the United Nations in Jordan, has the responsibility to stop the alarming tobacco epidemic that threatens the lives of millions of men, women and children in Jordan.

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