

If you are organizing an activity, or developing your own campaign materials, here are some facts and figures that you might want to use:

More than 7 million people die from tobacco use every year, including the 900 000 people that die from exposure to secondhand smoke. This translates into more than 19 000 people dying every day from tobacco use or second-hand smoke.

Some 80% of premature deaths from tobacco occur in low- or middle-income countries, which face increased challenges to achieving their development goals.

In some countries of the Eastern Mediterranean Region, smoking can be as high as 52% among men and 22% among women. Data for young boys and girls are equally alarming. Smoking can reach 42% among boys and 31% among girls.

Tobacco has a negative impact on people's lung health, from cancer to chronic respiratory disease.

Tobacco smoking is the primary cause for lung cancer, responsible for over two thirds of lung cancer deaths globally.

Second-hand smoke exposure at home or in the work place also increases risk of lung cancer.

Tobacco smoking is the leading cause of chronic obstructive pulmonary disease (COPD), a condition where the build-up of pus-filled mucus in the lungs results in a painful cough and agonising breathing difficulties.

The risk of developing COPD is particularly high among individuals who start smoking at a young age, as tobacco smoke significantly slows lung development.

Tobacco exacerbates asthma, which restricts activity and contributes to disability.

Tuberculosis damages the lungs and reduces lung function, which is further exacerbated by tobacco smoking.

Tobacco smoke is a very dangerous form of air pollution.

Tobacco smoke contains over 7000 chemicals, 69 of which are known to cause cancer.

Quitting smoking can reduce the risk of lung cancer, slows the progression of COPD and improves asthma symptoms.

The WHO FCTC guides the global fight against the tobacco epidemic. It is an international treaty with 180 Parties.

Today, more than half the world's countries, representing nearly 40% of the world's population (2.8 billion people), have implemented at least one of the WHO FCTC's most cost-effective measures to the highest level. An increasing number of countries are creating firewalls to ward off interference from the tobacco industry in government tobacco control policy.

The comprehensive implementation of the WHO FCTC and the MPOWER measures to reduce tobacco use in the Eastern Mediterranean Region would lead to a reduction in tobacco use ranging from 20% to 40% in 5 years and, in some countries, by up to 36% in 5 years and 56% in 15 years.

Thursday 25th of April 2024 08:54:57 PM