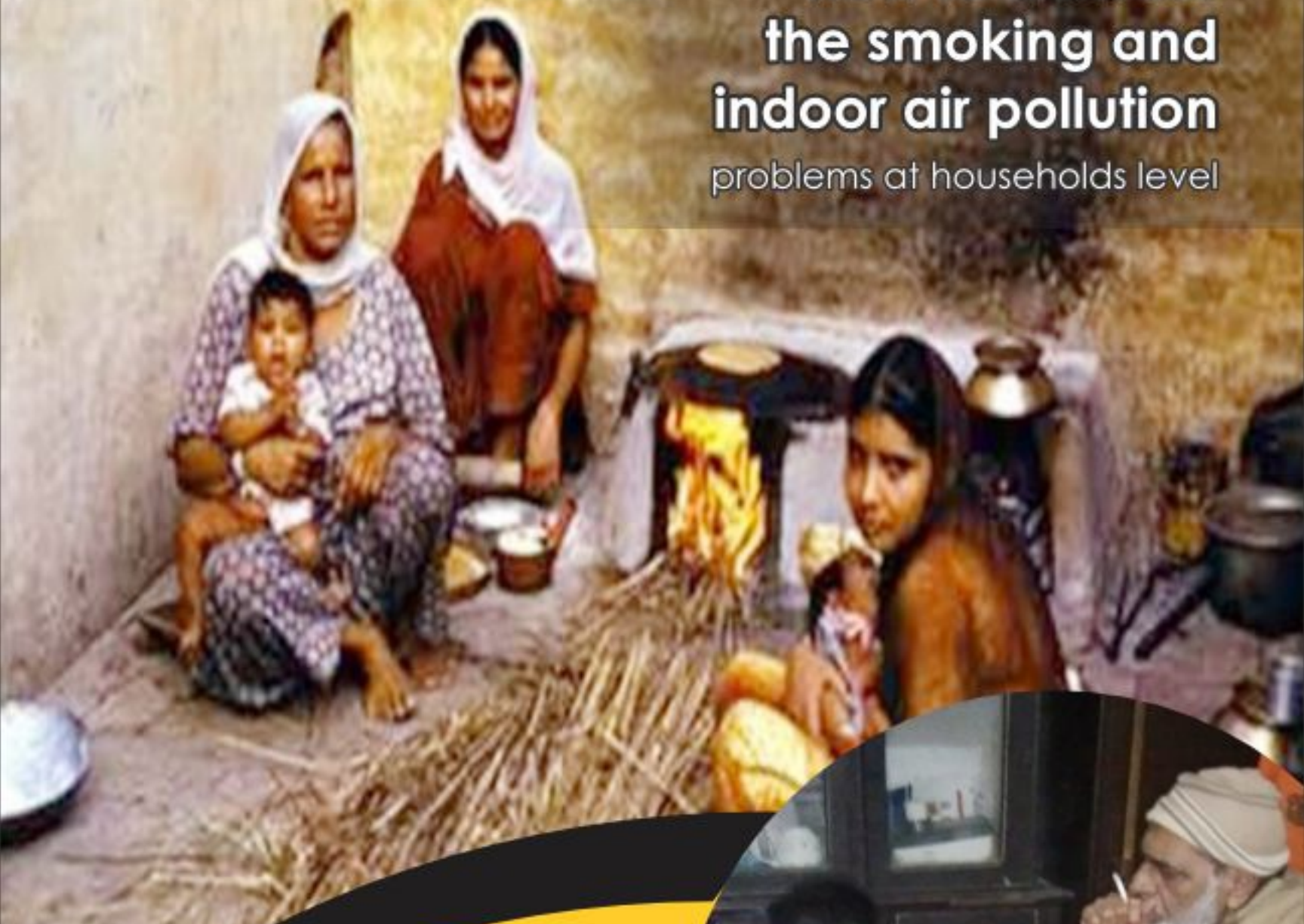


Understanding

how to address
the smoking and
indoor air pollution

problems at households level



Background

- More than 31 million people use tobacco in Pakistan
- 39% of households are exposed daily to second-hand tobacco smoke
- 55% of households contain at least one smoker
- 125,000 children (10-14 years old) are daily smokers
- Almost 10 million people use smokeless tobacco daily
- The economic cost of smoking in Pakistan amounts to a starting Rs143 Billion/year Source Tobacco Atlas 2018
- 80% rural areas depend on biomass fuels (wood, dung, and agricultural waste) for cooking food
- On average, women spend 90% of their time indoors, so indoor air quality is critical to the health of your family





Exposures Of Indoor Smoking And Air Pollution:

Breathing in air pollutants can irritate your airways and may cause shortness of breath, coughing, wheezing, asthma episodes and chest pain.

Exposures to smoking and indoor air pollution puts you at risk for lung cancer, heart attacks, stroke and in extreme cases, premature death.

Poor indoor pollution is a danger to lung health, particularly for:

- Babies and children, whose normal breathing is faster than older children and adults;
- The elderly, who may have higher respiratory rates;
- People who work or spend time indoors; and
- People with heart or lung disease.

Active and passive smoking:

Active smoking is a process where the smoker (the person who inhales the smoke from burnt tobacco, Passive or second-hand smoking means breathing in smoke produced from other people's tobacco.

- around 108,800 persons die every year and 5000 admit to hospitals due to tobacco use approximately 50% of cancers in males and 30% in females.
- Almost 31,000 of these deaths are due to exposure to secondhand smoke.
- Smoking causes cancers, heart diseases, stroke, respiratory illnesses, lung cancer, chronic obstructive pulmonary disease, weakening of the immune system, and reduction in lung function

Health risks from smoking



AIR POLLUTION AFFECTS OUR VITAL ORGANS



36%

OF DEATHS FROM
LUNG CANCER



34%

OF DEATHS FROM
STROKES



27%

OF DEATHS FROM
HEART DISEASE

Indoor and outdoor air pollution :

IAP is caused by smog, tobacco smoke, and household cooking products. It is found in higher levels compared to outdoor air pollution. OAP is often referred to as ambient air.

The common sources of outdoor air pollution are emissions caused by combustion processes from motor vehicles, solid fuel burning, dust and industries. Women and children are extensively at risk due to amount of time spent in kitchens.

Indoor air pollution accounts for 28,000 deaths a year and 40 million cases of acute respiratory illness.

Let's find the way-out of the problems

SOLUTIONS Harm Reduction?



Harm reduction is a set of ideas and a cost-effective approach that helps people take preventive measures to reduce the health risks of harmful behaviours such as wearing a mask in polluted environments or wearing a helmet when riding a motorbike etc.

Tobacco Harm Reduction?

The best choice for any smoker is to quit nicotine and tobacco altogether.

But better alternatives to smoking exist for adult smokers who would otherwise continue smoking cigarettes. This is tobacco harm reduction.

E-cigarette is at least 95% less harmful than smoking "Public Health England" The alternatives can help adult smokers to quit smoking. However, young people should be kept away from the use of alternatives because they are useful for the adult smokers who want to quit smoking but are unable to do so



Effective public education about the sources of indoor air pollution and the health risks of smoking can improve health and protect the lives of families

Smoking

is one of the most common types of indoor air pollution. The best thing to do is to quit smoking and make your home anti-smoking zone.

Open windows and doors when the indoor air pollutant level is high

Close windows and doors when the outdoor air pollutant level is high

keep doors and windows open during and after cooking

Keep children and patients with respiratory diseases away from air pollution



Nicotine Gum



Lozenges



Nicotine Pouches



Nasal Spray



Nicotine Patches



Vaping

Nicotine replacement therapy - e-cigarettes can help to quit smoking as some countries are effectively using this tool to drive down tobacco use and improve public health.

<https://gsthr.org/>

Thanks Knowledge•Action•Change (K•A•C), a company dedicated to the promotion of harm reduction to improve health & Dr. Marewa Glover CREIS&S NZ