

## **FACT SHEET**

### **31st May World No Tobacco Day**

**2020 Theme: Protecting Youth from Industry manipulation and preventing them from tobacco and nicotine use.**

- Global campaign to debunk myths and expose tactics employed by industries to provide young people with knowledge to easily detect industry manipulation and tools to rejection so that the youth can stand up against them.

#### **Did you know the Tactics displayed by the Tobacco industry?**

- Flavours appealing in smokeless tobacco, shisha and e-cigarettes
- Promotion of tobacco products and distribution of free samples at popular events
- Advertising and product placement on movies, music videos, games, television, social media platforms, selling spots for children gadgets / foods.
- Rebrand of products making users feel that it is less/reduced risk.
- Merchandise logos on objects

#### **Who are the targets**

- Youth ages 12 through 17

- Young Adults ages 18 through 25

According to GAYS, 2018

56.9% of students thought other people's tobacco smoking is harmful to them

68.6% of students favored prohibiting smoking inside enclosed public places.

### Consumption for Uganda

According to GATS, 2013

- 7.9% of Ugandans aged 15-49 years use tobacco products.
- 5.8% of adults smoked tobacco products while 2.4% use smokeless products
- Exposure to secondhand smoke at the workplace was 20.4%, at home 13.1% and 62.3% in bars and night clubs.

According to GAYS, 2018

- 5.5% of students, 6.8% of boys, and 4.3% of girls currently smoked tobacco
- 19.2% of students were exposed to tobacco smoke at home
- 30.0% of students were exposed to tobacco smoke inside enclosed public places.

### Who is at risk

- Smokers
- Second-hand smokers
- Vulnerable groups i.e. children and expectant mothers

According to WHO, over 80% of the world's 1.3 billion tobacco users live in low-and middle income countries.

### Did you Know that as a country we have legislation on tobacco?

- Uganda has a Tobacco Control Act (TCA), 2015
- Uganda has a Tobacco Control Regulations, 2019
- Kampala is a Smoke Free City -Launched on 1<sup>st</sup> August 2018

The law prohibits all forms, methods and means of tobacco advertising, promotion and sponsorship

### **Did you know the smoke free places in Kampala City and Country at large?**

- All indoor workplaces
- All indoor public places
- All public transport, Trains, buses
- Government facilities
- Private offices
- Hospitals
- Residential and non-residential healthcare facilities
- Childcare facilities
- Universities
- shops
- Indoor stadium/ arenas
- Restaurants
- Bars
- Casinos
- Hotels/ sleeping places
- Commercial Air craft
- Commercial Water craft
- Waiting areas for transit

### **Dangers of Tobacco use/ effects of exposure to tobacco smoke**

- Nicotine addiction
- Development of cardiovascular

- Respiratory diseases (reduced lung function, reduce lung growth, lung cancer and chronic obstructive pulmonary disease).
- Subtypes of cancer
- Low birth weights
- Infant death Syndrome

According to WHO,

More than 8 million people die from tobacco use globally every year

Deadly to non-smokers- Second hand smoke exposure – around 1.2 million deaths annually

65,000 children die each year from illnesses attributed to Second-hand smoke

### **Did you know there is a likely linkage between Tobacco use and COVID-19**

- Link 1: There is a high risk of contracting the disease since tobacco use is associated with coughing- a respiratory transmission route for COVID, sharing of vessels – a contact transmission route.
- Link 2: The social behavior that exists in its consumption - group/ peer to peer smoking- favoring the human to human contact.
- Link 3: Tobacco use is associated with respiratory infection and likewise COVID-19 is an infectious disease that primarily affects the lungs. Therefore, people with such conditions are at high risk for developing severe illness and death when affected by COVID-19.

### **Role of community**

- Parental talk on existing abuses and effects

- Reporting identified promoters to concerned government officials
- Utilization of rehabilitation centers for addicted persons
- Public support- Work together with Government and any other implementing institutions that are involved in TCA, 2015 awareness programs.
- Utilization of Lung Institute Clinic Makerere University College of Health Sciences in Mulago Hospital which offers specialized respiratory care services.

### **Cost implication**

- The annual average medical cost of a current or former smoker suffering from a tobacco-attributable disease is UGX 3,697,255

### **Benefits when we protect the youth**

- Reduction in number of youths that get involved in tobacco product use.
- Protect non-smokers from the devastating health effects of environmental tobacco smoke exposure
- Reduction of tobacco use in current smokers
- Creates opportunity for those who want to quit.

Overall: Reduce tobacco smoke related diseases.

## Images



**Smoking damages your lungs and other parts of your body, and may increase your risk of getting a severe case of COVID-19**



#coronavirus #COVID19

**World No Tobacco Day**  
May 31, 2020

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