

REFUSAL FROM SMOKING AS THE BASIS OF A HEALTHY LIFESTYLE

ВІДМОВА ВІД КУРІННЯ ЯК ОСНОВА ЗДОРОВОГО СПОСОБУ ЖИТТЯ

*Yassine Iftahy, Karyna Tolmachova, Karyna Tsemenko
National University of Pharmacy
Kharkiv, Ukraine*

Introduction. According to WHO statistics, the number of cigarette smokers today is 1.1 billion. Tobacco use is the most preventable cause of death and disease. Tobacco control is a key starting point in achieving the global goal adopted by the World Health Assembly in 2013 to reduce premature mortality from non-communicable diseases by 25% by 2025. As a result, 29 countries have raised taxes to such a level that for which the excise tax is at least 75% of the retail price of tobacco products. Only 10 countries have implemented full smoking bans to make all public places completely smoke-free. Eight countries have at least three types of clinical interventions for smoking cessation (a national quitline, as well as nicotine replacement therapy and some cost-reimbursed health services for people trying to quit) . Four countries have introduced a complete ban on all forms of direct and indirect advertising of tobacco products, and three countries require that cigarette packages contain large graphic images warning of health hazards with all relevant characteristics. However, the number of smokers is constantly increasing due to the emergence of new means for smoking. Today, electronic cigarettes, devices for heating tobacco, etc. are very popular, especially among young people. The final statistics of the number of consumers of such cigarettes are still unknown.

Aim. A statistical study of different categories regarding the use of smoking products and attempts to quit smoking.

Materials and methods. Questionnaires of different categories of the population in two directions: statistical analysis of the population's use of smoking products and statistical analysis of the use of various methods of combating smoking among smokers. The questionnaire was distributed through social networks and messengers: *Instagram, Facebook, Viber, Telegram, WhatsApp*.

Results and discussion. According to the results of the survey, 220 responses were collected. Among the respondents, 67% smoke, of which 38% smoke regularly and 29% sometimes. A smaller share of respondents (29%) do not have a bad smoking habit. In the course of the study, it was also found that the majority of respondents do not have sufficient information about the composition and dangers of cigarettes and smoking devices. The second questionnaire was created specifically for the proportion of respondents who smoke. It was found that more than half of smokers do not intend to change their lifestyle and have never tried to quit smoking. The other part used various methods, in most cases it is drug treatment.

Conclusions. An open, urgent issue is the promotion of a healthy lifestyle, the dissemination of information about the harm of smoking, including e-cigarettes, especially among young people and teenagers.