

Health Impacts of Tobacco Use

Smoking is the biggest single cause of preventable premature death in Scotland. Every year, 13,500 people Scotland, and 114, 000 in the UK as a whole, die as a result of smoking.

Smoking and Health Impacts Overview:

- 1:5 deaths from coronary heart disease (CHD) are attributable to smoking
- 84% of all deaths from lung cancer related to smoking (1-14 cigarettes per day = 8 times greater risk than non-smokers)
- 30% of all cancer deaths are attributable to smoking
- 80% of deaths from bronchitis and emphysema are attributable to smoking
- causes peripheral vascular disease, which can increase the risk of amputation
- causes premature wrinkling / skin discolouration / psoriasis

85% of smokers start smoking before their 16th birthday. Young people may not realise how addictive nicotine is: nicotine smoked from a cigarette reaches the brain and affects it within 7 seconds, causing the heart and pulse rate to increase, blood vessels to contract and stimulating the central nervous system. The quicker a substance reaches the brain and affects it, the more addictive it becomes in a shorter space of time. Young people may not recognise the symptoms of nicotine addiction until they have become dependent.

In the 2008 SALSUS (Scottish Adolescent Lifestyle and Substance Misuse Survey, NHS Scotland/Office for National Statistics 2009) survey, 92% of young people aged 13 who were regular smokers and 90% of 15 year olds who were regular smokers agreed that 'smoking helps you relax if you feel nervous'.

85% of all young people aged 13-15 responding to the survey, however, agreed that 'if a woman smokes while she is pregnant, she can harm her unborn baby'; 'smoking causes lung cancer'; 'smoking makes clothes smell' 'smoking can cause heart disease' and 'other people's smoking can harm the health of others'.

Successful Approaches to Smoking Prevention:

In schools / youth work settings, social influence approaches which combine skills training (including refusal skills) 'norm setting' and factual information have had the best results.

Effective approaches for different age groups include:

- Primary school age: emphasis on how tobacco affects the body
- 11-13 years: emphasis on self-worth and assertiveness
- 13-15 years: effects of parental or peer smoking are significant. Focus on social / peer pressures /attitudes to smoke / starting smoking, reasons why people smoke, mental wellbeing eg how to deal with stress and problem solving
- 15-16 years: beliefs about positive psychological effects of smoking are stronger predictors of smoking intentions (than social or health consequences) - focus should be on individual's subjective experience of smoking eg exploring self-identity, perceived benefits of smoking & alternatives

A concerted approach to learning about tobacco across the curriculum is likely to be more effective than a series of separate interventions.

Approaches are strengthened when combined with organisational tobacco/smoking policy and staff training. YSTEP offer free, tailored training and policy support to schools and youth agencies.

YSTEP Lesson/Learning Activity Plans Leading to Curriculum for Excellence Health and Wellbeing Outcomes:

Activity/Time	Format	Health and Wellbeing Substance Misuse Outcomes and Level:
What's In Tobacco Smoke and Effects on the Body' (1 hour)	Plan (Word) Presentation (Powerpoint)	<p>HWB0-15a/1-15a/2-15a: I am developing my understanding of the human body and can use this knowledge to maintain and improve my health and well-being</p> <p>2-38a: I understand the effect that a range of substances including tobacco and alcohol can have on body.</p> <p>2-43a: I understand the impact that misuse of substances can have on individuals, their families and friends.</p>
Peer Pressure and Influences (1 hour)		<p>Level 2:</p> <p>HWB3-40a: I am developing assertiveness and resilience strategies which can support decision-making about substance use and can use these strategies to make informed choices to improve my health and wellbeing. I can apply these strategies in situations that may be stressful, challenging or involve peer pressure</p> <p>HWB2-39a: I know that popular culture, the media, and peer groups can influence how I feel about substance use and recognise the impact this may have on my actions.</p>
Behaviour Values and Attitudes (1 hour)		<p>Level 2:</p> <p>HWB2-38a: I understand the effect that a range of substances including tobacco and alcohol can have on body.</p> <p>HWB3-43a: I understand the impact that ongoing misuse of substances can have on my health, future choices, and options.</p>
<p>'What's In Tobacco Smoke and Effects on the Body' lesson plan</p> <p>'What's In Cigarette Smoke and Effects on the Body' Millionaire Quiz (1 hour)</p>	<p>Plan (Word) Presentation (Powerpoint)</p> <p>Presentation (Powerpoint)</p>	<p>Level 3:</p> <p>HWB3-13a/4-13a: Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community</p> <p>HWB3-15a/4-15a: I am developing my understanding of the human body and can use this knowledge to maintain and improve my health and well-being</p> <p>HWB3-16a/4-16a: I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible</p> <p>HWB3-38a/4-38a: I understand the positive effects that some substances can have on the mind and the body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances.</p> <p>HWB3-40b/4-40b: I know how to access information and support for substance-related issues</p> <p>HWB3-41a/4-41a: After assessing options and the consequences of my actions, I can identify safe and unsafe behaviours and actions</p> <p>HWB3-43a/4-43a: I understand the impact that ongoing misuse of substances can have on a person's health, future life choices and options</p>

<p>YSTEP 2: ‘Secondhand Smoke and Locality Smoking’ lesson plan</p> <p>‘Secondhand Smoke and Locality Smoking’ Millionaire Quiz (1 hour)</p>	<p>Plan (Word) Presentation (Powerpoint)</p> <p>Presentation (Powerpoint)</p>	<p>HWB3-13a/4-13a: Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community</p> <p>HWB3-15a/4-15a: I am developing my understanding of the human body and can use this knowledge to maintain and improve my health and well-being</p> <p>HWB3-16a/4-16a: I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible</p> <p>HWB3-38a/4-38a: I understand the positive effects that some substances can have on the mind and the body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances</p> <p>HWB3-40b/4-40b: I know how to access information and support for substance-related issues</p> <p>HWB3-41a/4-41a: After assessing options and the consequences of my actions, I can identify safe and unsafe behaviours and actions</p> <p>HWB3-43a/4-43a: I understand the impact that ongoing misuse of substances can have on a person’s health, future life choices and options</p> <p>HWB 3-43b: Through investigating substance misuse in my local community I can reflect on specific issues, and discuss how they are being addressed</p> <p>SOC3-16a: I can explain why a group I have identified might experience inequality and can suggest ways the inequality might be addressed</p>
<p>YSTEP 3: ‘Sex and The Ciggie’ lesson plan (1.5 hours)</p>	<p>Plan (Word)</p>	<p>HWB3-15a, HWB4-15a: I am developing my understanding of the human body and can use this knowledge to maintain and improve my well-being and health</p> <p>HWB 3-38a, HWB 4-38a: I understand the positive effects that substances can have on the mind and body but I am also aware of the negative and serious consequences both physically and socially of their misuse.</p> <p>HWB 3-43a, HWB 4-43a: I understand the impact that ongoing misuse of substances can have on my health, future choices and options.</p> <p>HWB 3-41a, HWB4-41a: After assessing options and consequences of my decisions, I can identify safe and unsafe behaviours and actions</p> <p>HWB3-40b/4-40b: I know how to access information and support for substance-related issues</p>
<p>Background Information/Training for Staff:</p> <p>YSTEP 3 Hour Training: Smoking Prevention</p> <p>YSTEP 3 Hour Training: Reducing Children’s Exposure to Secondhand smoke</p> <p>YSTEP 1 Hour Introduction</p>	<p>All: Plan (Word) Presentation (Powerpoint)</p>	<p>Topics covered include:</p> <ol style="list-style-type: none"> 1. What’s in cigarette smoke 2. Health impacts 3. Tobacco industry 4. Effective approaches to smoking prevention with young people

Some Key Resources:

1. YSTEP FREE Resources in a Local Libraries - borrow with a library card and YSTEP Certificate

Edinburgh (Wester Hailes; MacDonald Road; Kirkliston; Craigmillar; Muirhouse; Moredun)

Wallet 1:

Tobacco Clever Catch Ball Game (in plastic folder, with pump and laminated instructions)
Shortage of Breath Straws

Wallet 2:

1. 'Sex and the Ciggie' leaflet
2. Looking Closer at Smoking leaflet
3. No Nicoteens poster
4. Why Not Quit Now booklet
5. Toxins in Tobacco smoke leaflet

Wallet 3:

6. For Real booklet
- 10 copies of 7 Fact Files:**
7. A-Z of poisons in tobacco Smoke
 8. A-Z of smoking-related diseases
 9. Exercise and stopping smoking
 10. Health warnings
 11. Global tobacco use
 12. Cigarette butts
 13. Smoking and marijuana
- 14. 7 Fact Sheets**
15. Tobacco and the Environment
 16. Secondhand Smoke/Passive Smoking
 17. Health Effects of Smoking
 18. Tobacco Laws and Policies
 19. What's in tobacco Smoke

Wallet 4: 8 Posters

20. Pot Pourri of Puffing Poisons
21. Smoke Free and Proud
22. Turn Your Back on Smokers
23. Don't Be a Sheep
24. Pack of Lies*
25. Say No to the Tobacco Industry*
26. Preplacement Smokers
27. I'd Rather

Wallet 5:

28. Smoke Out Activity Pack
29. 'Smoking Trends' Issues Workbook and Study Guide (with laminated answer sheet)
30. ASH Scotland SMOKING & TOBACCO STATISTICS FACT SHEET
31. Coping Skills Group Resilience Training

Item 6:

32. Puffing Poisons Chemistry Set (glass - caution)

Item 7:

33. Ten a Day Jar (glass - caution)

Item 8:

34. Blocked Blood Vessel

Senior Boxes (4)

35. 'You Are the Target' Georgina Lowell (book)

2 Primary Boxes (2)

36. Additional Blocked Blood Vessel

Item 11:

37. 'Second Hand Smoke' Display +Leaflet + 50 Great Reasons for Making your Car and Home Smoke Free (1 laminated)

All boxes:

38. 50 Great Reasons for Making your Car and Home Smoke Free x 8

39. YSTEP leaflets

2. Health Impacts of Tobacco: <http://atyc.roycastle.org/game/index.html> - includes a game demonstrating how much smoking would affect your appearance over time (requires students to upload a photo)

www.ashscotland.org.uk - research, news, factsheets

3, Secondhand Smoke:

1. 'Breaking the Cycle of Children's Exposure to Tobacco Use' BMA 2007

2. 'Tobacco Smoke and Involuntary Smoking IARC Monographs on the Evaluation of Carcinogenic Risks to Humans' WORLD HEALTH ORGANIZATION INTERNATIONAL AGENCY FOR RESEARCH ON CANCER VOLUME 83, 2004

4. Effective Approaches:

1. 'Investing in youth tobacco Control: A review of smoking prevention and control strategies' Paula M Lantz, Peter D Jacobson, Kenneth E Warner, Jeffrey Wasserman, , Harold A Pollock, Julie Berson, Alexis Ahlstrom 1999, Tobacco Control 2009:9:47-63

5. Global Information on Health Impacts: Tobacco Free Kids <http://www.tobaccofreecenter.org/>

6. Successful Campaign Approaches by Young People: <http://www.w-west.org.uk/>

www.ffaith.org

http://www.mentorfoundation.org/who_is_active.php?pg=1&id=5

7. Tobacco Industry: www.thetruth.com

8. Stop Smoking Support: www.nhs.uk/smokefree

www.canstopsmoking.com

NHS Lothian Youth Stop Smoking Service:

Text 'STOP SMOKING' to 07969530266

Smokeline: 0800 84 84 84

9. Young People's Experiences: http://www.youthhealthtalk.org/young_people_drugs_and_alcohol/

The website Youthhealthtalk has launched a new, online 'Drugs and Alcohol' resource where young people, parents and professionals can access video and audio clips from interviews with 33 young people about their experiences. The resource covers issues eg street drugs, binge-drinking, peer pressure, addiction, abstinence, the role of parents and health professionals and recovery from addiction.

The new site, funded by the Department of Health and researched by Oxford University, is considered a unique, evidence-based qualitative study and shows, above all, the benefit of being properly informed

about alcohol and drugs. The 33 stories reveal the dangers faced by young people but finds that binge drinking or drug taking is 'a rite of passage' for many young people today and that by their mid-twenties, most are living far more moderately. website:

Useful Websites

The information in these factsheets is sourced from a range of reputable organisations. Contact details are given below, should teachers require more detailed information on any topic area, or wish to download additional teaching resources.

www.canstopsmoking.com

Developed by Health Scotland, this website provides information on the reasons behind why people smoke and what support is available if they are looking to quit. Local smoking cessation services can be found on this website.

www.ashscotland.org.uk

ASH Scotland is the leading voluntary organisation campaigning for effective tobacco control legislation. For 30 years, ASH Scotland has played a key role in raising awareness about tobacco use and its harmful effects and has contributed to the implementation of effective public health policies to help smokers to quit and to protect children from tobacco.

www.healthscotland.com

The national health improvement agency for Scotland.

www.ash.org.uk

ASH is a campaigning public health charity working for a comprehensive societal response to tobacco aimed at achieving a sharp reduction and eventual elimination of the health problems caused by tobacco. Includes visual and presentation resources available to download in PDF for teachers.

www.tobaccoinscotland.com

Working with key partners, ASH Scotland developed Tobacco Information Scotland to provide the best possible gateway to smoking and tobacco-related information in Scotland.

www.bbc.co.uk/health

Good interactive site for children, including the 'Body Tour' (www.bbc.co.uk/health/kids/btourshtml). Useful information source for teachers/older adolescents on a range of addictions (www.bbc.co.uk/health/addictions).

www.gasp.org.uk

Web catalogue containing 350 stop smoking and tobacco control resources, including leaflets, books, activity packs, training materials, displays, models and posters.

www.mindbodysoul.gov.uk

Targeted at 14- to 16-year-olds, but there are several relevant sections for younger children, e.g. 'Scary facts about smoking', 'Vanity facts' and 'What's in a cigarette'?

www.quitbecause.org.uk

A guide for young people on how to give up smoking.

www.clearingtheairscotland.com

A Scottish Government website which provides the background and detailed guidance for the smoking ban in enclosed public places.

www.tobaccoagechangescotland.co.uk

Information on the change in age legislation.

www.roycastle.org/kats

Lively and interactive site supporting Kids Against Tobacco initiative, which was developed by the Roy Castle Lung Cancer Foundation.

www.tobaccopapers.com

In 1999, the House of Commons Select Committee acquired access to internal documents of the main advertising agencies of the UK tobacco industry as part of their investigation into the conduct of the tobacco industry. Contains an interesting case study on the Tobacco Market and Young People.

www.who.org

The World Health Organization is the United Nations specialised agency for health. Includes *The Tobacco Atlas*.

www.globalink.org

A US site with a tobacco encyclopaedia.