Intervention for the Control of Tobacco Use

Tobacco use affects many individuals and is a burden for all involved. Products include cigarettes, cigars, pipes, and smokeless tobacco (Centers for Disease Control and Prevention, 2017a). According to the Center for Disease Control and Prevention (CDC), tobacco use is the single most preventable cause of disease and death in the United States and causes over 480,000 deaths each year (Centers for Disease Control and Prevention, 2017b). Determinants of health that influence tobacco use include social, environmental, psychological, and genetic factors. The CDC is working alongside the Office of Disease Prevention and Health Promotion (ODPHP) and other organizations in preventing tobacco use and helping individuals quit using tobacco to improve the health of those individuals (Office of Disease Prevention and Health Promotion, 2019a).

The population of interest is all individuals who are smoking or are at risk of smoking in the United States. All ages suffer from this health problem including children, adolescents, and adults. However, individuals who have been smoking the longest will suffer more from health issues. This is also due to secondhand smoke and the use of tobacco in places where other individuals are present (Office of Disease Prevention and Health Promotion, 2019b). The determinants of health are social, environmental, psychological, and genetic. These include gender, race, age, income level, geographic location, and disability. Young adults and adolescents are influenced by the use of tobacco by peers or family members, accessibility to tobacco products, exposure to tobacco campaigns, and low self-esteem. Social modifiable risk factors include the pressure of peers and family relationships. Environmental modifiable risk factors include education and income. Psychological modifiable risk factors include self-esteem and feelings of acceptance. (Office of Disease Prevention and Health Promotion, 2019c). Genetic factors may cause certain smokers to be more susceptible to getting cancer than others (Wu, Zhao, Suk, Christiani, 2004).

In the United States, people who are living in poverty and who have low levels of education have higher rates of smoking than those in the general population. Smokers who are lower income and less than a high school education degree have a higher likelihood of suffering from certain diseases caused by tobacco use. Furthermore, individuals living in rural areas have a higher rate of cancer. People in the population who have low income will have less access to health care. Therefore, they may be diagnosed later, if at all, and the disease may have worsened to where they cannot treat it. People who suffer from poverty will also have a more difficult time quitting than those who have a higher economic status. It has also been shown that individuals with low socio-economic status have a higher chance of health consequences that result from secondhand smoke. Research has determined that there are more tobacco retailers in areas of poverty than in higher economic areas (Centers for Disease Control and Prevention, 2019a).

The CDC works to reduce and prevent deaths and diseases that results from the use of tobacco products. They work alongside their partners in tobacco control interventions. The CDC is public and is governmental which means they are run and funded by the government. The mission of the CDC is to “develop, conduct, and support strategic efforts to protect the public’s health from the harmful effects of tobacco use” (Centers for Disease Control and Prevention, 2019a). The vision of the CDC is a world that is free from death and diseases that are linked to tobacco use. Goals of this intervention is to promote smokers to quit, eliminate exposure to secondhand smoke, and to ultimately prevent the use of tobacco among individuals. They work with their partners to accomplish their many goals. The mission statement focused on efforts to reduce the effects of tobacco use. Therefore, by promoting smokers to quit and producing tobacco control interventions they are able to work toward accomplishing their mission statement (Centers for Disease Control and Prevention, 2019b).

There are steps in place to decrease smoking in the United States and this intervention is important in ending the tobacco epidemic that is occurring. Social determinants of health and risk factors related to smoking, such as peer pressure, are addressed through education by media campaigns. Environmental risk factors, such as not being educated, are addressed by coordinating activities that educate the public on the effect of tobacco use on one’s health. Psychological and genetic risk factors, such as self-esteem and diseases, are being assessed by the creation of support programs and services that aid in individuals quitting (Centers for Disease Control and Prevention, 2019c). Health officials, the CDC, and their partners have created support programs, quit line services, education programs and initiatives, surveillance, and insurance coverage to address the individual risk factors mentioned before. Other interventions include media campaigns, increasing tobacco prices, and smoke-free policies (Centers for Disease Control and Prevention, 2019d).

Implementing the above interventions has been proven successful to decrease tobacco use. Campaigns are used to change beliefs and attitudes about certain behaviors. Statistics show that there was a median increase of 5.0 percentage points in tobacco use among adults. Increasing the price will lead to less people purchasing tobacco which leads to the decrease in use of tobacco. This decrease in demand for tobacco products lead to a 7.4 percent reduction rate in individuals over the age of 30. Smoke free areas in public places reduces the risk of secondhand smoke. There has been an absolute reduction of 2.7 percentage points in the prevalence of smoking tobacco due to these smoke free facilities (Centers for Disease Control and Prevention, 2017c).

Tobacco use and second-hand smoke is a preventable cause of many health effects in individuals of all ages. There are environmental, social, psychological, and genetic determinants when accessing health related to tobacco use and smoking. The CDC plays a major role in health around the United States, including tobacco use, and is working for success in reducing the use of tobacco and its effects on the nation, including death and diseases. In the future, the CDC hopes to completely eradicate the effects of tobacco use and envisions a world that is free from tobacco use and its deadly effects (Centers for Disease Control and Prevention, 2019d).

References

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