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TOBACCO CONTROL AND PUBLIC HEALTH

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Introduction

This paper will outline the effect of tobacco on public health. Consuming tobacco is not good for health and for controlling this habit there are different laws and regulations implemented by different countries however still this problem is there all over the world. With the help of this paper, the reader will aware of how this tobacco issue is related to the public and what important steps are taken for controlling this global issue. Different pre-reviewed articles are reviewed here which are based on this public health issue. In this research, interpretivism research philosophy will be implemented as this topic is based on reality, and all the data is collected using the secondary data collection method. The narrative research design will be implemented here as the information will be presented in the form of qualitative data. All the data is collected in a proper way and it will be relevant to the research topic that's why the deductive research approach will be implemented in this paper. The data analysis will be based on thematic analysis as the data is collected using a secondary data collection method. Lastly, the ethical consideration of this paper will also outline here which is an essential part of this paper.

Background

Consuming tobacco is a global public health issue and due to this, there are different problems that occur which are not good for the health of the public. Young people are the most affected people for this issue which is a challenging part all over the world. Already there are different public health-related issues or challenges available in this world by which the whole world is facing different problems. The paper will focus on the different ways this tobacco can be controlled. Different countries are implementing different rules and policies for controlling this issue however this issue still affected those countries too (Younus and Zaidan, 2022). By consuming tobacco there are different health-related problems to face by the people such as cancer this is the main reason that countries have implemented different laws and policies for controlling this issue. A cigarette is the most common tobacco among youngsters and smoking the cigarette is the resin behind different health-related issues such as different types of cancer. Most people pick this habit for reducing their stress levels and other personal issues even some of them pick this issue only for showing it off in society (Miranda-Filho and Bray, 2019). In recent times, there are different methods and ways are there which help quit this habit. Those methods are implemented by many people and they can quit this habit however the main problem is people did not implement those methods easily in their life and this is the reason that people are not easily quitting this habit.

The Rationale for the Study

Consuming tobacco has so many negative impacts which is so bad for public health and this is global. This is the main reason that this paper is based on this topic, instead of this, there are servals of reasons that will be outlined in this paper that prove that this is a very significant topic from a public health point of view. There are different diseases that also occur due to addiction to tobacco, and these diseases are badly affected the health condition of the people (Abu-Alhaija, 2019). For the growth of any country, it is very important that citizens of that country should not suffer from any health problems regardless due to addiction to tobacco the health rate of many countries is rapidly decreasing which is not a good sign for the development of this world. There are different policies and programs that are ongoing in the different regions of this world for controlling this issue and the impact of those policies and programs will be highlighted in this paper (Joossens and Fernandez 2020). Even various treatments are also invented which are useful for controlling this habit and aloof those methods will also outline here and with the help of those methods many people are successful in quitting this bad habit.

Research question

The research question is a vital part of the research as the whole research id depends on these questions and the questions of this research proposal are outlined below:

1. What are the effective ways to control tobacco among the young generation?
2. What is the effect of tobacco control laws on the economy of different countries?
3. What are the challenges faced by different countries before implementing tobacco control laws and regulations?
4. How these tobacco control efforts will be helpful for other public health issues such as cancer?

Aim and Objectives

The main aim of this study is to outline how consuming tobacco is a public health issue and the impact of this on public health.

The objectives of this paper are outlined below:

- To examine the effective ways for controlling tobacco among the young generation.
- To analyze the effect of tobacco control laws on the economy of different countries.
- To access the challenges faced by different countries before implementing tobacco control laws and regulations.

- To discuss the impact of tobacco control efforts on other public health issues such as cancer.

Literature review

Introduction

There are different pre-reviewed journal papers that will be analyzed in this section which are helpful to collect more information regarding this research paper. The theories which are used here describe how consuming tobacco is now a big public health issue and the impact of this issue on the global level. There are serval authors are performed their research on this topic and those research will be reviewed here for collecting relevant information for this research. Currently, different policies are implemented by different which are useful for controlling this issue as it is very important to control this issue at the global level.

Achievement of tobacco control policies

According to Peruga *et al*. (2021), after these policies there are different changes are noticed in controlling tobacco before implanting these policies many people are not aware of the fact that consuming tobacco can be a reason for different health-related problems. The author highlights how these policies are helping to increase this awareness among the citizen of different countries. The health rate of many countries is improving after implementing such kind of policies in their countries. Due to this issue, there are different body organs are affected however lungs are the most affected part of the body and this is the reason that many smokers affected the lung cancer at an earlier stage (Linnenluecke and Singh 2020). These policies are also helpful for the environment as this smoking thing is badly affecting this environment, this is also the reason for implementing the different tobacco control policies so that the government can improve the health and environment of their respective countries. The author also outlines that there are different campaigns and programs are also implemented in different countries for controlling tobacco.

Figure 1: Tobacco control

(Source: Wright *et al*., 2021)

The policies are very important for controlling this issue however after implementing different policies the countries have different challenges also many of the countries face issues related to financial problems as tobacco products are totally banned in many areas and due to this they have faced some financial-related problems (Peel 2020). Even many tobacco companies are closed as the products are not sold in that areas and these also affected the economy of that country.
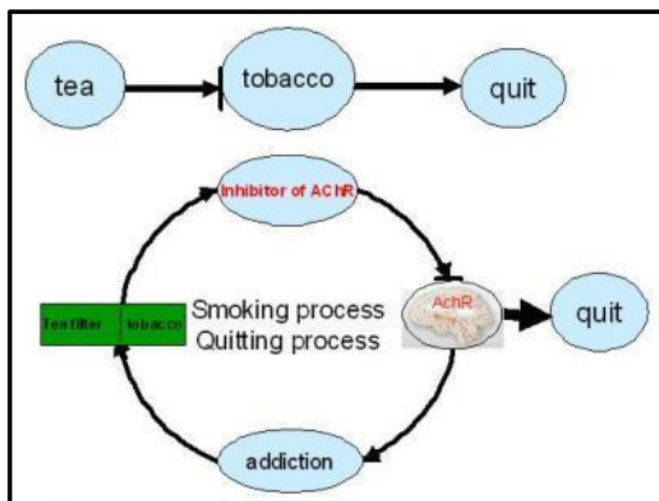
Health crisis tobacco addiction

According to Marbin *et al.,* 2019, there are different health-related issues faced due to tobacco addiction which are also affected the health rate of different countries. Even there are numerous mental health problems also occur due to addiction to tobacco as most people pick this habit for reducing their stress however after some this habit is created different mental health problems. There are different reports which highlight that the smoking habit can also damage the brain and there are different brain-related diseases that can occur in a person who is addicted to tobacco. People have good thinking skills there is a huge in their old age, they will lose these skills due to this smoking addiction (Aguinis and Solarino 2019). The author also outline that memory loss problem is a common problem among smokers and due to this, they have to face different problems in their normal life. In the UK, the death rate is rapidly increasing due to tobacco and this situation is not only in the UK even in the whole world the death rate is rapidly growing. Consuming smoking is also the reason for poverty in many countries m, many vulnerable groups have an addiction to this habit and for this reason, they

are not able to feed their family adequately. Many countries faced different health crises due to this habit and such kinds of crises badly affect the economy of that country. Smoking is a very serious problem for the public and due to this WHO always invented different methods for quitting this habit.

Treatment of tobacco smoking

According to Rigotti *et al.,* 2022, due to tobacco, there are different types of diseases that happen however it is important that people should quit this habit as soon as possible. In a recent report, about 70% of smokers want to quit smoking and this is why there are various methods present by which these smokers can easily quit a bad habit. Now in medical science, there are various medicines have been invented which are so useful for quitting this bad habit. In many countries, these medicines are used for the treatment of people who are suffering from this habit. The best of these medicines is that there are no side effects so anyone can easily use these medicines for quitting smoking. In the early stage, first, these medicines stop the craving for smoking which is the most important thing, and after the person doesn't want to smoke as they don't have any carving related to smoking (Malmqvist *et al.,* 2019). According to this article, in the report, there are many people who are quitting this habit with the help of these kinds of medicines. Different oral inhalers are also there which are helpful for quitting this bad habit, and these inhalers are easily available in different areas or regions. Chewing gum is the common way which is helpful for quitting smoking however there is some limation of this method. This method works when addiction is at a starting level if a person is affected so much by this habit then there is a huge chance that this method will not work on them.

Figure 2: Process of quitting smoking

(Source: Meijer *et al.*, 2020)

Literature gaps

The main gap of the current study is related to tobacco policies as there are different policies for controlling this issue still this issue affected this world so badly. It is important that the countries should examine their policies related to tobacco control and tries to improve them so that this issue will vanish from the world. The studies are based on the policies nonetheless it is also important that they should focus that whether these policies are properly implemented in their respective countries or not (Ryba *et al.,* 2022). Based on these studies the lower class people are also affected and addicted to this issue so it is significant that these policies are also implemented on them so that they will come over from their poverty. With this addiction, the lower class people are most affected and this is the reason that these policies should also be there for the lower class people.

Summary

The section describes different thoughts of different on consuming tobacco and it is helpful in collecting important and relevant information for this paper. All the authors have different perspectives related to this topic which is very significant for conducting this paper in a proper manner. Different policies are implemented for controlling this issue and after implementing these policies in different countries the achievement of those countries is highlighted in this section. The treatment for this addiction is also outlined in this section which is taken from a pre-reviewed article in which a sufficient and relevant amount of data is presently related to the research topic. Lastly, the literature gap is also outlined in this paper in which the main gap of these researches is highlighted. These gaps are also a significant part of this paper as with the help of these gaps the reader will able to identify the main gap of this research area.

Methodology

The methodology section of the research is a technique that is used to select, identify, analyze, and process information for the relevant research topic. With the help of research methodology, the readers are able to analyze the paper in a critical way (Mehrotra *et al.*, 2019). All the tools and techniques which are using for collecting the data in this paper are outlined here and these tools and techniques will be helpful for critically evaluating this paper on the basis of the research topic.

Research Philosophy

The main research philosophy is opinions on by which method the data is collected for this specific paper. The positivism philosophy is used to believe that actuality is stable and can be explained from the purpose's viewpoints (Pradeep and Wijesekera, 2022). On the other hand, Interpretive Philosophy is based on subjective interpretation which means that the actuality can be fully understood. This research is based on the Interpretivism philosophy as the paper examines the impact of tobacco consumption in terms of public health.

Research Approach

The Research Approach is to practice which is selected by the researcher for collecting and analyzing the user data or information for the specific research. There are two types of research approaches deductive approach and inductive approach. The paper is used the "inductive research approach" as for this research the data has been collected from the relevant topic (Dhobi, 2022). In this approach, when a substantial amount of data has been collected by the researcher then the researcher can step back from collecting data to get to "bird's eye view of the data". The pattern of this research can be easily implemented by the researcher and readers as there is the use of an inductive research approach which helps to provide the "bird's eye view of the data" as well as research.

Research Design

The research design is a method that is used to provide the answer to the research question. In the research, mainly there are different types of research designs have been implemented however this research is based on a narrative review (Toyon, 2021). The research topic is explained with the help of a literature review in which different authors are providing their perspectives on this topic. The information related to the impact of consuming tobacco on public health is collected with the help of discussed literature review. The theoretical framework for this research topic is based on the literature review of this paper and this is a significant part of this paper.

Data Collection

The data collection is the most important part of the research paper and it can be collected in two ways whether it is primary or secondary. In this paper, the secondary data collection method has been implemented for conducting this research in a proper manner (Lawani 2021). As for collecting the data in this paper different journal papers and articles have been used. The data that is presented in this paper is Qualitative data which are represented in this paper and can be recorded and observed by the readers of this paper. With the help of Qualitative data, the answers to the research question are provided in this research paper. This data also helps to fulfil the research objective and aim of this paper.

Keywords

Tobacco, Nicotine, smoking, cancer, carcinoma, health issues, illness, health care, social care

Search strategy

"*Google Scholar*", "*ProQuest*", and "*Microsoft Academic*" are being used for collecting secondary data.

Inclusion and exclusion criteria

Inclusion criteria	Exclusion criteria
Peer-reviewed and authentic	*Not peer-reviewed*
Published on or after 2018	*Published before 2018*
English language	*Non-English language*

Boolean operators

(*Tobacco* OR *Nicotine*) AND (*smoking*) AND (*cancer* OR *carcinoma*) AND (*health issues* OR *illness*) AND (*health care*) AND (*social care*)

Data analysis

The data analysis is the procedure which is used for recapitulating, cleaning, and modelling the data which is collected through different sources. In this research, the data is represented in the form of qualitative this is the reason Thematic analysis is implemented in this paper. Thematic analysis is a method that is used for investigating qualitative data by reading the pattern data which is implemented in the research paper (Wiltshire and Ronkainen 2021). The subjective experience of this paper is a significant point of this and this is the reason that the data which are implemented or used in this paper is making sense.

Ethical Considerations

The paper is based on tobacco control in terms of improving public health all over the world (Xu and Zammit 2020). For collecting the data the secondary data collection method has been implemented in this research and by the processing of this research all the ethics of the secondary collection method has been followed here.

- The data are collected from the relevant sources and there is no use of sensitive data.
- Only ethical resources are used for collecting the data for this research.
- All the relevant sources related to the collected data are provided in this paper.
- All the provided method is provided here on the basics of scientific communications.
- Transparency is followed related to collecting data.

Indicative Research Timetable

Activities	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Gathering permission	■							
Reviewing past literature		■	■					
Data collection			■	■	■			
Data analysis					■	■	■	
Report Submission								■

Table 1: Gantt chart

(Source: self-made)

Conclusion

The paper is based on tobacco control in terms of public health. Already there are different public health-related issues or challenges available in this world by which the whole world is facing different problems. The paper is focused on the different ways this tobacco can be controlled. There are different pre-reviewed journal papers analyzed in this paper which is helpful to collect more information regarding this research paper. All the authors have different perspectives related to this topic which is very significant for conducting this paper in a proper manner. The literature gap is also outlined in this paper, these gaps are also a significant part of this paper as with the help of these gaps the reader will able to identify the main gap of this research area. This research is based on the Interpretivism philosophy and inductive research approach as for this research the data has been collected from the relevant topic. The narrative review research design has been implemented in this paper and for the collection of data secondary data collection has been implemented in this paper. For analysis, the Thematic analysis is implemented in this paper as this paper's secondary data collection method. All the aims and objectives of this research have been fulfilled with the help of the secondary data collection method. By the processing of this research, all the ethics of the secondary collection method has been followed in this paper.

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