

## Tobacco key facts

Tobacco use is one of the biggest public health threats the world has ever faced.

- There are more than one billion smokers in the world.
- Globally, use of tobacco products is increasing, although it is decreasing in high-income countries.
- Almost half of the world's children breathe air polluted by tobacco smoke.
- The epidemic is shifting to the developing world.
- More than 80% of the world's smokers live in low- and middle-income countries.
- Tobacco use kills 5.4 million people a year - an average of one person every six seconds - and accounts for one in 10 adult deaths worldwide.
- Tobacco kills up to half of all users.
- It is a risk factor for six of the eight leading causes of deaths in the world.

Because there is a lag of several years between when people start using tobacco and when their health suffers, the epidemic of disease and death has just begun.

- 100 million deaths were caused by tobacco in the 20th century. If current trends continue, there will be up to one billion deaths in the 21st century.
- Unchecked, tobacco-related deaths will increase to more than eight million a year by 2030, and 80% of those deaths will occur in the developing world.

## Two forms of nicotine replacement therapy chosen as WHO "Essential Medicines"

7 May 2009 -- Two forms of nicotine replacement therapy (NRT) to help people quit their addictions to tobacco have been placed on the World Health Organization Model List of Essential Medicines.

Transdermal patches and chewing gums were placed there on the recommendation of the 17th Expert Committee on the Selection and Use of Essential Medicines, which met in Geneva 23-27 March 2009. They were the first nicotine replacement therapies ever added to the list, which was begun in 1977.

The application to include NRT was submitted by Dr Douglas Bettcher, Director of the WHO Tobacco Free Initiative, who argued that recognized nicotine replacement therapies effectively promote smoking cessation in individuals.

In making its recommendation, the committee cited the public health need, the high-quality evidence of effectiveness and the therapies' acceptable safety and cost-effectiveness.

Transdermal patches were approved in two concentrations: 5 mg to 30 mg for 16 hours and 7 mg to 21 mg for 24 hours. Chewing gums were approved in two concentrations: 2 mg and 4 mg.

The therapies were placed on what is formally designated the 16th WHO Model List of Essential Medicines.

It is expected that the inclusion of the therapies would advance discussions on the development of guidelines for the implementation of Article 14 of the WHO Framework Convention on Tobacco Control. The international treaty requires its more than 160 Parties to develop programmes to reduce tobacco addiction.

It is also expected that the inclusion of the therapies would promote improved access to NRT in developing countries.

[http://www.who.int/tobacco/resources/publications/tobacco\\_dependence/en/index.html](http://www.who.int/tobacco/resources/publications/tobacco_dependence/en/index.html)

## Policy recommendations for smoking cessation and treatment of tobacco dependence



Despite dissemination and availability of the Mayo Clinic recommendations on smoking cessation and treatment of tobacco dependence, few countries had taken sufficient action. Therefore, in June 2002, the WHO Tobacco Free Initiative organised a meeting to develop 'Policy Recommendations for Smoking Cessation and Treatment of Tobacco Dependence' for governments, non-governmental organizations and health professionals interested in making public health gains in the short and medium term. The Ministry of Health of the Russian Federation hosted the meeting in Moscow.

The policy recommendations were published in June 2003 and launched during the 12th World Conference on Tobacco or Health in Helsinki, Finland.

### Summary of the recommendations:

Along with an individual approach (behavioural and/or pharmacological interventions) to treatment of tobacco dependence a supportive environment is needed to encourage tobacco consumers in their attempts to quit. Treatment of tobacco dependence should be part of a comprehensive tobacco-control policy along with measures such as taxation and price policies, advertising restrictions, dissemination of information and establishment of smoke-free public places.

The recommendations propose a broad framework for addressing treatment of tobacco dependence. In this framework, Governments can progressively choose minimal, expanded and core recommendations as they strengthen their resources and capacities.

The recommended framework includes a mix of three main strategies:

1. A public health approach that seeks to change the social climate and promote a supportive environment;
2. A health systems approach that focuses on promoting and integrating clinical best practices (behavioural and pharmacological) which help tobacco-dependent consumers increase their chance of quitting successfully;
3. A surveillance, research and information approach that promotes the exchange of information and knowledge so as to increase awareness of the need to change social norms (Chapter I, Matrix 1, pages 7-10).

WHO believes that independently of priorities and available funding, a country, state/province or municipality/county can pave the way for effective smoking treatment of tobacco dependence.

As countries prepare to develop national policy guidelines for the treatment of tobacco dependence, the international community can help by providing a forum for sharing and distributing information, writing up guidelines, reviewing best practices, raising funds and establishing partnerships.

### Table of Contents

- Introduction

- Chapter 1: Supportive Environment
- Chapter 2: Country Perspectives
- Chapter 3: Treatment of Tobacco Dependence and Smoking Cessation Methods
- Chapter 4: Prioritising cessation strategies according to different national circumstances and resource available
- Chapter 5: Building capacity for smoking cessation and treatment of tobacco dependence
- Chapter 6: The role of WHO, its partners, and the WHO FCTC Provisions
- Chapter 7: Selected key resources
- Chapter 8: Policy Recommendations for Smoking Cessation and Treatment of Tobacco Dependence
- Annexes

---

### DOWNLOAD DOCUMENT

- [Cover \[pdf 357kb\]](#)
- [Introduction through chapter 3 \[pdf 1.38Mb\]](#)
- [Chapter 4, part 1 \[pdf 1.10Mb\]](#)
- [Chapter 4, part 2 \[pdf 1.34Mb\]](#)
- [Chapter 4, part 3 \[pdf 1.18Mb\]](#)
- [Chapter 5 to Annex 2 \[pdf 129kb\]](#)