

Public Health Policy Research Paper

Worldwide, tobacco remains to be the most significant preventable cause of death and disease. Reflecting off of the drastic progress over the years of people who smoke, the existing rates can not be counted as a favorable outcome. In 2017, the current smoking rate has declined from 20.9 % in 2005 to 14.0% in 2017. "14 out of 100 U.S. adults aged 18 or older (14%) currently smoked cigarettes. This means an estimated 34.3 million adults in the United States currently smoke cigarettes. More than 16 million Americans live with a smoking related disease" (SITE CDC 1ST ONE). As Americans, we see more children who are beginning to smoke at an early age or are being exposed to smoke unwillingly. (INSERT BILL)

When reviewing this topic, it is important to understand the root cause of smoking cigarettes as a whole. The most influential thing when dealing with cigarette smoke is focusing on the addiction that it creates, how harmful it is to the body, and the smoking cessation resources that are available. Smoking cigarettes is addicting, but this does not mean that all who smoke cigarettes become addicted. "Ninety percent of the population will try tobacco at least once in their lifetime, and about 90% of persons who become addicted will do so before the age of 18." (SITE:Interrupting the disease of Tobacco addiction) Addiction to cigarettes is something that is treatable, as well as a lifestyle choice. It involves individuals to make multiple attempts at quitting as well as repeating interventions suitable for them.

Starting with the basics, cigarettes contain both tobacco and nicotine. Nicotine is an extremely addictive substance that when inhaled through the lungs, enters the brain within seconds. When nicotine is introduced to the brain, it alters its chemistry by changing the balance between two chemicals called dopamine and noradrenaline. When these receptors are triggered, your mood and concentration levels may alter. Many smokers find this enjoyable and obtain a "nicotine high" (SITE: why is smoking addictive) Some consider this high to be similar to that of caffeine. Allowing the individual to be more awake and alert, as well as reduce any stress or anxiety. With that being said, cigarettes act as an effective coping mechanism to help individuals struggling with many mental illnesses.

When trying to look at this in the eyes of a smoker, why would someone give up smoking if the effect provides a pleasurable feeling. Regardless of the negative health consequences, smoking is not currently revealing a concern to people and seems to be distant in time. It would be beneficial to educate people who smoke on the events that are currently affecting them that they potentially don't even know about. "Raising immediate concerns about smoking by tax increases, social marketing, and brief advice from health professionals can increase the rate at which smokers try to stop. Providing behavioral and pharmacological support

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