

## TOBACCO CONSUMPTION IN ADOLESCENCE

*by:*

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Tobacco use is now a global epidemic especially among young people. It creates a serious health threat to a number of adolescents and has involvement not only to the nation's public health but also linked to numerous social problems. The influence of cigarette smoking and other tobacco use to the generation of today can lead to diseases, disabilities and harms nearly every organ of the body. It has negative impacts to our physical and mental health as well. This is particularly true for the younger generation especially the students who are often hooked because of curiosity and wanting to explore new things without realizing its negative effects. Associated with smoking consumption leads to facing major health challenges such as anxiety, and stress coming from family, friends, school, et.al. Worst is, it may result to brain degeneration when prolonged used. Tobacco use has been connected and may eventually lead to illegal drug use, poor academic performance, high-risk drinking behavior, and high-risk sexual behavior.

Prolonged exposure to nicotine can have lasting effects on adolescent's brain development. Cigarette smoking may cause teenagers to be short of breath and to have less stamina, can reduce lung growth and early cardiovascular damage, thus affecting much of their physical performance which is supposedly to be enjoyed by young, youthful and healthy individuals.

To give highlight in our fight against tobacco epidemic and what people can do to protect our future generation, The Department of Education, declared the celebration of "World No Tobacco Day 2022" held on May 31, 2022, through DepEd Memo #198 s. 2022. It is spearheaded by the World Health Organization (WHO) and one of the objectives is

to raise the awareness of the harmful effects of tobacco products to people, public places, communities and environment. World's Health Organization declares that "the dangerous effect of the tobacco production in the surroundings is expansive and growing, putting in unnecessary pressure to our planet's already scarce resource. Tobacco kills over 8 million people every year and destroys our environment, further harming human health through the cultivation, distribution, consumption, production, and post-consumer waste."

This problem can be solved if the concerned people will take an active attitude against teen smoking. Some ways that comprise successful comprehensive tobacco control programs include mass media campaigns, higher tobacco prices, smoke-free laws and policies, evidence-based school programs, and sustained community-wide efforts. We should encourage them to participate in these kind of activities. Teenagers or mostly students should take part in local and school-sponsored smoking prevention campaigns. It will also be helpful by supporting efforts to make public places smoke-free and increase taxes on tobacco products. Finally, teachers as they are the molders of these adolescents, should be patient in educating their students on the troubles and harmful effects of tobacco consumption to their health, reminding them that nowadays, to be truly wealthy is to always be healthy.

#### *References:*

[https://www.deped.gov.ph/2022/05/27/deped-invites-participation-in-global-tobacco-control-media-competition/?utm\\_source=rss&utm\\_medium=rss&utm\\_campaign=deped-invites-participation-in-global-tobacco-control-media-competition](https://www.deped.gov.ph/2022/05/27/deped-invites-participation-in-global-tobacco-control-media-competition/?utm_source=rss&utm_medium=rss&utm_campaign=deped-invites-participation-in-global-tobacco-control-media-competition)