ESWATINI BUSINESS
HEALTH & WELLNESS

EBH

NO Tobacco Day

NEED HELP?

You're not alone, & you don't have to fight it alone.

EBH offers health and wellness services to help prevent and reduce substance use disorders, including tobacco dependence.

Book Now: Awareness Session

Healthy Worker, Healthy Business

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World No Tobacco Day

Every year on May 31st, World No Tobacco Day draws global attention to the health risks associated with tobacco use and advocates for effective policies to reduce tobacco consumption. In Eswatini, this global call resonates deeply as communities face the increasing burden of tobacco-related diseases. Tobacco remains one of the leading causes of preventable death worldwide, killing over 8 million people annually (World Health Organization [WHO], 2023). Now more than ever, it is crucial for individuals, families, and institutions to stand united against tobacco use.

Prevalence of Tobacco Use in Eswatini

Eswatini is not exempt from the global tobacco epidemic. According to the World Health Organization, tobacco use in Eswatini is a growing concern, particularly among youth and young adults. The Global Youth Tobacco Survey (GYTS) found that over 12% of students aged 13 to 15 years had used tobacco products (WHO, 2021). Factors such as peer pressure, lack of awareness, and easy access to tobacco products contribute significantly to the problem. Moreover, the rise of substance use including alcohol, marijuana exacerbates tobacco dependency and complicates cessation efforts (Ministry of Health Eswatini, 2022).

The Deadly Side Effects of Tobacco Smoking

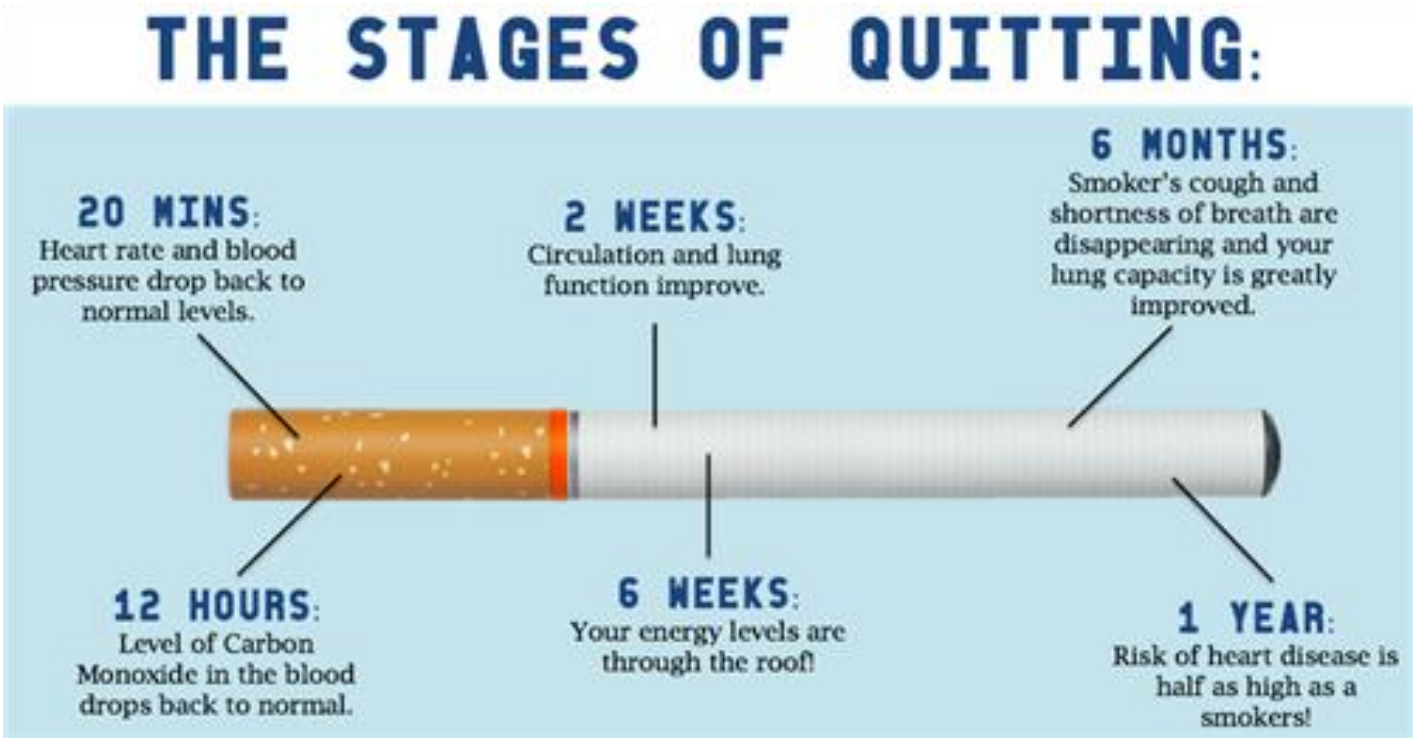
Tobacco is a silent killer. Smoking tobacco has far-reaching and devastating health consequences. It is a major contributor to non-communicable diseases such as lung cancer, chronic respiratory conditions, heart disease, and stroke (Centers for Disease Control and Prevention [CDC], 2022). In Eswatini, where healthcare resources are limited, tobacco-related illnesses place a heavy burden on the public health system. In addition to physical health, smoking affects mental well-being, increasing risks of anxiety and depression (WHO, 2023). The harmful chemicals in tobacco not only impact smokers but also those exposed to second-hand smoke, including children and pregnant women (CDC, 2022).

Tips on How to Cease Smoking

Quitting smoking is challenging, but it is possible with the right support and determination. **Here are some effective strategies:**

1. **Set a Quit Date**: Choose a specific day to stop smoking and mentally prepare for it.
2. **Identify Triggers**: Recognize situations, emotions, or habits that prompt smoking and develop healthy alternatives.
3. **Seek Social Support**: Inform friends, colleagues and family about your decision and ask for encouragement.
4. **Use Nicotine Replacement Therapy (NRT)**: Consider patches, gum, or lozenges to manage withdrawal symptoms (American Cancer Society, 2022).
5. **Join a Support Program**: Group counseling and professional support significantly increase success rates in quitting (WHO, 2023).

Locally, EBH provides health services to those wishing to quit tobacco and other substances. These include **psychological support, awareness sessions, and one-on-one counselling** to those struggling with tobacco and substance use.



Interventions to Tobacco and Substance Abuse in Eswatini

Addressing tobacco and substance abuse requires coordinated action. The Ministry of Health in Eswatini, in collaboration with NGOs and health institutions, has implemented national strategies focused on prevention, treatment, and policy enforcement (Ministry of Health Eswatini, 2022). EBH advocates for national efforts including community-based awareness campaigns, professional counseling, and rehabilitation support for individuals affected by addiction.

Additionally, educating youth, parents and local communities i.e. workplace, schools and churches is vital to shaping a tobacco-free generation. Engaging youth early and equipping them with life skills, such as resisting peer pressure and making informed choices, is a proven approach to reducing tobacco initiation rates (WHO, 2023).

Final Thoughts

World No Tobacco Day is more than a date, it is a movement. A healthier Eswatini begins with informed choices, supportive work environments, and access to care. If you or someone you know is struggling with tobacco use or substance dependency, reach out to EBH for professional help and guidance. Your health is your greatest asset, protect it by saying **No to Tobacco today**.