Smoking Cessation Campaign in Japan

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Health Promotion Law:

promulgated on August 2, 2002 and enforced on May 1, 2003

● Article 25, Section 2, Chapter 5: Prevention of passive smoking

Managers of facilities used by a large number of people must take measures necessary to protect users of these facilities from passive smoking.
To enjoy healthy life

- Nutrition and eating habits
- Physical activities and exercise
- Rest and mental health
- Tobacco
- Alcohol
- Dental health
- Diabetes
- Cardiovascular disease
- Cancer
禁煙運動宣言

私達は、国民の健康を守るために、以下のよう取り組みを進め、禁煙の推進及び受動喫煙の防止に貢献します。

1. 国民の禁煙支援に積極的に取り組みます。
2. 特に妊婦・未成年者への禁煙啓発活動を行います。
3. 薬剤師の禁煙を徹底します。
4. 薬局・薬店内の禁煙を徹底します。
5. 薬剤師会館の全館禁煙を徹底します。
The Japan Pharmaceutical Association will carry out the following in order to protect people’s health and contribute to the promotion of smoking cessation and prevention of passive smoking.

Smoking Cessation Campaign Declaration
1. The JPA will actively support people in their effort to stop smoking.

2. The JPA will carry out smoking cessation education campaigns aiming at pregnant women and minors in particular.

3. Pharmacists will be strongly asked to stop smoking.
4. Smoking will be prohibited in pharmacies and drugstores.

5. Smoking will be prohibited in every part of the prefectural pharmaceutical association’s building.
Healthy Family 21

Stop! Smoking
Cigarette and Health

For adults

Tokyo Pharmaceutical Association
Effects on the body

- In general, smoking is considered to cause cancer, stroke, heart disease, and asthma. Smoking has also close relationship with gastric ulcer, periodontal disease, sudden infant death syndrome and deafness.
- Indirect smoking has similar effects
- Smoking affects not only the smoker but also people around him or her.
Why do adults smoke?

- Until recently, 9 out of 10 male adults were smokers.
- Students were not taught in school that smoking is bad for health.
Do cigarettes have a good taste?

- Cigarette smoke has no good taste. Why?
- Because it contains “a magic ingredient” called nicotine!!
Why do some smokers smoke as many as 20 cigarettes per day?

- When nicotine concentrations decrease in the body....
- Smokers become restless and cannot concentrate.

Withdrawal symptoms
Smoking during pregnancy increases risk of:
- Abortion or premature delivery
- Low birth weight

By quitting smoking...
- Risk decreases for sure.

Stop smoking as soon as you are found to be pregnant!
Smoking during breast-feeding may result in secretion of nicotine into breast milk and its transfer to the baby through breast milk.

* Growth retardation, sleeplessness, diarrhea, vomiting, and decreases in milk intake may occur.
Effects of smoking at home

- Increases in the incidence of asthma, pneumonia, and bronchitis in children
- Causal relationship with sudden infant death syndrome (SIDS).
Smoking by minors

~ Percentage of teenagers who have smoked by sex and school grade ~

("Latest Data on Cigarettes": by MHLW)

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<th>Female</th>
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</tr>
<tr>
<td>3rd Senior high school</td>
<td>55.6</td>
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Thank you!