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Smoking in Young Adults

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Smoking in Young Adults

Introduction

The smoking amongst young adults is a mounting concern amongst young adults as it creates grave health concerns for smokers. Smoking in young adults is associated with the young population aged between 18-25 years. Most smoking begins at this age later turning into an addiction. Smoking by young adults has a deteriorating effect on health altogether. It is followed by many chronic diseases, particularly in the lungs. Where tobacco is one of the most common sources of smoking one cannot rule out the other drugs which are taken through smoking; all having dire consequences on the health of the smoker. Smoking is expended through products like cigarettes, vapes, cigarettes, hookah, and cigars. Many initiatives have been taken to induce awareness and reduce smoking by young adults in society. An increase in the number of young adult smokers has considerably risen more than that of both young and adults reflecting upon the immediate need for attention from the community to contain it. The healthy people 2020 framework refers to smoking as an epidemic that needs to be prevented from escalating. It states that the most number of preventable deaths I caused by tobacco, moreover more 15million Americans suffer from diseases caused by smoking (The Health Consequences of Smoking—50 Years of Progress. A Report of the Surgeon General., 2014).

Discussion

The young adult is a time in life when young adults are going to through an age of vulnerability. Smoking takes effect from a number of social biological and psychological factors. They are prone to the taking influence from the efficiently targetted marketing, peer pressure, parents and movies, genetics, stress, and other psychological issues before they indulge in

tobacco products. Young adults indulge in the use of tobacco has significantly risen and raised concerns over health. The obsession of smoking at such a young age exposes them to harmful and dangerous components resulting in health issues. Numerous cases in health deterioration have been observed in the young adult population. Such smokers are prone to decrease in levels of lung growth, breathing obstruction, diabetes, pneumonia, and a weak immune system. The young adult population in the USA has been documented to go through an impaired pulmonary function (Gold, Wang, Wypij, Speizer, Ware, & Dockery, 1996).

It is consequently limiting young individuals physical health both in terms of performance and strength (Lew EA, 1987). Smoking at a young age is laying the foundations of chronic cardiac diseases and strokes. Although the effect of it is not very evident in the adolescent years, it shows a result in adulthood or late years of life. It also ³one of the leading causes of cancer in individuals. It also perpetually creates the danger of nicotine addiction amongst them. A significant decrease in physical health also leads to increased psychological issues like panic, depression, and anxiety. The healthy people 2020 initiative aims at reducing disability, disease, and death due to use of tobacco (Tobacco Use, 2019).

Recommendations

Smoking is a huge concern which affects the youth adults negatively, due to its addictive nature and adverse health risks attached to it. The control over the access to smoking products has proven to be one of the most successful strategies to prevent smoking in young adults. Smoking can be prevented through a number of ways by the state, non-governmental, voluntary community work and peer and family support rehabilitation. A number of strategies are hence used to overcome the menace. Laws and tobacco trade policies have been passed to create

awareness about the consequences of smoking. Warning labels along with a graphic display of effects on others can also be fruitful in reducing smoking in young adults. Frequent exposure to the manipulating media adverts attract young adults to smoke, hence deglamorizing and control open untruthful tobacco adverts on the mass media can also serve in reducing the levels of smoking amongst the young adults. Anti-smoking campaigns by the community and regular sessions on the consequences of smoking on an individuals health add to lessening the effect of tobacco on them. The healthy people 2020 framework aims at preventing tobacco products by increasing their price, implementing massive media campaigns, providing cessation treatment through health care initiatives and state-funded tobacco control programs (Tobacco Use, 2019). Local health care facilities can introduce programs to rehabilitate or educate those fallen into the trap to adequately recover from it. They can also request those who have recovered, to help those fallen into nicotine addiction. Psychological and family support can also assist in preventing young adults from smoking. Community-based programs to control youth smoking behavior can also reduce smoking patterns in young adults. Penalties for possession or direct use of tobacco can also reduce it. Preventing the use of smoking brings notions of prevention from chronic diseases and promising healthy life.

Conclusion

Smoking in young adults has adverse effects on their health and growing projection of chronic diseases throughout their life. Limiting opportunities and access to a healthy life. Denormalizing the tobacco intake and initiatives to control access to tobacco products has proven significantly successful in containing its usage in young adults. Awareness of smokings on health shall be registered and conveyed to community members regularly. However,

combined and large scale anti-smoking campaigns can only counter the massive media budgets of the tobacco industry. Hence smoking patterns in young adults can be effectively altered by inducing norms that are effective in the prevalence of reduction in smoking. The young adults are an asset to the society; hence their functional health status leads to a healthy community.

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