

# Prevention of cigarette smoking essay examples

[Health & Medicine](#), [Addiction](#)



Cigarette smoking is considered as a serious challenge facing several people throughout the world as the habit is addictive. For instance, in the U. S., it is estimated that about 44 million people which is equivalent to 19 percent of all the adults in the country smoke cigarettes. Statistics also reveal that cigarette smoking problem has become more prevalent among men at 21. 6 percent while the women who smoke represent 16. 5 percent (Centers for Disease Control and Prevention). Cigarette smoking is considered as one of the main and leading causes of preventable cases of death in the U. S. for instance, it has been established that in the U. S. cigarette smoking is responsible for an estimated one in every five deaths. Cigarette smoking is a serious challenge facing the current society and the solution to the problem is raising taxes on cigarette companies, banning smoking in public areas and raising the smoking age to 21years.

Cigarette smoking has become a common and also fashionable activity particularly among several young children. Most of this habit usually starts in schools as a result of peer pressure and experimenting with new ideas. In spite the clear warnings that are given by doctors concerning the ill effects that result from cigarette smoking, individuals have continued to smoke.

Cigarette smoking is highly addictive and as a result it usually becomes very hard for individual who are hooked in the habit from refraining from taking a cigar and puffing away. It is estimated that in the year 2011 more than 18 percent of the students in high schools were into smoking cigarettes should be undertaken so as to ensure that the vice is brought under control.

Cigarette smoking is a serious problem mostly in the U. S. has it result in a high number of deaths as a result of smoking related complications. It has

also been revealed that cigarette smoking kills more Americans in comparison to alcohol, AIDS, car accidents, illegal drugs, suicide and homicide combined. Cigarette smoking results mostly in cancer cases where smoking accounts for about 30 percent of all cancer related deaths. For instance, smoking results in cases of cancers such as lung cancer which is regarded as the main cause of cancer related deaths in people. Cigarette smoking is also a major cause of health problems such as heart diseases, bronchitis, emphysema, reproductive problems, and higher risks of birth defects, pneumonia and asthma.

The solution to the challenge of cigarette smoking in the first place is raising the taxes on cigarette producing companies. Raising taxes on cigarette companies will result in an increase to the cigarette prices and this can discourage several people from buying cigarettes. The tax regulations on these firms will ensure that the cost of production is high and consequently the cigarette prices will increase. As a result, the cigarettes will be less affordable to young children and high school students.

The other solution to cigarette smoking is the restriction of cigarette smoking in public places. Cigarette smoking usually affects individuals beyond the smoking person through the second and third hand smoke and this makes it necessary to introduce smoking laws. When individuals smoke cigarettes in the open public areas, there is a danger to those people who are not smokers. This is because smoke remains in the air and the nearby people become passive smokers. Continued exposure to cigarette smoke for the passive smokers poses a health hazard as this can lead to cigarette related health complications. Several countries have controlled smoking by banning

public smoking in restaurants, bars, hotels and other public areas. As a result, the government must set up restrictions that ban cigarette smoking in the public to curb the smoking challenges.

The cigarette smoking age should be raised to 21 years so as to reduce cases where young children and high school students engage in the smoking activities. This is mainly because when individuals enter into the habit of smoking at the early years they are likely to be hooked to the habit for the rest of their years and as a result they will be prone to several health related complications. In addition, the government should ensure that there is an enhanced access to information which is related to smoking. As a result, young children and teens will be educated on the adverse effects of smoking and this can be an effective cigarette smoking solutions. Consequently, information regarding to smoking effects should be provided to teenagers who are the most affected and fastest growing group in cigarette smoking. In conclusion, cigarette smoking laws are essential in ensuring that the habit of cigarette smoking has been brought into control. Smoking is ranked among the leading cause of death to people through smoking related complications. The control and management of smoking among teens and individual will apparently reduce the total health care bill and subsequently the burden on tax payers. This problem of cigarette smoking can be managed by raising taxes on cigarette companies, banning smoking in public areas and raising the smoking age to 21years.

## **Works Cited**

Centers for Disease Control and Prevention. Adult Cigarette Smoking in the United States: Current Estimate. 5 June 2013. Web. 17 June 2013. .

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