**Tutorial: NCDs**

**Theme: Tobacco use (STUDENT’s SHEET)**

***Question 1:***

**Compare communicable diseases to non-communicable diseases, in terms of age groups, natural history of disease, socioeconomic determinants and prevention measures.**

|  |  |  |
| --- | --- | --- |
|  | **Communicable** | **Non-communicable** |
| Age group at risk |  |  |
| Natural history of disease |  |  |
| Prevention |  |  |
| Socioeconomic determinants |  |  |

***Question 2:***

**Discuss the most important risk factors for starting smoking?**

**Question 3:**

**You are working in the Ministry of Health and would like to plan and prevention and control program to address the rising prevalence of tobacco use in KSA. With regards to the framework of NCD prevention, how would you like to proceed?**

**Question 4:**

**Discuss the strategies/programs in place for tobacco cessation that are currently available in the region. What others methods of prevention do you suggest?**

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**Theme: Tobacco use (KEY, FACILITATOR’S GUIDE)**

***Question 1:***

**Compare communicable diseases to non-communicable diseases, in terms of age groups, natural history of disease, socioeconomic determinants and prevention measures.**

|  |  |  |
| --- | --- | --- |
|  | **Communicable** | **Non-communicable** |
| Age group at risk | Children and reproductive age groups | All age groups (obesity can affect children, cancers, injuries) |
| Natural history of disease | Incubation period : time from exposure to infectious agent to appearance of symptoms | Latency period: time from exposure to risk factor till disease development |
| Prevention | **Primary prevention:**  High risk strategy: vaccination, education about avoiding exposure.  **Secondary prevention:**  Early detection of disease, surveillance and appropriate treatment.  Tertiary | **Primary prevention:**  High risk strategy: smoking, obesity, family history  Population strategy: education, lifestyle changes, promoting healthy behavior.  **Secondary prevention:**  Early detection and treatment, screening programs for cancers and other NCDs.  **Tertiary prevention:**  Rehabilitation and improving quality of life. |
| Socioeconomic determinants | All socioeconomic levels, but different diseases (malaria, gastroenteritis, HIV) | All socioeconomic levels, but different diseases (Obesity, CHD, HTN, DM, Cancers) |

***Question 2:***

**Discuss the most important risk factors for starting smoking?**

Peer pressure

Family influences (mother smoker vs father smoker)

Effects of same gender family smoking

Media effects

Banning smoking in public places

Taxation and cost of tobacco products

Cultural acceptance (water-pipes more accepted among females than cigarettes)

Accessibility of tobacco products

Political commitment to policies

**Question 3:**

**You are working in the Ministry of Health and would like to plan and prevention and control program to address the rising prevalence of tobacco use in KSA. With regards to the framework of NCD prevention, how would you like to proceed?**

**Primary prevention measures:**

1- Population strategy:

* + Mass education of population regarding ( complications of tobacco use, healthy life habits, importance of exercise….etc)
  + using different methods for mass education (media: TV, newspapers, magazines; radio; schools; lectures and seminars in public places; publications: books, brochures)

2- High risk strategy:

* + Measures directed towards those who have family members who smoke (education, healthy life style)
  + Intervention in colleges and schools, Universities

**Secondary prevention measures:**

* + Measures directed towards those who smoke (education, healthy life style)
  + Education on smoking cessation strategies

**Question 4:**

**Discuss the strategies/programs in place for tobacco cessation that are currently available in the region. What others methods of prevention do you suggest?**

**Key:** Talk about availability of cigarettes, manufacturing industries, legislations, people’s acceptance to accept it as a taboo, organizations which are working to decrease the prevalence of smokers. ect….

MOH Website ect….