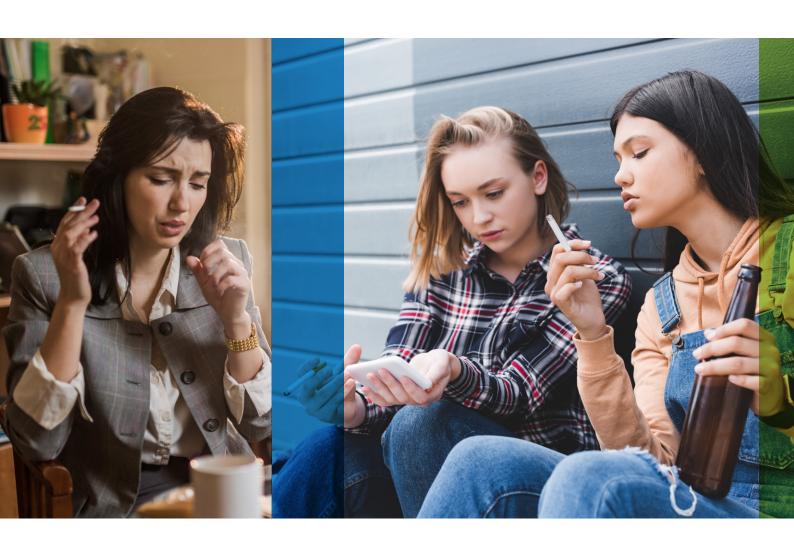
# **Health:**

# Understanding the impact and implications of tobacco use







Despite the widespread awareness of its dangers, tobacco, used in various forms such as cigarettes, cigars, e-cigarettes, vapes, and shisha has profound and far-reaching impacts on health and society.

## **Health Implications of Tobacco Use**

Tobacco use is a leading cause of preventable death and diseases worldwide. The health implications are vast and include:



# Link Between Tobacco Use and Mental Wellness

The relationship between tobacco use and mental wellness is complex and multifaceted.



Research has shown that individuals with mental health conditions, such as depression and anxiety, are more likely to smoke and find it harder to quit. Nicotine, the addictive substance in tobacco, can temporarily alleviate symptoms of stress and anxiety, providing a short-term sense of relief.

Chronic tobacco use can contribute to the development or worsening of mental health disorders. The chemicals in tobacco affect brain chemistry and can alter mood-regulating neurotransmitters. Smokers often experience heightened levels of stress, irritability, and fatigue, which can further impact their overall mental well-being.

# **The Economic Impact of Tobacco**

The economic burden of tobacco use is substantial, affecting both individuals and society at large, which may be unseen. For example:

#### **Healthcare Costs**



Treating tobaccorelated illnesses places a significant strain on healthcare systems, leading to increased medical expenses and resource allocation.

#### **Lost Productivity**



Smoking-related diseases result in reduced productivity due to illness, disability, frequent breaks, and premature death.

#### **Environmental Costs**



Tobacco cultivation and production contribute to deforestation, soil degradation, and water pollution.

# How can MetLife Help

- Educational Awareness: In the form of webinars and newsletters to help you make informed decisions. For more information, please visit: <u>Your Guide to Holistic Wellbeing -</u> <u>Articles, Webinars & Expert Tips| MetLife UAE</u>
- Counseling: MetLife provides EAP support so you can seek help. For more information, please visit: <u>Your Guide to Holistic</u> Wellbeing - Articles, Webinars & Expert Tips MetLife UAE



second-hand smoke.

## **Key Facts from WHO\***

- Tobacco kills up to half of its users who don't quit.
- Tobacco kills more than 8 million people each year, including an estimated
   1.3 million non-smokers who are exposed to
- Around 80% of the world's 1.3 billion tobacco users live in low and middle-income countries.
- To address the tobacco epidemic, WHO Member States adopted the WHO Framework Convention on Tobacco Control (WHO FCTC) in 2003.
   Currently, 182 countries are Parties to this treaty.





Please do send us your feedback at <a href="well-being@metlife.ae">well-being@metlife.ae</a>. It will help us improve this newsletter if we hear that our content has made a difference in your wellbeing. We are keen to listen to you and to improve for you.

This information is intended to provide general guidance on health and wellness matters and is not medical advice. MetLife is not responsible for the accuracy of this information, which may not apply to your particular circumstances, so you rely on it at your own risk. You should always consult a licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regimen, including seeking advice regarding what drugs, diet, exercise routines, physical activities or procedures are appropriate for your particular condition and pricumstances.

