

Tobacco, a silent killer

At least 135 people die every day in Mexico due to different causes related to tobacco use. In addition, in order to treat diseases related to tobacco use, the country spends more than 77 thousand million pesos

On May 31 we mark the World No Tobacco Day, and Congregación Mariana Trinitaria promotes the culture of prevention based on co-responsibility and self-care, as we know the impact of tobacco use on the life and economy of people in Mexico.

Five people die every hour in Mexico as a consequence of diseases caused by tobacco use, which means 135 people die every day, and 51 thousand people per year, as mentioned in data reported by the Department of Research on Tobacco Use of the National Institute of Public Health (INSP) and the National Council for Tobacco Control (CONADIC).

“In Mexico, it is estimated that more than 51 thousand people die every year due to diseases related to tobacco use, that is to say, 135 people die every day. Cardiovascular and cerebrovascular diseases, chronic respiratory diseases, and lung cancer are the main causes of the global impact of the disease”, mentions the report made by the government departments.

In the framework of the World No Tobacco Day, marked on May 31, the organizations highlight that tobacco use and exposure to tobacco smoke are still a serious problem of public health in the country and around the world. It is even considered as the main cause of death in the world which may be preventable and avoidable. Nowadays, there are more than 100 million active smokers around the world.

In Mexico, tobacco use has stabilized. The prevalence of current smokers is 17.6 percent, which means that 14.9 million Mexicans from 12 to 65 are smokers (3.8 million are women, 11.1 million are men). 5.5 million of them smoke every day, and 9.4 million people are occasional smokers.



“We mean that the tobacco pandemic does not only have a big impact on the epidemic of chronic diseases, but it also has a predictable negative effect on the development of complications and death caused by COVID-19”, INSP emphasizes.

Tobacco use and nicotine directly affect mechanisms of cellular and humoral defence on the respiratory system of tobacco users, who are at higher risk to get severe infectious respiratory diseases (caused by bacteria and viruses), including SARS-CoV2.



Tobacco use causes a huge economic expense which includes the high expenses on sanitation to combat the diseases caused, and the loss of human capital due to its morbidity and mortality. In Mexico, the treatments to diseases related to tobacco use represent an annual cost of more than 77 thousand million pesos.

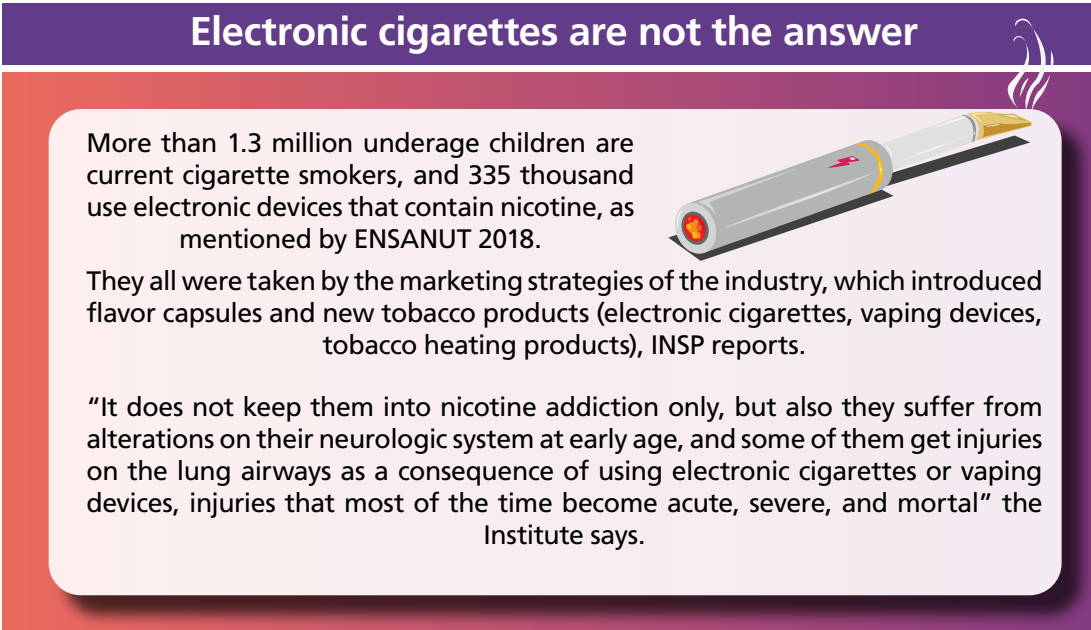
“Despite the bleak picture, there are effective alternatives and strategies to combat the epidemic of tobacco use. One of them, consists of providing scientific information, accurate and timely; to people in charge of promoting, supervising, and implementing public policies on tobacco control, such as health authorities, public officials, legislators, representatives of organizations in the civil societies, and citizens in general”, report details.

COVID-19, a threat to smokers

The National Survey on Health (ENSANUT 2018) reveals that half of the total number of adult smokers (7.5 millions) will pass away in the next decade due to diseases caused by any of the risk factors.

INSP highlights that the current COVID-19 pandemic, showed a hidden and silent pandemic consisting of chronic diseases that are currently in the second position, but that group includes diseases such as cardio and cerebrovascular diseases, diabetes, chronic obstructive pulmonary disease (COPD), and cancer.

On the previous diseases, the causational risk factor is not a “new” or “invisible” virus, they are risk factors which are known by the population and the scientific evidence on public health has demonstrated that they are completely preventable.



CMT, promoting prevention

Congregación Mariana Trinitaria, A.C. (CMT) contributes to promote the culture of prevention based on co-responsibility and self-care, as it is aware of the impact of tobacco use on the lives and economy of people, supporting laws and strategies to avoid tobacco use.

CMT is a civil society founded by Doctor Honoris causa Catalina Mendoza Arredondo with the objective of promoting health, however, the association is aware that welfare is not possible without health, and tobacco use is one of the causes that many people die in Mexico so, it supports and promotes the prevention of it.

As a response to COVID-19 pandemic, CMT developed strategies to avoid people from leaving home, especially those at risk like people who smoke. One of the actions consisted of delivering computers and devices so that people could study or work at home.

In its Welfare Ecosystem Model, particularly in the Network of Health, CMT develops integral solutions to build, improve and get equipment for medical facilities in order to make them more equitable, efficient, and also to improve their quality, as the economic expenses to treat smoking-related diseases are huge.