



Ill effects of smoking on health

Sidaveerappa Balappa Tuppad

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Health is a wealth and wonderful gift given by god. It's our duty to preserve it to lead a healthy life. Good health is a priceless asset. But some people, for seeking temporary pleasure fall into bad habits such as smoking tobacco. The personal decisions on behaviour affect the prospects for good health and that ill health is not solely a consequence of ill fortune but frequently a direct consequence of behaviour under individual's control. Tobacco smoking is most popular form of smoking, practiced by over one billion people leading to health problems. Nurses have an important role in prevention of smoking by conducting educative programmes on ill effects of smoking in schools, colleges, and also in hospitals. This study attempts to evaluate the effectiveness of structured teaching programme on ill effects of smoking among students of Government high school Fort, Bangalore. Tobacco use is one of the major preventable causes of death and disability worldwide. The emergence of tobacco related diseases burgeoning public health problem. According to recent WHO estimates, 4.9 million deaths annually are attributed to tobacco.

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