

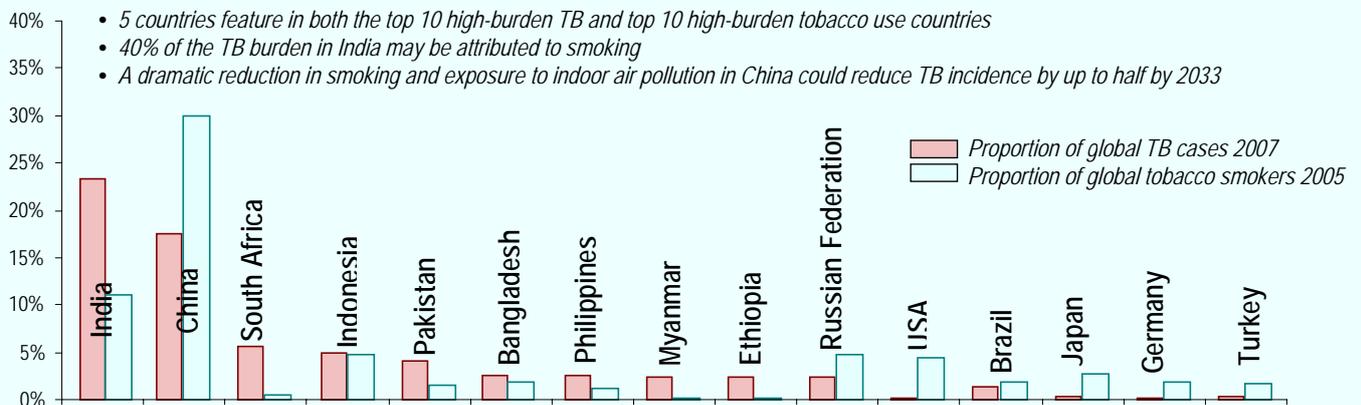


TUBERCULOSIS & TOBACCO

A strong association

- Smoking substantially increases the risk of tuberculosis (TB) and death from TB
- More than 20% of global TB incidence may be attributable to smoking
- Controlling the tobacco epidemic will help control the TB epidemic
- Smoking is a risk factor for TB, independent of alcohol use and other socioeconomic risk factors
- Smoking increases the risk of TB disease by more than two-and-a-half times
- The [WHO monograph on TB and tobacco](#) describes other linkages and evidence

Correlation of high-burden TB and high-burden tobacco-use countries



THE TUBERCULOSIS EPIDEMIC

- 2 billion people are infected with the TB bacilli
- TB is a disease of poverty with the vast majority of deaths occurring in low- and middle-income countries with more than half of all deaths occurring in Asia
- 9.27 million new TB cases in 2007
- 1.75 million people died from TB in 2007
- 5% of all TB cases have multidrug-resistant TB

THE TOBACCO EPIDEMIC

- More than 1 billion people smoke with nearly 70% of them living in low- and middle-income countries
- Tobacco use is the leading preventable cause of death
- More than 5 million people die per year from tobacco use. Unchecked, the epidemic will kill more than 8 million people per year by 2030

WHO-recommended policies to combat tobacco and TB

- Control tobacco everywhere, but especially where people are at risk of TB infection
- Coordinate national TB and tobacco control programmes
- Cross-train TB and tobacco control health workers
- Register TB patients' tobacco use and offer them counselling and treatment
- Promote and enforce smoke-free policies, particularly where TB services are delivered
- Integrate brief tobacco interventions (5 'A's and the 5 'R's) into TB control programme activities
- Implement smoking cessation procedures through PAL (the Practical Approach to Lung Health)

Public health-oriented actions

TB control programmes can support tobacco control by promoting policies to:

- Increase prices and taxes
- Provide protection from exposure to tobacco smoke
- Ban tobacco advertising, promotion and sponsorship
- Regulate packaging and labelling of tobacco products
- Raise public awareness of tobacco risks
- Treat tobacco dependence
- These and other recommendations are featured in the [WHO Framework Convention on Tobacco Control](#)

Smoking cessation can be targeted through PAL, the Practical Approach to Lung Health, which:

- Is a patient-centred approach to diagnosis and treatment of common respiratory illnesses in primary health settings
- Promotes symptom-based and integrated management
- Seeks to standardize service delivery through development and implementation of clinical guidelines
- PAL and other recommendations are featured in the [WHO Stop TB Strategy](#)

Patient-oriented actions

The 5 'A's

- **ASK** TB patients about their tobacco use
- **ADVISE** them to quit
- **ASSESS** their willingness to attempt to quit
- **ASSIST** in their attempt to quit
- **ARRANGE** follow up with them

The 5 'R's

- **RELEVANCE**: ensure TB patients know their treatment will be more effective if they quit smoking
- **RISKS**: point out all the risks of continuing to smoke including the risk of TB relapses
- **REWARDS**: educate the TB patient about the many other benefits of quitting smoking
- **ROADBLOCKS**: ask the TB patient to identify obstacles to quitting smoking
- **REPETITION**: continue to encourage the TB patient to quit smoking

Pilot projects and next steps

- In PAL pilot sites in **Egypt, Indonesia and Nepal**, smoking cessation actions have been introduced
- In the majority of the primary health-care facilities of **Kyrgyzstan**, smoking cessation services have been put in place through PAL
- In TB-care services in Rio de Janeiro, **Brazil**, smoking cessation has been included

NEXT STEPS

- *Monitor, evaluate and document smoking cessation through PAL and TB-care services*
- *Expand successful pilot projects to other target settings*
- *Increase political awareness of the worsening effects of the overlap of TB and tobacco use*
- *Raise awareness across ministerial departments on the health, social and economic benefits of strengthening joint TB and tobacco control*