

World No Tobacco Day 2018

2018 年世界無菸日

Tobacco and heart disease

菸害與心血管疾病

Date: 31 May 2018

日期：2018 年 5 月 31 日

Every year, on 31 May, WHO and partners mark World No Tobacco Day (WNTD), highlighting the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption.

世界衛生組織及相關成員將每年的 5 月 31 日定為「世界無菸日」，強調菸害對於健康及其他風險的影響，同時藉宣導有效的菸害防制政策減少菸品的消耗。

The focus of World No Tobacco Day 2018 is "Tobacco and heart disease." The campaign will increase awareness on the:

2018 年世界無菸日的主題為「菸害與心血管疾病」。

此活動將著重於以下議題，提高民眾意識：

- link between tobacco and heart and other cardiovascular diseases (CVD), including stroke, which combined are the world's leading causes of death;
- 菸害與心臟及其他心血管疾病（含中風）之關聯性，這兩者在死因中名列前茅；
- feasible actions and measures that key audiences, including governments and the public, can take to reduce the risks to heart health posed by tobacco.
- 提供菸害防制關鍵角色—政府、大眾均可實踐之行動措施，藉以減少菸害對心臟所造成的健康風險。

World No Tobacco Day 2018 coincides with a range of global initiatives and opportunities aimed at addressing the tobacco epidemic and its impact of public health, particularly in causing the death and suffering of millions of people globally. These actions include the WHO-supported Global Hearts and RESOLVE initiatives, which aim to reduce cardiovascular disease deaths and improve care, and the third United Nations General Assembly High-level Meeting on the Prevention and Control of NCDs, being held in 2018.

全球正採取的菸害防制行動措施，旨在解決菸草流行及其對公共衛生的影響，2018 年世界無菸日宗旨與此相合，尤其菸草已造成全球數百

萬人受苦甚至死亡。這些行動包括「世界衛生組織全球心臟與方案解決倡議」，其目的在減少心血管疾病死亡及改善照護品質，而「第3屆聯合國大會暨非傳染性疾病預防及控制高峰會」將於2018年舉行。

How tobacco endangers the heart health of people worldwide 菸草如何對心臟健康造成危害

World No Tobacco Day 2018 will focus on the impact tobacco has on the cardiovascular health of people worldwide.

Tobacco use is an important risk factor for the development of coronary heart disease, stroke, and peripheral vascular disease.

Despite the known harms of tobacco to heart health, and the availability of solutions to reduce related death and disease, knowledge among large sections of the public that tobacco is one of the leading causes of CVD is low. 2018年世界無菸日將著重於探討菸品對心血管健康的影響。

菸品使用是罹患冠狀動脈心臟疾病、中風及周邊血管疾病的重要危險因子。

儘管已知菸品對心臟健康的危害，且提供減少相關死亡及疾病的解決措施，但大部分民眾對於菸草是造成心血管疾病主要原因之一的認知仍不足。

Facts about tobacco, heart and other cardiovascular diseases 關於菸害防制、心臟及其他心血管疾病的事實

Cardiovascular diseases (CVD) kill more people than any other cause of death worldwide, and tobacco use and second-hand smoke exposure contribute to approximately 12% of all heart disease deaths. Tobacco use is the second leading cause of CVD, after high blood pressure.

The global tobacco epidemic kills more than 7 million people each year, of which close to 900 000 are non-smokers dying from breathing second-hand smoke. Nearly 80% of the more than 1 billion smokers worldwide live in low- and middle-income countries, where the burden of tobacco-related illness and death is heaviest.

The WHO MPOWER measures are in line with the WHO Framework Convention on Tobacco Control (WHO FCTC) and can be used by governments to reduce tobacco use and protect people from NCDs. These measures include:

全世界因心血管疾病（CVD）死亡的人數超過其他病因，其中，因菸品使用及二手菸暴露導致心臟病死亡人數約占12%，僅次於高血壓對心血管之危害，菸品使用是第二大危險因子。

全球菸草流行每年造成700多萬人死亡，其中，近90萬非吸菸者因暴露於二手菸害而死亡。全球10億多吸菸者中，近80%生活在中低收入國家，這些國家需承擔相關菸害疾病及死亡的龐大負擔。

世界衛生組織以符合菸草控制框架公約（WHO FCTC）所提出的 MPOWER 措施，指引各國政府落實減少菸品使用，並保護民眾免受非傳染性疾病的威脅。措施包括：

- Monitor tobacco use and prevention policies;
- 監測菸品使用及預防政策；
- Protect people from exposure to tobacco smoke by creating completely smoke-free indoor public places, workplaces and public transport;
- 藉由創造室內公共場所、工作場所及大眾運輸工具全面禁菸，保護民眾免受二手菸害；
- Offer help to quit tobacco (cost-covered, population-wide support, including brief advice by health care providers and national toll-free quit lines);
- 提供相關服務協助吸菸者戒菸（透過醫療院所及免費戒菸專線，提供涵蓋全國之藥物治療費用補助及部分諮詢服務）；
- Warn about the dangers of tobacco by implementing plain/standardized packaging, and/or large graphic health warnings on all tobacco packages, and implementing effective anti-tobacco mass media campaigns that inform the public about the harms tobacco use and second-hand smoke exposure.
- 藉由實施菸盒素面包裝或擴大警示圖文及有效的反菸大眾媒體宣導，提醒民眾菸品使用及二手菸暴露的危害；
- Enforce comprehensive bans on tobacco advertising, promotion and sponsorship; and
- 全面禁止菸品廣告、促銷及贊助；
- Raise taxes on tobacco products and make them less affordable.
- 提高菸品稅（捐）使其變得難以負擔。

Goals of the World No Tobacco Day 2018 campaign **2018 年世界無菸日的目標**

World No Tobacco Day 2018 aims to:
2018 年世界無菸日旨在：

- Highlight the links between the use of tobacco products and heart and other cardiovascular diseases.
- 強調菸品使用、心臟及其他心血管疾病間的關聯性。

- Increase awareness within the broader public of the impact tobacco use and exposure to second-hand smoke have on cardiovascular health.
- 提升民眾於菸品使用及二手菸暴露對心血管健康影響的意識。
- Provide opportunities for the public, governments and others to make commitments to promote heart health by protecting people from use of tobacco products.
- 提供契機給大眾、政府及其他機關，對透過維護民眾免於菸害來促進心臟健康做出承諾。
- Encourage countries to strengthen implementation of the proven MPOWER tobacco control measures contained in the WHO FCTC.
- 鼓勵各國加強實施世界衛生組織菸草控制框架公約中提出的MPOWER菸害防制措施。