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# **MODERN SCIENCE: PROBLEMS AND INNOVATIONS**



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# **MODERN SCIENCE: PROBLEMS AND INNOVATIONS**

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**WORLD STRATEGY ON TOBACCO CONTROL  
AND MORTALITY FROM CARDIOVASCULAR DISEASES IN UKRAINE**

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**Abstract.** Since 2003, Ukraine has been participating in the WHO Framework Convention on Tobacco Control and has achieved a slight decrease in the number of smokers according to state medical statistics. The decrease in mortality from cerebral stroke and coronary heart disease over the past 10 years is associated with this fact.

**Keywords:** tobacco epidemic, cardiovascular disease, cerebral stroke, coronary heart disease, mortality, WHO Framework Convention on Tobacco Control, epidemiology.

Since the importation of the leaves of the *Nicotiana tabacum* plant into the Europe more than 500 years ago, the use of this plant began in Europe and then in Asia, mainly for smoking. The first 100-150 years in many countries, tobacco was banned, but with the increase in the number of addicted to smoking and high profits from the sale of tobacco, these bans were canceled [1]. Smoking has spread throughout the world, killing hundreds of millions of people and making tens of thousands very rich. With the accumulation of medical data on the dangers of smoking tobacco in the 20th century, it became possible to launch a new campaign to

completely ban its non-medical use, along with other psychoactive substances. Throughout the campaign, the tobacco industry actively opposed the growing movement against tobacco use, based on scientific research on the health hazards and socio-economic consequences of the tobacco epidemic, and cynically denied the findings of medical research. And although with the adoption of the WHO Framework Convention on Tobacco Control [2] (hereinafter – Framework Convention), it can be assumed that the tobacco industry lost this war, the tobacco epidemic is still growing: it kills more than 8 million people every year [3], and forecasts will kill up to 10 million people a year already in 2030. Noncommunicable diseases causing preventable deaths (primarily cancer, cardiovascular and chronic pulmonary diseases) are associated with smoking. To reduce mortality from these diseases by 25% by 2025, it is necessary to reduce tobacco consumption by 30%. From 2003 to 2010, 18 new countries applied at least one effective tobacco control measure at the highest level.

In the first 5 years of the Framework Convention, the target audience of WHO has increased from 1 to 2.3 billion people. Almost all countries, regardless of the level of income of the population, joined the work to ban advertising, promotion of sales and sponsorship of tobacco products. All prohibition measures covered 10% of the world's population, and the tobacco industry responded by increasing advertising budgets. Given that every third smoker began to smoke under the influence of advertising, therefore, a campaign led by WHO aims to completely ban tobacco advertising [4]. The efforts of the participating countries of the Framework Convention are also aimed at reducing the supply and demand of tobacco at the same time. In particular, on pricing policy, protecting people from exposure to tobacco smoke, regulating the composition of tobacco products and its disclosure to consumers, on packaging and labeling with warning signs and images, on informing the public about the dangers of smoking, on tight control of tobacco sales in accordance with established rules, I include a ban for sale to minors. However, even if success is achieved before the end of this century, tobacco will kill 1 billion people.

Opponents of some provisions of the Framework Convention say that most countries in the world continue to profit from special taxes (excise taxes) on tobacco sales. However, it is precisely the high taxes on tobacco that make it expensive for the consumer – one of the ways to combat the tobacco epidemic. High cigarette prices in Ukraine may not have the expected effect in the absence of proper control over the illegal trade in tobacco. And this control was weakened after the 2014 revolution, since the previous revolutions of the numerous inspections of the controlling and law enforcement agencies were associated with the extortion of inspectors, and became one of the indirect causes of the revolution. In 2019, the moratorium on unscheduled inspections was canceled, but the effect of inspections under the new rules is expected only after 2-3 years, and only if the inspectors do not allow corruption [5-7].

The medical effects of tobacco use are well understood [8]: acute and chronic intoxication, narcotic effects, physical and psychological dependence, withdrawal symptoms during refusal, the risk of overdose, circulatory disorders, chronic cough and shortness of breath during exercise, resulting in a decrease in physical endurance, impaired memory, attention, a number of oncological diseases (primarily lung cancer), bronchitis and pneumonia, rheumatoid arthritis, tuberculosis, diabetes, asthma, cataracts, infertility, impotence, premature menopause, peptic ulcer, osteoporosis, femoral neck fracture, periodontitis, chronic obstructive pulmonary disease, fetal malformations, heart attack and stroke.

Among the risk factors for cerebral stroke, smoking is one of its leading causes, and the first of preventable ones [10; 11]. In the world, the frequency of cerebral stroke ranges from 100 to 700 cases per 100 thousand people per year [12], in Ukraine over the past 10 years this figure has been 270. According to various estimates, from 100 to 150 thousand cerebral strokes per year occur in Ukraine [13; 14]. A comparison of the mortality data of Ukrainians from cerebrovascular diseases and from coronary heart disease with the number of people who smoke over the past 10 years proves the relationship of these indicators and the strength of the influence of such a risk factor as smoking – see table 1 [15-17].



**Table 1**

**Dynamics of mortality of the population of Ukraine  
from cardiovascular diseases for the period 2008-2018 and the number of 12 and  
over age smokers according to the State Statistics Service of Ukraine**

Year	Percentage of population over 12 years old smokes	Deaths from cerebrovascular disease per year	Deaths from coronary heart disease per year
2008	25.6	103,073	320,568
2009	23.5	100,482	310,982
2010	22.4	101,349	314,672
2011	22.3	95,610	298,674
2012	21.8	92,932	297,432
2013	21.3	94,267	299,687
2014	20.9	87,890	291,445
2015	18.4	79,775	278,714
2016	19.3	76,733	270.608
2017	18.7	75,733	264.926
2018	18.9	76,906	269,753

According to the data for the last studied year (2018) [18], among adult Ukrainians (18-59 years old) 43% of men and 7% of women smoke, among teenagers (16-17 years old) 6% of boys and 2% of girls smoke. On average, 77% of Ukrainian smokers smoke for a long time and constantly, 35% of them smoke from 6 to 10 cigarettes per day on average, 32% - from 16 to 20 cigarettes.

The facts studied allow us to assume that the fulfillment of the conditions of the Framework Convention in the next decade will allow Ukraine to reduce mortality from cardiovascular diseases.

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С 2003 года Украина участвует в Рамочной конвенции ВОЗ по борьбе против табака и добилась небольшого снижения количества курильщиков по данным государственной медицинской статистикой. Снижение смертности от церебрального инсульта и ишемической болезни сердца за последние 10 лет связаны с этим фактом.

**Ключевые слова:**эпидемия табакокурения, сердечно-сосудистые заболевания, церебральный инсульт, ишемическая болезнь сердца, смертность, Рамочная конвенция ВОЗ по борьбе против табака, эпидемиология.