

Swedish Nurses against Tobacco



**TOBACCO RÖKFRITT
ENDGAME SVERIGE
2025**

NURSES ROLE IN TOBACCO CONTROL

Health promotion and illness prevention are among the fundamental responsibilities of the nurse. Using any tobacco product is harmful. Inhaling tobacco smoke damages the whole body. Secondhand smoke kills nearly a million people every year globally. A regular smoker typically loses more than a decade of life. But health problems caused by tobacco use are highly preventable. The benefits of quitting, no matter the smoker's age, occur almost instantly and most smokers want to quit smoking.

Tobacco cessation is a cost-effective healthcare intervention and healthcare workers likely the most effective front line. We hope you will commit seriously to be part of this effort to save millions of lives from the scourge of tobacco use. Hopefully these tools can make a genuine life-or-death difference.

The WHO Framework Convention on Tobacco Control (WHO FCTC) was developed in response to the globalization of the tobacco epidemic. It contains the numerous measures needed to achieve a lasting decrease in tobacco use. The strategy to phasing out the habit has internationally been known as Tobacco Endgame. Sweden is intending to be smoke-free in 2025.

Read more:

Drope J, Schluger N, Cahn Z et al. 2018. The Tobacco Atlas. Atlanta: American Cancer Society and Vital Strategies.

Rice V, Heath L, Livingstone-Banks J et al. Nursing interventions for smoking cessation. Cochrane Database of Systematic Reviews 2017, Issue 12.

Tobacco and its environmental impact: an overview. Geneva: World Health Organization; 2017.

HOW IT ALL BEGAN

Swedish Nurses against Tobacco initially invested in the 1990s to influence the politicians to get through a tobacco act in Sweden. It took a hard but rewarding lobbying effort to reach the goal. The issue of a product that kills half of its consumers is extremely serious and we demanded it to be politically regulated. Spectacular demonstrations, personal contacts with politicians and a tobacco exhibition in the Swedish parliament made it work.

OUR MISSION

We want to create awareness and influence attitudes in the tobacco issue and support local, regional and national tobacco prevention work. Together we develop information, education and materials and participate in national and international cooperation against tobacco. We are part of a larger lobbying group of occupational networks against tobacco.

We strive for nurses to:

- Have knowledge of national and international guidelines for reducing tobacco use.
- Be able to support people for a tobacco-free choice.
- Defend children's right to a tobacco-free start-up and upbringing.
- Support smoke-free areas to avoid exposure to tobacco smoke.

What you can do:

- Increase the knowledge of tobacco control among colleagues.
- Motivate nurses and midwives to act as role models for their patients.
- Create a ripple effect through networking.
- Set up working partnerships.