



## Smoking gun

Programmes should be put in place to help people quit smoking and using other tobacco and nicotine products.

### Senamile Phindile Ngobese

is a PhD candidate at the Department of Public Health, Sefako Makgatho Health Sciences University. She is currently a public health scientist specialising in tobacco control at the Alcohol, Tobacco and Other Drug Research Unit, South African Medical Research Council.

### Scholarship programme:

Bongani Mayosi National Health Scholars Programme



### Orcid ID:

<https://orcid.org/0000-0002-5073-4219>



Presented in association with the South African Medical Research Council, this programme forms part of #theArtofResearch, an initiative of research communication specialists Jive Media Africa.



**S**moking places a large burden on South Africa's health system, and while many smokers want to quit smoking, they need help and support to do so.

Smokers are more prone to health conditions like heart diseases and lung cancer, and are also at risk of severe COVID-19 complications. Continued tobacco advertising, especially on social media, has also led to many young people taking up the use of tobacco and nicotine products, potentially trapping

themselves into a lifetime of nicotine addiction.

The South African Medical Research Council is implementing the very first Global Adult Tobacco Survey (GATS) in South Africa. Data from GATS will be available to researchers to get a clear picture of tobacco use in the country.

"The findings of the survey may be used to inform interventions for cessation programmes and make recommendations to combat the use of tobacco

products," says Senamile Phindile Ngobese. Healthcare providers should provide smokers who want to quit adequate support and give counsel about the harms of tobacco use, especially to the youth.

"Government should also pay careful attention to nicotine addiction, especially through new tobacco and nicotine products now flooding the markets, and strengthen legislation to prevent this young generation from initiating tobacco use."