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Tobacco use and Obesity

Smoking and obesity are major public health challenges and the prevalence of both is increasing globally. Smoking increases the risk NCDs eg. cancer, respiratory and cardiovascular diseases, and is the leading preventable cause of death in developed countries. Obesity is the fifth leading cause of death, globally, and accounts for 44% of cases of diabetes and 23% of ischemic heart disease. The Framingham Study showed that the life expectancy of obese smokers is around 13 years shorter than non-obese, never smokers. Over 80% of smokers wish to quit smoking but only 33% attempt to do so. Of those who attempt to quit, 75%-80% relapse within six months. Addiction is the main reason for smokers failing to quit. However, concerns about weight gain are an independent factor in smokers deciding not to quit, especially young women. Also, the general perception that smoking may protect against obesity is a common reason for starting smoking among adolescents. Smokers have a lower body weight on an average than non-smokers but tend to gain weight after quitting smoking; however, active smokers who smoke more intensively tend to weigh more than light smokers. A link between obesity and smoking behaviour could have implications for weight control and smoking prevention strategies, as well as for prevention of multiple noncommunicable diseases. Obesity and tobacco smoking are

important risk factors for a wide variety of noncommunicable diseases, but their inter-relationship is complex and not well understood. Observational studies consistently show an inverse association between current cigarette smoking and body weight, followed by weight gain after smoking cessation. Beliefs that smoking protects against obesity may be oversimplistic, especially among younger and heavier smokers. Quitting smoking may be associated with temporary weight gain. Therefore, smoking cessation interventions should include weight management support.

Speaker Biography

Rakesh Gupta has completed his M.D at the age of 29 years from Punjabi University Patiala- India. He's working as Director of Chemical Examiner Lab, State of Punjab. He is an Alumni of John Hopkins School of Public Health and University of California. He has received WHO Award 2015 on World No Tobacco Day, represented MOHFW in WHO ENDS Consultation in Panama 2016 and a consultation on Plain packaging in Geneva 2017. Contributed significantly to many National/International Conferences. Abstracts accepted and presented in WLCs Barcelona 2014, Cape Town 2015, Liverpool 2016, COPD Conference Tokyo-2018, APACT Bali-2018, NCTOH Mumbai 2019 and World Conference on Lung Health 2019.

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