**Public Health- Dependency on Tobacco use**

**Abstract**

A health issue is any problem or challenge that tends to have an effect on the health of any person. In any society, there are various health issues which could occur and could cause harm or injuries to the population. Interventions to health issues are measures and frameworks which have been put in place to address the health issues in order to prevent adverse effects (Stockings et al., 2016). This research paper investigates dependency on tobacco use and how it is addressed using appropriate interventions.

**Body**

Dependency on tobacco use is one of the most common health issues in the society. Studies have shown that use of tobacco results to high number premature deaths despite being the most preventable cause of death in the society. This is because it causes malfunctioning and disability to the various parts of the body. Use of tobacco is a challenge to the society because most of the users are willing to quit but they cannot be able to do so due to addiction (Frazer et al., 2016).

There are various interventions which can be used to address tobacco use and dependency in the society. One of the most appropriate interventions towards addressing this health issue is smoking bans and restrictions. This is the most recommended intervention because of its efficiency in tackling the health issue of smoking. This intervention can be implemented through bought public and private organizations, government policies and even business (Frazer et al., 2016). The main aim of this intervention is to reduce exposure to smoke to the public places and reduce rates at which individuals smoke. It is a primary intervention because it is the only effective intervention that can be used smoking tobacco. The main setting of this intervention is in public places and workplaces where there is the presence of many people (Frazer et al., 2016).

There are various issues surrounding the implementation of this intervention. One of the issues is that tobacco smoking is very addictive hence it will be a challenge for the tobacco users to follow the bans and restrictions. However, this intervention is effective if the bans and restrictions are enforced appropriately. Both governmental and nongovernmental organizations play a very important role developing appropriate interventions. They play a role in ensuring that the interventions developed are appropriate and effectively implemented (Stockings et al., 2016).

**Conclusion**

In conclusion, tobacco is one of the most common health issues in the society. This is because it is responsible for multiple deaths which could be easily prevented. However, through appropriate interventions, the issue can be easily addressed.

**References**

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