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IMPACT OF AIR POLLUTION AND PUBLIC SMOKING ON GENERAL PUBLIC

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ABSTRACT

Public smoking contributes significantly to air pollution, which has negative effects on both human health and the environment. According to research, air pollutants like ozone and particle matter (PM) worsen other health issues like heart disease and lung illness. People who live in areas with elevated levels of air pollution the children, and the elderly are particularly vulnerable. Although reducing cigarette use will have the biggest impact on lung cancer rates, efforts to lower the risk of developing the disease are also required. In addition to smoking cigarettes, exposure to hazardous airborne particles is one of the major risk factors for respiratory tract illnesses like lung cancer, chronic obstructive pulmonary disease, and asthma. Various nations have implemented legal measures designed to lessen exposure to harmful pollutants. While official efforts to control air pollution have traditionally focused on outdoor air, elevated contaminant concentrations are frequently found in indoor air. It has been demonstrated that long-term exposure to ambient air pollution has similar negative health impacts to cigarette smoking. Reduce public smoking and raise air quality regulations in accordance with the Clean Air Act to continue protecting the public's health from bad air pollution.

INTRODUCTION

Human health has long been harmed by both public smoking and air pollution. Public smoking refers to smoking in public areas, whereas air pollution is defined as the discharge of harmful particles or gases into the atmosphere as a result of human activities. The health ofpeople is significantly harmed by both of these behaviours, particularly that of vulnerable groups like children and the elderly.

The effects of air pollution and public smoking on the general public are examined in this research report. It talks about the costs involved with these activities as well as the negative health implications of public smoking and air pollution. The research also investigates

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alternative approaches to lessen public smoking and air pollution, as well as their potential advantages.

As a result, air pollution is a major public health concern. Public smoking has been demonstrated to have a major impact on air quality and is one cause of air pollution. According to studies, prolonged exposure to ambient air pollution might be just as dangerousas cigarette smoking. The elements that cause air pollution and its effects on public health need to be better understood. By investigating the connection between air pollution and public smoking, we may better understand the risks of exposure to contaminated air and create plans to lessen its negative effects on public health.

Smoking in public has adverse effects on both smokers' and non-smokers' health. Every organ in the body can be harmed by smoking, which can also cause heart disease, cancer, or strokes resulting in death. In order to lessen the health risks connected with smoking, public smoking is a serious public health issue that requires attention.[1]

Health effects of air pollution on population.

People's health is negatively impacted by air pollution in a number of ways. Lung cancer, heart disease, stroke, and respiratory infections are all at increased risk as a result. Given that their lungs are still developing and that they have a greater metabolic rate than adults, children's health is particularly at danger from air pollution. Additionally, persistent exposure to particulate matter (PM) might result in chronic respiratory conditions including asthma as well as early demise.[2]

According to the World Health Organisation (WHO), air pollution is thought to be the cause of seven million preventable deaths worldwide, with 4.2 million of those deaths taking placein Asia and the Pacific. Worldwide, ambient outdoor air pollution was blamed for 4.2 million premature deaths in 2018, according to the WHO.[3]

[1] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7044178/
[2] https://www.lung.org/research/sota/health-risks
[3] https://www.niehs.nih.gov/health/topics/agents/air-pollution/index.cfm

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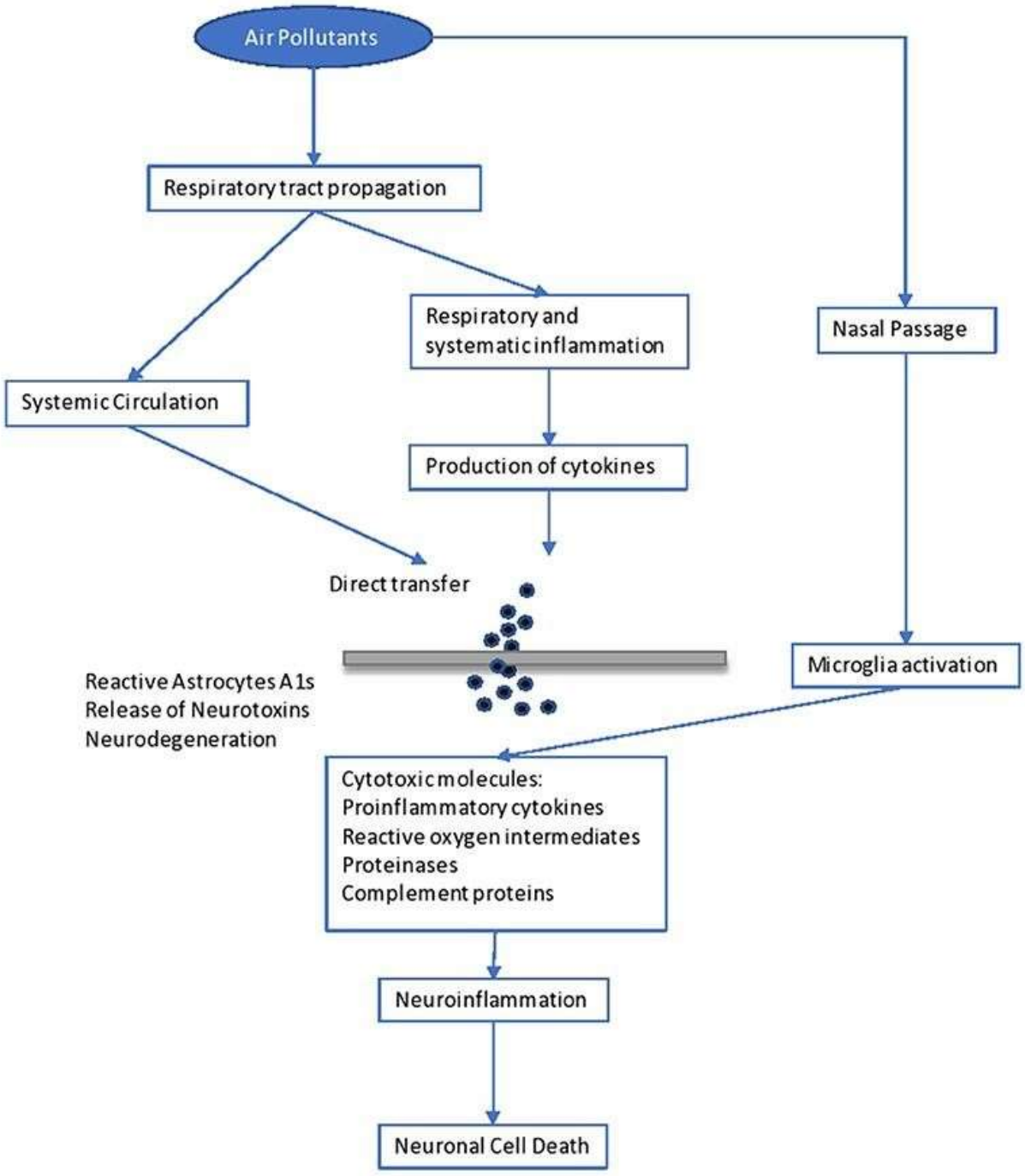
This figure shows Impact of air pollution on brain.



Approach to the problem

Numerous human activities have an impact on the environment, thus the interactions between people and their physical surrounds have been examined in depth. The biotic (living things and microorganisms) and abiotic (hydrosphere, lithosphere, and atmosphere) components of the environment are coupled. The air we breathe, the water we drink, and the soil where plants grow are all contaminated by human activity, which has a negative impact on the environment.

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The industrial revolution was highly successful in terms of technology, society,and the delivery of many services, but it also brought about the generation of large amounts of air pollutants that are dangerous to human health. Environmental contamination on a worldwide scale is without a doubt seen as a complex international public health concern.

This significant issue is connected to social, economic, legal, and lifestyle choices. The health implications of air pollution are numerous. Even on days with little air pollution, those with a vulnerability or sensitivity to it may experience health effects. Chronic obstructive pulmonary disease (COPD), cough, shortness of breath, wheezing, asthma, respiratory disorders, and high hospitalisation rates (a measure of morbidity) are all directly associated to short-term exposure to air pollution. People who live in large urban areas are most affected by air pollution, which is primarily caused by vehicle emissions. Industrial accidents also pose a risk since they might disseminate toxic fog that is lethal to the local people. There are several factors that affect how contaminants spread, but atmospheric stability and wind are two of themost important ones. Due to overpopulation, unchecked urbanisation, and the growth of industrialization, the issue is worse in emerging countries. Poor air quality results from this, especially in nations with social inequalities and a lack of knowledge about environmentally sound management practises. People are exposed to poor-quality, filthy air at home when they utilise fuels like wood fuel or solid fuel for household requirements due to low incomes. It is noteworthy that three billion people use the aforementioned energy sources for cooking and heating on a daily basis. Due to their longer period of exposure to indoor air pollution, women of the home appear to have the largest risk for illness development in developing countries.

Interesting to note is that cardiovascular disorders are more frequently reported in developed, high-income nations than in low-income, emerging nations that are exposed to severe air pollution. In India, where the air quality reaches dangerous levels, extreme air pollution has been documented. One of the most polluted cities in India is New Delhi. Due to the limited visibility brought on by air pollution, flights into and out of New Delhi International Airport are frequently cancelled. India's rapid industry, urbanisation, and surge in motorbike use have resulted in pollution in both urban and rural areas. Nevertheless, a significant contributor to home air pollution in India and Nepal is biomass combustion related to needs and practises for heating and cooking.[4]

[4] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7044178/

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Sources of exposure

The usage of large-scale human activities including autos, power plants, combustion engines, and industrial machines is recognised to release the bulk of environmental contaminants.

These activities are carried out on such a vast scale that they are by far the biggest sources of air pollution, with cars thought to be responsible for almost 80% of it today. Other human activities, such as field cultivation methods, petrol stations, fuel tank heaters, and cleaning practises, as well as a number of natural sources, such volcanic and soil eruptions, and forest fires, are all having a minor impact on our environment.

The primary factor used to categorise air pollutants is the sources of the pollution. Because of this, it is important to mention the four primary sources, which are as follows: Major sources, Area sources, Mobile sources, and Natural sources.

The chemical and fertiliser industries, metallurgical and other industrial plants, power plants, refineries, and petrochemicals, as well as municipal incineration, are major sources of pollution.

Domestic cleaning tasks, dry cleaning, print businesses and petrol stations are a few indoorarea sources.

Automobiles, cars, trains, planes, and other sorts of transportation are examples of mobile sources.

As previously mentioned, physical catastrophes like forest fires, volcanic erosion, duststorms, and agricultural burning are included in the category of natural sources.[5]

Health effects of public smoking

Smoking in public, or "public smoking," has a serious detrimental effect on people's health. Smoke that non-smokers inhale is known as "second hand smoke" and is particularly dangerous to health.

[5] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7044178/

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Asthma, bronchitis, and lung cancer are just a few of the respiratory conditions it causes. Exposure to second hand smoke has been associated with an increased risk of heart disease, stroke, and early mortality.

The American Cancer Society estimates that second hand smoke exposure contributes toaround 7,000 lung cancer deaths and 33,000 heart disease deaths annually in the United States, primarily affecting youngsters and non-smoking adults.[6]

Air pollution labelled as 'the new smoking.'

According to news articles with names like "If You Live in a Big City, You Already Smoke Every Day" and "The Air Is So Bad in These Cities, You May as Well Be Smoking," air pollution has been dubbed the "new smoking." The WHO Director-General, Dr. Tedros Adhanom Ghebreyesus, emphasised this eye-catching comparison and declared, "The world has turned a corner on tobacco." The poisonous air that billions of people breathe each day must now be treated in the same way as the "new tobacco." Speaking at the First Global Conference on Air Pollution and Health in 2018, "Globally, with smoking on the decline, air pollution now causes more deaths annually than tobacco." The assertion that tobacco control has reached a turning point globally and the description of air pollution as the "new smoking" generate a number of questions. It is also discovered that the disease burden brought on by ambient air pollution decreased far more quickly than the disease burden brought on by tobacco use. To conclude that the tobacco endemic is still widespread, and the globe has a long way to go. Furthermore, it is false and possibly harmful to the public's health to say that air pollution is just as terrible as smoking.

Suggestions *that the world has overcome the tobacco epidemic and that air pollution is the "new smoking" have given rise to a number of worries.*

First, the world has not turned the corner on the tobaccoendemic.

Despite decades of tobacco control initiatives and some encouraging outcomes, smoking continues to be one of the leading preventable causes of death and disability. Only two nations, Brazil, and Turkey, have so far adopted all of the MPOWER measures at the best-practice level as advised by WHO. There has been little progress made in reducing the prevalence of smoking

[6] https://ash.org.uk/resources/view/secondhand-smoke

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and tobacco use in many nations with significant tobacco-related illness burdens, including China, Indonesia, and even high-income nations like Germany. Cigarette sales are still on the rise in China and many other low- and middle-income nations. It would be disastrous for global tobacco control if WHO were to shift its focus and resourcesaway from tobacco control at this point, judging by the unit's perennially low funding.

Second, despite being entirely preventable, smoking still results inmore premature deaths and severe disabilities than air pollution.

Smoking-related fatalities, disabilities, and human suffering frequently occur at a younger age and are more painful in terms of symptoms and results than those brought on by outdoor air pollution. Recent estimates from the 2017 Global Burden of Disease and Injuries Study show that from 2007 to 2017, there were an additional 2.94 million fatalities attributable to outdoor particulate matter (PM2.5) air pollution. The same analysis reveals that, despite theseincreases, tobacco use—along with the negative effects of second-hand smoke—remains the second-largest risk factor for mortality and disability worldwide, accounting for 8.3 million fatalities in 2017—nearly three times as many as were brought on by outdoor air pollution.

The WHO agrees with the landmark study by Doll et al. that smoking kills 50% of all long-term users. More recently, estimates put the fatality rate for smokers who start early as highas two-thirds. While lifelong exposure to air pollution in a mildly (15 g/m3 mean PM2.5) or moderately (25 g/m3 mean PM2.5) polluted city results in an estimated loss in life expectancy by 0.8 or 1.6 years, respectively, smoking reduces life expectancy by around 10years compared to non-smoking.

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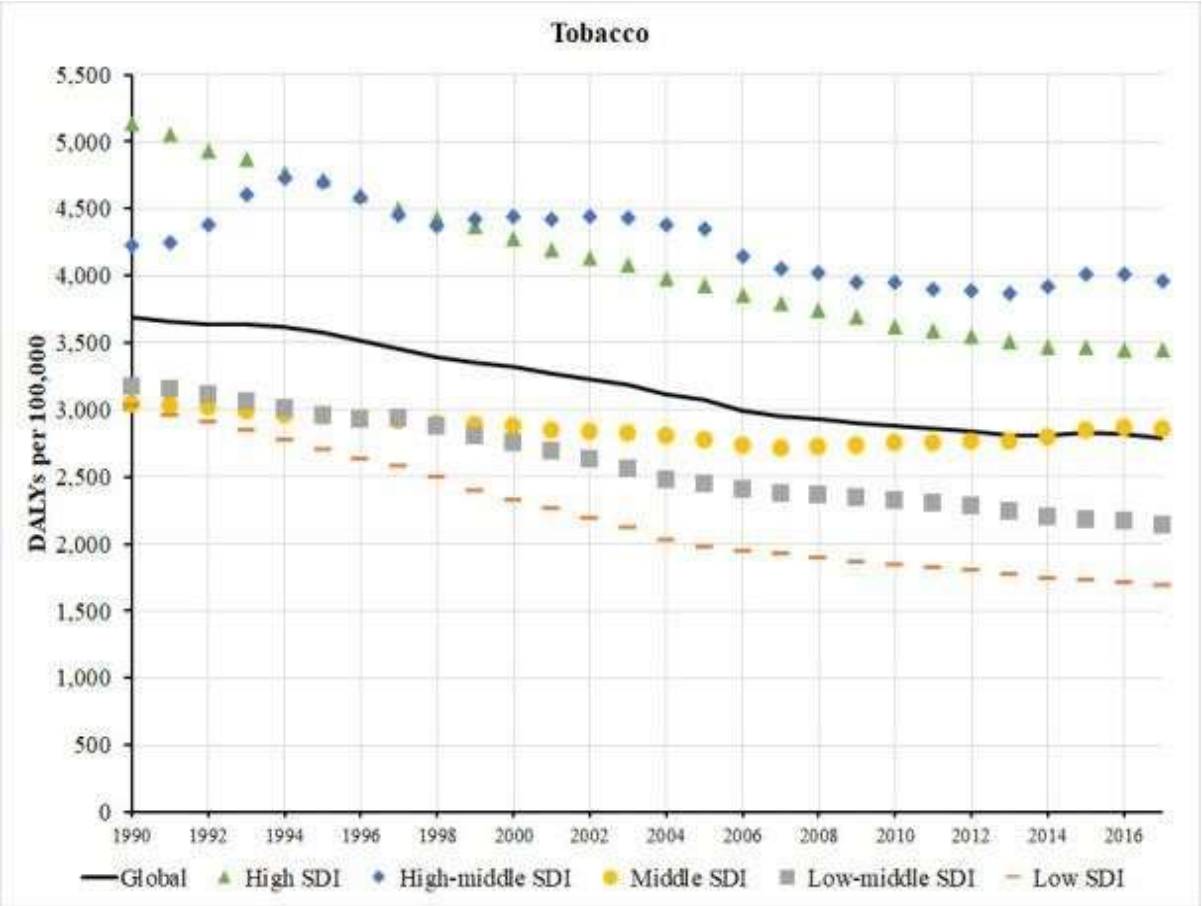

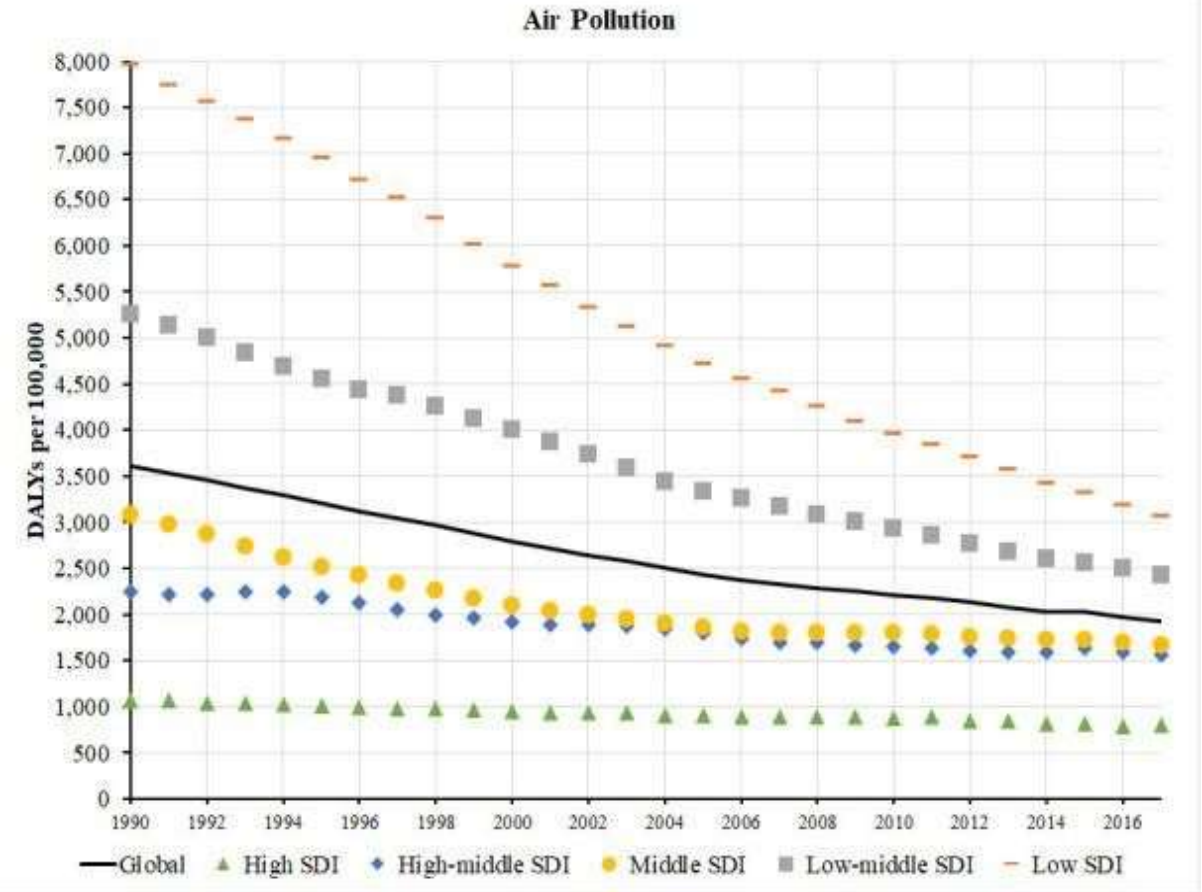

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Third, from 1990 to 2017, reducing air pollution has been moreeffective than eliminating tobacco-related harms at reducing linked harms.

In terms of DALY reduction since 1990, countries with various levels of social development have seen greater advantages from lowering air pollution than from combating the tobacco endemic. According to GBD estimates, the numberof age-standardized deaths per 100 000 persons related to air pollution has dramatically decreased in a variety of countries.

Fourth, claiming that air pollution is the new smoking hampers efforts to combat cigarette use and to promote physical exercise.

If air pollution really is the new smoking, some smokers may conversely think that breathing air is equally as bad as smoking. Among the more than one billion current smokers worldwide, this equivalence may lead some to wonder why they should even bother to quit. Paradoxically, some non-smokers may consider smoking since they believe that breathing urban air is the same. Because it will give consumers the impression that consuming their goods is "only as bad as breathing polluted air," the tobacco industry would certainly welcome the comparison of air pollution and smoking. Teenagers who have started smokingand smokers who are unsure about quitting frequently cite the pervasiveness of outdoor air pollution as a defence. However, breathing polluted air is not highly addictive nor is it heavily marketed by a notorious industry. No industry deliberately produces toxic and addictive ambient air as a commodity, in stark contrast to the tobacco industry, which produces and aggressively markets a toxic and addictive commodity—cigarettes.

In conclusion, we think it is important to emphasise the importance of improving air quality without potentially undermining the risks associated with tobacco use. It is incorrect to tell the public that air pollution is just as harmful as smoking. Instead, it is vital to scale up actionon both tobacco control and air pollution. WHO must remain dedicated to tobacco control and hold out hope that no real "new smoking," with similarly disastrous consequences as those brought on by the tobacco industry, ever materialises.[7]

Economic cause of air pollution and public smoking

There are huge financial expenses associated with both air pollution and public smoking.

[7] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7591797/

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According to a report by the Global Alliance on Health and Pollution (GAHP), the cost of air pollution to the world economy in terms of illnesses and fatalities is projected to be $5.1 trillion annually. Additionally, the US economy suffers a $130 billion annual loss in productivity and healthcare costs as a result of public smoking.[8]

Potential solutions

There are a number of potential methods that might be put into practise to lessen air pollution and public smoking. In order to combat air pollution, governments can enact laws that limit emissions from businesses and transportation, encourage the use of cleaner energy sources and automobiles, and enhance public transportation. People can also take action by disconnecting appliances when not in use and turning off lights to reduce energy use.

Governments can prohibit smoking in public locations, raise tobacco charges, and start public awareness efforts to encourage smokers to give up in order to combat public smoking. By avoiding second hand smoke and giving up smoking oneself, people can also improve their health.[9]

Benefits of solutions

A number of advantages might result from using these solutions. Improved health outcomes, fewer missed workdays, and increased economic output can all result from reducing air pollution. Health care expenditures and life expectancy can both be improved by reducing public smoking rates.

Encouragement of sustainable practises can also help to reduce climate change and enhance environmental health.

Laws related to air pollution and public smoking.

The **Air (Prevention and Control of Pollution)** Act was enacted in 1981 and amended in1987 to provide for the prevention, control, and abatement of air pollution in India and Environment (Protection) Act, 1986 (EPA).

[8] https://www.weforum.org/agenda/2020/02/the-economic-burden-of-air-pollution
[9] https://www.epa.gov/clean-air-act-overview/progress-cleaning-air-and-improving-peoples-health

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According to Section 278 of the Indian Penal Code, anyone who knowingly vitiates (spoils)the atmosphere of any place so as to render it unhealthy for any person's health in a general dwelling, while conducting business in a neighbourhood, or while passing along a public way, shall be subject to a fine of up to Rs. 500.[10]

Some Case laws related to smoking and air pollution.

Murli S. Deora v. union of India

The Supreme Court found that people who smoke in public places are violating the rightto life of passive smokers. The Supreme Court issued an order banning smoking in public places after seeing the seriousness of the situation and the harm that smoking does to both smokers and passive smokers. Additionally, it gave the Union of India, the State Governments, and the Union Territories instructions to take the necessary steps toensure that smoking is outlawed in public places like:

1. Auditoriums
2. Hospitals & Medical Facilities
3. Academic Institutions
4. Public buildings and courthouses[11]

M C Mehta vs union of India (oleum gas leakage)

The Supreme Court of India established the "Absolute Liability Principle" in the case of MC Mehta v. Union of India, stating that it would be applied to industries like Shriram that engage in inherently dangerous activities. As a result, any industry engaged in hazardous activities that damages the environment or the public as a result of an accident would be heldabsolutely liable.[12]

Maa Santoshi stone crusher and ors vs state of Orissa and ors.

The entire state of Orissa was declared as air pollution-controlled area and was also upheldby the court.

V.S Damodaran Nair and Anr v/s state of Kerala and ors. AIR 1996 ***Kerala 8***

The Kerala high court accepted the reports submitted by NEERI, Nagpur and SPCB as

[10] https://indiankanoon.org/doc/82542966/
[11] https://aishwaryasandeep.com/2022/03/15/murli-s-deora-v-union-of-india-ban-on-smoking-in-public- places/
[12] https://blog.ipleaders.in/evolution-of-absolute-liability-in-india/

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comprehensive and authoritative and the conclusions and the findings contemplated thereinare directed to be binding and are to be followed for maintaining the coaching area clean of pollution.

Lakshmi pathy and ors v/s state of Karnataka and ors. AIR 1992 ***Karnataka 57***

The Karnataka high court has held that change in the land use from residential to industrial purpose was illegal. In this case, the court observe that some of the respondent authorities denied the existence of pollution or came forward without any explanation as to what measures has been taken in order to curtail the pollution. The mandamus was issued and directions to the corporation of the city of Bangalore and its health offices who abate the pollution and also a direction to the Bangalore development authority to stop the operation ofthe industrial unless in quotation to carry out the work.

Conclusion

In conclusion, there are various negative effects of air pollution and public smoking on people's health, as well as substantial financial consequences. These problems can be addressed by putting solutions in place like lowering emissions and supporting sustainable practises. Public education initiatives that discourage smoking and promote healthy behaviours can also help the general public's health. In order to safeguard the public's healthand advance economic prosperity, it is ultimately necessary to prioritise reducing the detrimental effects of air pollution and public smoking.[13]

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[13] https://www.epa.gov/clean-air-act-overview/progress-cleaning-air-and-improving-peoples-health journal of angiology : official publication of the International College of Angiology, Inc. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2733016/
Murli S. Deora vs Union of India and ORS on 2 November 2001. (n.d.). https://indiankanoon.org/doc/1495522/?type=print

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Saha, S. P., Bhalla, D. K., Whayne, T. F., & Gairola, C. (2007). Cigarette Smoke and Adverse Health Effects: An overview of research trends and future needs. The International