

Tobacco Free Initiative



Addressing the Worldwide Tobacco Epidemic through Effective, Evidence-Based Treatment

Expert Meeting

March 1999

Rochester, Minnesota

USA



World Health Organization



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INTRODUCTION

The World Health Organization (WHO) convened a gathering of experts from nine countries at the Mayo Clinic in Rochester, Minnesota, USA, in March 1999 to recommend priorities and methods for implementing tobacco dependence treatment worldwide. The following report summarizes the group's findings. The subheadings in sections II and III represent its main conclusions and recommendations. A list of participants is attached as Annex 1.

INTRODUCTION

En mars 1999, l'Organisation mondiale de la Santé (OMS) a réuni des experts de neuf pays à la Mayo Clinic à Rochester, Minnesota (Etats-Unis d'Amérique) pour formuler des recommandations concernant les priorités et les moyens d'appliquer le traitement de la dépendance tabagique dans le monde. Le rapport qui suit résume les conclusions du groupe d'experts, dont les principales conclusions et recommandations font l'objet des paragraphes contenus dans les sections II et III. La liste des participants figure à l'Annexe 1.

INTRODUCCIÓN

La Organización Mundial de la Salud (OMS) convocó una reunión de expertos de nueve países en la Clínica Mayo de Rochester, Minnesota (Estados Unidos), en marzo de 1999, a fin de recomendar prioridades y métodos para la aplicación del tratamiento de la dependencia del tabaco en todo el mundo. En el siguiente informe se resumen los resultados del grupo. Los subtítulos de las secciones II y III representan sus conclusiones y recomendaciones principales. Se adjunta la lista de participantes en el anexo 1.

ВВЕДЕНИЕ

В марте 1999 г. Всемирная организация здравоохранения (ВОЗ) созвала совещание экспертов из девяти стран в клинике Майо в Рочестере, штат Миннесота, США, с тем чтобы рекомендовать приоритеты и методы для лечения табачной зависимости в мире. В представляемом ниже докладе приводится резюме по итогам работы указанной группы. Подзаголовки в разделах II и III представляют основные выводы и рекомендации. Список участников дается в Приложении 1.

عقدت منظمة الصحة العالمية لقاء بين خبراء من تسعة بلدان في مايو
كلينيك، في روشستر، مينيسوتا، بالولايات المتحدة الأمريكية، في آذار/ مارس
١٩٩٩ ليضع التوصيات ويرسم السبل اللازمة لتطبيق معالجة ادمان التبغ على
نطاق العالم كله. ويلخص التقرير التالي الاستنتاجات التي خلص اليها هذا
الفريق. وتشكل العناوين الفرعية في الجزأين الثاني والثالث أهم الاستنتاجات
والتوصيات التي وضعها. وترد قائمة بأسماء المشاركين في الملحق ١.

序言

世界卫生组织于 1999 年 3 月在美利坚合众国明尼苏达罗彻斯特
Mayo 诊所召开了来自 9 个国家的专家会议，提出在全球实施治疗烟
草成瘾的重点和方法。下述报告概括了小组会议的结论。第 2 节和第
3 节的副标题表示会议的主要结论和建议。与会代表名单作为附件 1
附后。

Executive Summary

The worldwide epidemic of tobacco-related disease and death continues to worsen as tobacco use spreads. At least one-third of the world's adult population, or 1.1 billion people aged 15 years and older, smoked cigarettes in the early 1990s. This unnecessary, human-created epidemic will kill about 500 million people who are alive today. Effective treatment for tobacco addiction, also called *tobacco dependence*, is a significant component of an overall tobacco control strategy to reduce exposure to tobacco worldwide. Reducing tobacco exposure at individual and population levels through treatment could mean that by the year 2010 nearly 2 million fewer smokers will die each year worldwide if effective treatment is combined with tobacco control measures. Such treatment, however, is not widely available, even in developed countries, and when it is available, many tobacco users are not motivated to take advantage of it. Not only are these tobacco users at health risk, but involuntary exposure to tobacco smoke also poses a significant health risk to many millions, including half the world's children. Tobacco use among children and adolescents is also an epidemic.

Tobacco products are highly addictive, and are carefully designed to undermine efforts to stop using them. Moreover, tobacco use becomes woven into everyday life in physiologically, psychologically, and socially reinforcing ways. Consequently, cessation is not simply a matter of choice for the majority of tobacco users, but involves a struggle to overcome an addiction. None the less, ceasing tobacco use at any point in life provides both immediate and long-term benefits to health. However, many tobacco users who attempt to quit find it difficult; most remain abstinent only a few days. Both medications and behavioural therapies are effective in enhancing these attempts to achieve abstinence, and each approach can be effective when used alone.

An increasing number of governments have undertaken the task of outlining guidelines for effective treatment. The recommendations put forward in the various guidelines endorse the provision of brief advice, behavioural therapy, and treatment medications. Treatment for tobacco dependence has proved to be a cost-effective means of helping to control the overall tobacco use epidemic and to save years of life, comparing favourably with most health care procedures.

Governments and health professionals can reduce the likelihood of tobacco-related diseases by doing the following: (1) make treatment a public health priority; (2) make

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