Effects of Tobacco Products on Teenagers and Adults

Student’s Name

Institutional Affiliation

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The use of tobacco products remains a prevalent threat in modern society and affects distinct cohorts of the population, posing detrimental effects that ultimately increase morbidity and mortality rates. It has far-reaching implications among the users and those within their vicinity that include having a bad breadth, experiencing breath shortness, and decreased energy in the short term, and increased risk of erectile problems among men and menstrual challenges in women. Second-hand smokers are also exposed to various chemicals that increase heart and respiratory problems, as is also the case with primary smokers. Cigarette smoke has multiple dangerous substances, such as nicotine, arsenic, and ammonia, all of which negatively affect those exposed, mostly being adolescents and adults. Research shows that cigarette manufacturer’s leverage diversified approaches in their marketing efforts, including advertising and promotions, to expand their market base for the products (Goriounova & Mansvelder, 2012). The dangerous effects of tobacco smoke necessitate the adoption of specially tailored strategies to discourage tobacco consumption, and early exposure to society, for healthy living and wellness.

**Do You Agree with the Federal Government Decision to Transition Minimum Age for Purchase of Tobacco Products, from Eighteen to Twenty-One?**

The increase in the minimum sale age for tobacco products is a strategic action that will continually help in reducing smoking and tobacco use among the youth and adults, particularly in the contemporary era where population exposure is significantly high. The action by the federal government forms part of the devised strategies to help lessen tobacco use, with the others including the introduction of higher tobacco taxes and funded tobacco prevention and cessation programs. Various researchers have found that most smokers start as young adults before turning twenty-one (Steinberg & Delnevo, 2013). The tobacco industry highly targets the groups, and raising the age to twenty-one is helpful as it eliminates the targeted individuals from the legal bracket. The positive impacts of the regulation include a reduction in associated deaths, disease prevalence, and healthcare costs related to tobacco use. Importantly, raising the age will help keep tobacco out of reach by high schools, which is a significant risk bracket that ultimately increases tobacco use.

**Does the Law Infringe on Civil Liberties and Individual Freedom, and is Vaping a Healthier Alternative to Smoking?**

There is no existing law that grants individuals a constitutional right to smoke, and as such, smocking is not considered a protected liberty right. Besides, the fundamental right to privacy excludes smoking, hence raising the smoking age does not violate a smoker’s human rights or freedom. Importantly, the decision was based on clear science and evidence, which established the harm caused by such products. It is a noble duty by authorities to protect the health and well-being of those in their jurisdictions. According to Oriakhi, 2020, it is noteworthy that although vaping is considered less harmful to population health, it remains bad for health. Vaping also exposes individuals to addictive nicotine and has other potentially toxic products, such as diacetyl, that links to serious lung diseases.

References

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