

Healthy Lifestyle Economical contents of Healthy lifestyle

Healthcare policy, Management and Economics,
Public Health, Lecture 7

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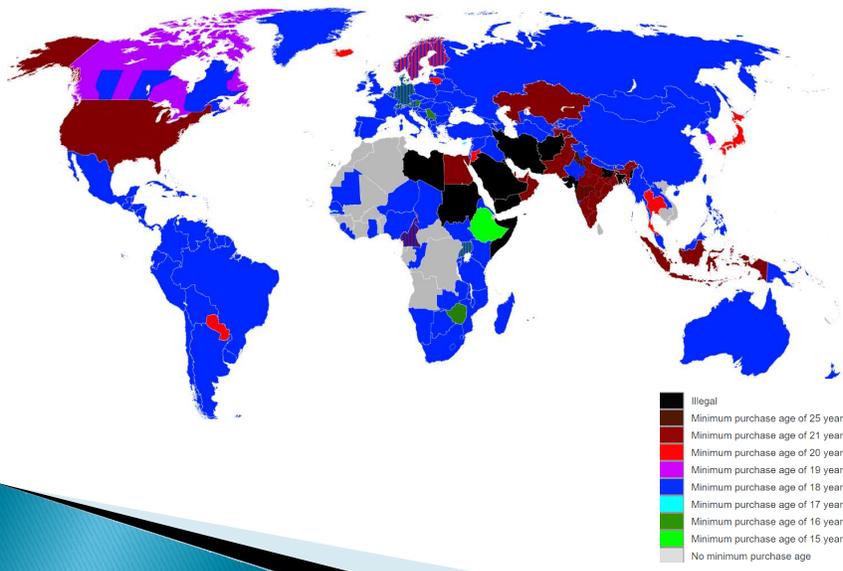
Interventions in people's health related lifestyle

- ▶ Direct regulations through the legal system
- ▶ Indirect regulations – in terms of taxes and subsidies

Determinants of Health

- ▶ Diet
- ▶ Exercise
- ▶ Substance use
 1. Tobacco
 2. Alcohol
 3. Illicit drugs

Minimum purchase age of alcoholic beverages



Tobacco Key Facts

- ▶ Tobacco kills up to half of its users.
- ▶ Tobacco kills more than 7 million people each year. More than 6 million of those deaths are the result of direct tobacco use while around 890 000 are the result of non-smokers being exposed to second-hand smoke.
- ▶ Around 80% of the world's 1.1 billion smokers live in low- and middle-income countries.

List of countries by cigarette consumption per capita

Rank	Country				
1	 Andorra	6398.3	161	 Grenada	158.2
2	 Luxembourg	6330.9	162	 Liberia	154.4
3	 Belarus	2911.3	163	 Dominica	147.4
4	 Hong Kong	2910.9 ^{citation needed}	164	 Togo	147.3
5	 North Macedonia	2784.9	165	 Zambia	145.4
6	 Albania	2491.6	166	 Haiti	143.0
7	 Belgium	2440.9	167	 Eritrea	132.3
8	 Czech Republic	2427.9	168	 Democratic Republic of Congo	128.0
9	 Jordan	2306.1	169	 Zimbabwe	122.9
10	 Russia	2295.0	170	 Niger	118.8
11	 Syria	2291.7	171	 Ethiopia	115.3
12	 Slovenia	2236.5	172	 Guatemala	111.8
13	 Greece	2078.6	173	 Peru	97.7
14	 Hungary	2060.3	174	 Rwanda	94.0
15	 China	2043.0	175	 Ecuador	93.5
16	 Lebanon	2037.5	176	 Swaziland	91.7
17	 Armenia	1985.7	177	 India	89.3
18	 Mongolia	1982.5	178	 Antigua and Barbuda	89.2
19	 Cyprus	1961.4	179	 Ghana	40.5
20	 Austria	1927.0	180	 Mauritania	30.3
21	 Georgia	1917.7	181	 Guinea-Bissau	25.3
			182	 Brunei	9.7

Thank you

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