



THE FIGHT AGAINST SMOKING IN THE COUNTRIES OF THE WORLD AND IN UZBEKISTAN

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Abstract:

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This article examines current issues of youth, such as smoking and spending money on tobacco products. Based on public data, a lot of young people believe that a pack of cigarettes smoked by them only affects their health, and we claim that it hits their wallet. There are countries where tobacco products cost pennies, and when buying this product, a person does not think about its cost. However, there are still people among the youth with common sense in life, and they are well-versed in the market economy and have a financially literate ideology.

Keywords: tobacco, financial literacy, products, youth health, healthy lifestyle.

INTRODUCTION.

Based on the results of modern medicine, it is safe to say that tobacco contains more than twenty toxic substances, among which nicotine is the most toxic. When a person smokes a cigarette, nicotine is absorbed through the smoke into the lungs and then into the blood, which negatively affects the cardiovascular system. The blood vessels constrict and the pressure increases. The heartbeat is getting faster. This condition causes the failure of the heart muscle. As this condition becomes more frequent, diseases such as heart attack, angina pectoris may begin. Data show that smokers are twelve times more likely to develop cardiovascular diseases than non-smokers. Tobacco also has no effect on brain cells. The smoker begins to have insomnia and headache. As a result, the activity of the central nervous system is disrupted. A person who smokes a lot often has sputum. When he walks fast, physically works, he becomes suffocated. In some cases, using too much tobacco can cause a smoker to have a mental illness.

Tobacco smoking also has a detrimental effect on the respiratory system. It has been observed that toxic substances contained in tobacco smoke cause various lung diseases – bronchitis, tuberculosis and even oncological diseases (cancer). As a result of tobacco's effect on the digestive organs, a person's appetite disappears, an unpleasant taste appears in the mouth, and the activity of the salivary glands is disrupted. Nicotinic acid, which enters the stomach with saliva, damages its walls. The stomach produces more juice than necessary. This causes diseases such as duodenal ulcer of the stomach.

In medicine, it is known that a child from a smoker's father dies in the womb without being born, and at birth is born premature and sick. The smoke emitted by the smoker will have a high concentration of toxic substances. In this case, non-smokers may also get used to compulsive smoking. Many of our friends, when we argue with friends about smoking, try to justify themselves by saying that they smoke when they are bored. As if tobacco can solve all problems. After all, isn't it like "taking revenge for the difficulties in life"? Today there are more varieties of cigarettes. At a time when almost all the media are covering the harmful effects of tobacco smoking, tobacco products are getting into small commercials, this is in fact an incredible case. No matter how polished the colorful boxes are, it is important to remember that there is POISON inside. While the label on the tobacco box reads: "smoking is dangerous to health," smokers almost never pay attention.

The problem of tobacco control is a challenge for the whole world. Despite the efforts made by the medical community and public authorities of different countries, smoking remains one of the most serious problems of mankind. In 2021, The Lancet conducted an analysis and published a review, according to which the number of smokers increased worldwide: from 1990 to 2019, it increased by 150 million, reaching a record high of 1.1 billion people. Smoking has caused 7.7 million deaths worldwide, including one in five deaths among men. It is quite possible to reduce the effects of nicotine on the body and achieve a reduction in the number of smokers. Many countries around the world use exactly this approach, which is considered the most effective today.



The concept of harm reduction is relevant in the United States, Great Britain, New Zealand, the European Union and many others. Realizing the difficulty of drastically reducing tobacco consumption, smokers in these countries are encouraged to switch to smokeless tobacco, nicotine and nicotine-free products.

Tobacco factories were originally built in England and the Netherlands in the 17th century, in Russia in the 1st half of the 18th century, and cigarettes were the first in the world to be produced in Russia. The first tobacco factory in Uzbekistan was built in 1877 in Tashkent by the Russian industrialist I. Pervushin. It was later closed due to a shortage of raw materials. In 1925, a tobacco factory was built in Tashkent, which in 1926 produced 203 million pieces of cigarettes, in 1949 the enterprise was transformed into a cigarette production. Since 1966, the production of cigarettes with a filter has been mastered, and since 1974 - high-quality cigarettes. In 1975, there were 111 million cigarettes in the Republic of Uzbekistan, 4013 million cigarettes, including 738 million cigarettes with a filter. Due to favorable climatic and weather conditions for tobacco cultivation in the republic, the availability of qualified labor, and the possibility of entering the market of Central Asian countries, a joint venture for the production of tobacco products, Uzbek Joint Stock Company, was established in 1994 together with the British company British American Tobacco. Since 1994, the Tashkent Cigarette Factory and the Urgut Tobacco Fermentation Plant (Samarkand region) have been reconstructed, in 1997 the construction of a new Samarkand cigarette factory with an annual capacity of 12 billion units was completed. In 1994-2003, the company invested direct investments in the tobacco industry of Uzbekistan totaling \$285.1 million. In 2002, at the World Tobacco Exhibition in Moscow, the cigarettes "Xon Lights" and "Xon Ultra Lights" were awarded gold medals, and the cigarette "Karvon" - silver. There are 6.5 billion in the tobacco industry of the Republic. about 9 thousand tons of tobacco leaves were produced (2003). The products of the Republic's tobacco industry (tobacco leaf, cigarettes) are exported to Russia, Ukraine and other countries. The fight against the illegal economy, in particular the illicit trafficking of tobacco products, is becoming more and more urgent in Uzbekistan. The reason is that over the past 2 years, the volume of illicit trafficking in tobacco products in the republic has increased from 4 to 15 percent. According to information provided by the State Tax Committee, the sale of a number of illegal tobacco products has been suppressed during the current year. At the same time, in Uzbekistan over the past period of 2022, in 19 cases, illegal tobacco products worth 67 million 400

thousand soums were withdrawn from sale. This was due to the fact that some "entrepreneurs" illegally traded tobacco. By a Government decree dated January 7, 2021, the Regulation on conducting on-site tax audits was approved. The sale of tobacco products in Uzbekistan is allowed only to legal entities. There are tobacco production enterprises in the republic. According to the legislation, the purchase of products from them must be carried out by money transfers. Detection of counterfeit products on the shelves is carried out by checking the excise stamp of tobacco products, i.e. there is no excise stamp in illegally purchased products.

We all know that the use of tobacco products is harmful to human health. Today, the number of smokers worldwide is steadily increasing. The prevalence of smoking among young people and women is a very sad case. Thus, we will give an example of how and how much a pack of cigarettes costs for users in other countries.

RESEARCH RESULTS

In almost all developed countries, 1 pack of cigarettes costs significantly more than other primary products. For example: \$16 in the UK, \$15-19 in France, \$25 in Australia, \$25 in New Zealand. Whereas in Ireland it costs \$15. If we equate this to 1 kg of meat products, the average 1 kg of beef will cost \$10.

Now we see another list: 1 pack of cigarettes in Belarus costs \$ 1.6, \$5 in Poland, \$2.26 in Ukraine, \$ 0.97 in Nigeria, \$1.18 in Kazakhstan, \$ 1.56 in Armenia, and \$1.69 in Uzbekistan, which is 21,379 soums in the national currency. 1 kg of tomatoes 7.5 thousand soums, cherries, peaches and apricots 1 kg – 20 thousand soums, watermelons 1 kg – 4 thousand soums, melons 1 kg - 9 thousand soums, 1 kg of beef - from 74 thousand rubles.

Since cigarettes are very expensive in Australia, the result was impressive. The pack of 40 cigarettes involved in the experiment cost 56.95 Australian dollars. Yes, smoking there is significantly harmful not only to health, but also to the wallet. We look at the receipt and see there: 972 g of bananas, 2 liters of milk, 1 kg of margarine, 1 kg of strawberry yogurt, 1.2 kg of beef sausages (2 packages of 600 g), 500 g of ground beef, 500 g of cheese, 1 kg of frozen beans, 1 kg of frozen peas, 1 kg of carrots, 2 kg of potatoes, 1 kg of apples, 500 g of pasta sauce, 500 g of spaghetti, 1.12 kg of wheat biscuits, 380 g of snacks, 1.3 kg of white bread (2 packages of 650 g each). The total cost was 56.85 Australian dollars. That is, even slightly less than the cost of cigarettes. So imagine — one smoked pack per day in Australia costs the same as the menu for a week. There could be a moral about the



dangers of smoking, but there won't be one. You can see for yourself, facts speak more than words.

In Uzbekistan, 23% of men and 1% of women smoke, and about 30,000 people die in the country every year precisely because of smoking-related diseases. According to the UN, 5.4 million people die from tobacco a year, that is, 1 person every 6 seconds. The number of tobacco smokers in Uzbekistan is about 2.5 million. The average cost of 1 pack of cigarettes is 20,000 soums. On average, in 1 day, if you spend 20,000 soums on a pack of cigarettes. And on average, you can spend 600,000 soums in 1 month.

Now, what would it be like if a teenage guy redirected his finances, which he spends on cigarettes, into another hobby? Including at the Data Science Educational Center, the cost of a 6-month course on the Mohirdev platform is 2,500,000 soums. This is an average of 416,000 soums per month. As for the average salary of an Information technology specialist, it is \$700-800. In addition, a programmer studying in the IT field or who has mastered foreign languages can earn at least 500-600 dollars.

CONCLUSION.

From this analysis, we see that there is a fundamental prerequisite for eliminating bad habits by introducing deeply considered laws and effective solutions.

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