

## Research Article

# Effect of Smoking on Nutrition and Food Intake Office Goers

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## Abstract

**Background and Aim:** In 2023, an estimated 266 million adults aged 15 years and older in India are tobacco product users. This positions India as the 2nd globally and 1st WHO South East Asia Region (SEAR) in terms of the number of tobacco users. More than 8 million dies from tobacco use every year. The WHO estimates that more than 8 million people die prematurely yearly from tobacco use. This is the latest available WHO estimate as of November 2023.

**Methodology:** The study was conducted in Gurgaon corporate offices, offices were randomly selected. Total 240 sample size selected 180 sample smokers (experimental group) and 60 sample non-smokers control group selected. The statistical tools were used SD (Standard Deviation), co-relation and mean score.

**Results and conclusion:** Present study revealed that smokers start their journey in their adolescence period or early. Group acceptance and peer group approval is the main core cause to drove them into smoking. Most of them smoked at office to release mental tensions and make them ease. Though stress levels. Tension, illness was heightened than the counter group (non-smoker group) of study. Worries and status symbol are also the cause of smoking and strived into chain smoking. Smoking also impacted negatively on the health and nutrition status of individual. It over burdens the monthly budget also as it increases their monthly medical expenditures. Smokers usually suffering with respiratory, cough, cold, asthma, emphysema, lung cancer and heart problems. Smoking is anyways not good for the environment as passive smoking is more deleterious for the kids and old people because smoke contain many harmful compounds which give negative effect on children's health. Red flags of smoker's health are hypertension, high pulse rate compared to them controlled group. Oral health including buccal mucosa and teeth were highly impacted. In the present study it was concluded that controlled and uncontrolled groups both were on unbalanced diet. Both the groups were having unhealthy calories. They were consuming inadequate number of calories, less protein, iron and high amount of saturated fat and calcium. Both the groups were having less vitamin c and carotene.

**Keywords:** Nutrition; Food; Office goers; Smoking effects; Saturated fat; Oral health

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## Introduction

In 2023, an estimated 266 million adults aged 15 years and older in India are tobacco product users. This positions India as the 2<sup>nd</sup> globally and 1st WHO South East Asia Region (SEAR) in terms of the number of tobacco users [1]. More than 8 million dies from tobacco use every year. The WHO estimates that more than 8 million people die prematurely yearly from tobacco use. This is the latest available WHO estimate as of November 2023 [2]. The total number of smokers is expected to rise to 1.7 billion by 2025. Smoking can be debilitating cause of cancer, heart disease, lung diseases, chronic obstructive pulmonary disease and so many fatal diseases. smoking is always starts as an avocation and becomes an addiction.

## Research Methodology

The study was conducted in Gurgaon corporate offices. Offices were randomly selected. Total 240 sample size selected 180 sample smokers (experimental group) and 60 sample non-smokers control group selected. The statistical tools were used SD, co-relation and mean score.

## Results

This study out of 180 sample size about 44.4 percent smokers had started smoking in their teens. 42 percent started smoking in between 18 years to 25 years of life span and 13.4 started smoking after joining the office. Data shows that maximum smokers started smoking on 18 years or before that. This

age is so crucial and growing building healthy habits is must and need of an hour though because of peer pressure and atmosphere of the institution influence them and peer acceptance became must for them. Thus, late adolescents hooked on this addiction subconsciously (**Table 1**).

**Table 1:** Distribution based on onset of smoking age wise.

S No.	Age group (years)	Experimental group	
		Number	Percentage
1	Before 18 years	80	44.4
2	18 to 25 years	76	42
3	25 years and above	24	13.4
Total		180	99.8

The study revealed that majority of smokers (33.3%) smoked due to relieve stress, 16.7 % smoked to improve physical stamina, another 16.7 % smoked due to friends' company and 11.1 % smoked for the approval of the groups of colleagues, friends and peer pressure. So many other causes could be the cause of smoking as to improve digestion, people have opted this habit they thought it work as a laxative (**Table 2**).

**Table 2:** Smokers based on their smoking habit.

S No.	Category	Experimental group N=180	
		Number	Percentage
1	To relief stress	60	33.3
2	To improve physical stamina	30	16.7
3	To give company to friends and colleagues	30	16.7
4	Approval of the group	20	11.1
5	Others	40	22.2
Total		180	99.8

Majority of smokers suffered with smoker's cough, (40%) irritation (13.2 %), headache (10%), yellowish teeth (19%), prolonged coughing (5.5%) and breathing difficulty (11%). Smoker's wheezing cough, shortness of breath, were the collective effect of co2 and 7000 toxic chemicals inhaled during smoking. After prolonged smoking, cilia of lungs become barren and tar builds up. When tobacco smoke is inhaled, the tar can form a sticky layer on the inside of the lungs. This damages the lungs and may lead to lung cancer, emphysema and other lung problems. Cigarettes and other smoked tobacco products may produce different amounts of tar, depending on how they are made (**Table 3**) [3].

**Table 3:** Segregation based on respondents' clinical signs.

S No.	Problems	Experimental group N=180		Control group N=60	
		Number	Percentage	Number	Percentage
1	Wheezing	74	40	-	-
2	Irritation	24	13.2	6	20
3	Headache	18	10	6	20
4	Yellowish teeth	34	19	4	7
5	Prolonged coughing	10	5.5	-	-
6	Breathing difficulty	20	11	-	-

## Discussion and Conclusion

Present study revealed that smokers start their journey in their adolescence period or early. Group acceptance and peer group approval is the main core cause to drive them into smoking. Most of them smoked at office to release mental tensions and make them ease. Though stress levels tension, illness was heightened than the counter group (non-smoker group) of study. Worries and status symbol are also the cause of smoking and strived into chain smoking.

Smoking also impacted negatively on the health and nutrition status of individual. It over burdens the monthly budget also as it increases their monthly medical expenditures. Smokers usually suffering with respiratory, cough, cold, asthma, emphysema, lung cancer and heart problems.

Smoking is anyways not good for the environment as passive smoking is more deleterious for the kids and old people because smoke contain many harmful compounds which give negative effect on children's health.

Red flags of smoker's health are hypertension, high pulse rate compared to them controlled group. Oral health including buccal mucosa and teeth were highly impacted. In the present study it was concluded that controlled and uncontrolled groups both were on unbalanced diet. Both the groups were having unhealthy calories. They were consuming inadequate number of calories, less protein, iron and high amount of saturated fat and calcium. Both the groups were having less vitamin c and carotene.

## Recommendation

Healthy calories intake is recommended, avoid taking comfort and calorie rich food. Indian diet is carbs based so add good biological value proteins in your diet. Make sure that add protein with each meal whether it is evening snacks. Add healthy foods in your diet and take small and frequent meals daily. If smokers want to quit smoking, then they must add healthy options in their diet.

Important nutritional needs of smokers:

1. Increase vitamin c intake to around 2000 mg a day. Vitamin c is present in guava, strawberry, green chilies, lemon and tomatoes.
2. Vitamin E is an antioxidant or free radical scavenger that protects the body from heart disease and controls oxidative stress.
3. Smoking causes oxidative stress that in turn causes blood cholesterol levels to rise and magnesium levels to drop. Signs of magnesium deficiency are irregular heartbeats. Good sources of magnesium are green leafy vegetables, nuts and seeds, legumes and avocados.
4. Smokers have a low level of vitamin B<sub>12</sub>, good sources of vitamin B<sub>12</sub> are eggs, cheese, milk and milk products.
5. Tobacco hinders in vitamin B<sub>6</sub> absorption which is important for neurotransmitter to enhance your reflexes take good amount of pyridoxine dose. Good sources of pyridoxine fish, bread, whole grain, cereals and soyabean.

## References

1. Foundation of a Smoke Free World (2024) State of smoking and health in India.
2. Our World in Data (2013) Smoking.
3. NIH (2024) Tobacco tar.