



## 4<sup>th</sup> GLOBAL MEETING ON DIABETES AND ENDOCRINOLOGY

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### **TITLE: Prevalence of cigarette and shisha smoking among high school adolescents and their impact on Health**

**Name:** FAHAD ALI MANGRIO

**Affiliation:** PhD scholar at Faculty of Nursing Chulalongkorn University

**Country:** Thailand

**Email ID:** saadatfahad88@gmail.com

#### **ABSTRACT**

Cigarette smoking is a significant threat to the current and future health of young people worldwide. The prevalence of tobacco smoking among adolescents in Pakistan varies significantly based on age. Therefore, this study aimed to determine the prevalence of cigarette and shisha smoking among high school adolescents and its impact on health. This cross-sectional study was conducted among 308 ninth- and tenth-class students at four public high schools in the Hyderabad district of Sindh, Pakistan, from October 2019 to December 2019. The Participants were randomly selected. Data was collected using a predesigned paper-based questionnaire, and descriptive data was analyzed using SPSS 23. We found cigarette smoking at 19.5% and shisha smoking at 5.0%. Most of them were males consuming cigarettes and shisha smoking on a

routine basis as compared to females. The short-term effects observed include respiratory issues, brain effects, gastrointestinal problems, and oral cavity problems. It highlights the importance of addressing and reducing smoking habits among adolescents. Efforts to raise awareness and provide support for smoking cessation could significantly improve public health.

#### **BIOGRAPHY**

Fahad Ali Mangrio is currently a PhD Nursing Scholar at the faculty of nursing at Chulalongkorn University Bangkok, Thailand. He completed his Master of Science in Nursing from Liaquat University of Medical & Health Sciences Jamshoro, Sindh, Pakistan. He worked as a Pediatric Registered Nurse for over 12 years, and He has over 7 publications that have been cited over 20 times, and his publication h-index is 5.

**Presenter Name:** Fahad Ali Mangrio.

**Mode of Presentation:** Poster.

**Contact number:** +66965170245.

