



Waxyaabaha ka samaysan Menthol iyo Tubaakada ee Dhadhanka leh

Dhamaan waxyaabaha dhadhanka leh, oo ay ku jiraan menthol, waa in laga mamnuucaada dhamaan tubaakada ganacsiga iyo walxaha nokotiinka.

Xeerka soo afjaro iibinada sigaarada ka samaysan menthol oo wadankoo dhan wuxuu badbaadinayaa 650,000 nafood oo Mareykanka ah, oo ay ku jiraan in ka badan 250,000 dadka Madowga ah.

YAREEY BILAABIDA

Walxaha tubaakada dhadhanka ah ayaa caadi ahaan ah walxaha nokotiinka ugu horeeya ee ay isticmaalaan dhalinyarada.

- Ku dhawaad 80% oo ardayda dugsiga sare iyo dugsiga dhexe oo hadda isticmaalo tubaakada ayaa isticmaalo walxaha dhadhanka.
- **81% oo caruurta da'dooda tahay 12-17 oo mar uun isticmaalay walxaha tubaakada ayaa isticmaalo walxaha dhadhanka marka koowaad.**
- Noocyada dhadhanka inta badan ay isticmaalaan ardayda dugsiga ayaa miro ah, minti, menthol, iyo nanac/macaan.

KA DHIG SIGAAR JOOJINTA SI FUDUD

Menthol iyo qaboojinta kale, la qabsiga kabaabisada ayaa fududeyso in gudaha loo neefsado, oo ku adag in la joojiyo.

- La qabsiyada menthol iyo la midka ah ayaa yareeyo xasaasiga sigaar cabida iyo nikotiinka, taasoo ka dhigeysa walxaha menthol inay aad u rabaan isticmaalayaasha cusub iyo dhalinyarada.
- **Dhadhanka menthol ayaa gacan ka geysto ku tiirsanaanta weyn ee nikotiinka** sabab la xiriiro saameynada gaarka ah ee menthol ee marinada hawada iyo qaboojiyayaasha maskaxda.
- 50% oo dhalinta da'da 12-17 ee cabaa isticmaalka sigaarada menthol.

ILLAALI BULSHADA

Sigaarada ka samaysan menthol iyo walxaha tubaakada dhadhanka ayaa si weyn u waxyeelo dadka midibka iyo dadka Khaniisiinta ah, kuwa Jinsi kasta Galmo la Sameeya, kuwa Jinsigooda Badalay, kuwa Jinsiyadooda aysan Qeexnayn (Lesbian, Gay, Bisexual, Transgender and Queer, LGBTQ).

- Dhamaan sigaaraha kale ee dhadhanka waxaa la mamnuucay 2009.
- **Warshadaha tubaakada waxay bartilmaameedsadaan bulshooyinka madawga ah iyo LGBTQ+ bulshooyinka leh walxaha menthol, gaar ahaan bulshada Madowga.**
- Ku dhawaad 85% dadka madawga ah ee sigaar caba waxay isticmaalaan walxaha laga sameeyay menthol.
- Kansarka sambabka ayaa ah sababta keenta dhimashooyinka kansarka ee Muwaadiniinta Maraykanka ee Madowga ah. Heerarka dhimashada kansarka sambabka ee ragga Madowga ah waxay ka sareysaa 15% kuwa ragga cadaanka ah. Mamnuucida walxaha tubaakada menthol waxay ku xiri kartaa booskaas banaan qiyaastii 5 sanno.
- Gudaha 2020, 54% oo sigaar cabayaasha laga roonada iyo laga roonaha iyo sigaar cabayaasha jinsiga badan oo 49% waxay isticmaalaan menthol, markii la barbardhigo 42% oo sigaar cabayaasha ragga caadiga ah.

Wax badan ka ogaw waxyaabaha dhadhanka leh iyo menthol



Ilaheena xogta waa onlaynka bit.ly/WaFlavorsDataSources

MAMNUUCITAANKA WAXYAABAHA KA SAMAYSAN TUBAAKADA EE DHADHANKA LEH:

QEYBAHA UGU MUHIIMSAN EE XEERKA DHAMEYSTIRAN IYO LAGU JOOJIN KARO

1

Mamnuucitaanka
Dhamaan Dhadhanka
Waxyaabaha lagu
daro

Mamnuuc dhamaan dhadhamada iyo kiimada lagu daro

ee soo saartaa dhadhan, ur, qaboojiye ama dareenka kabaabisada aan ka aheyn dhadhanka tubaakada.

Mamnuuc walxa walboo nikotiin ah ee loo suuq geeyay sida lahaanshaha dhadhan ama ur.

2

Ku dar
Dhamaan Alaabta
laga Sameeyo

Mamnuuc la qabsiyada dhadhanka iyo qaboojinta ee dhammaan ganacsiga tubaakada iyo walxaha nikotiinka oo gudaha loo neefsan karo, la isticmaali karo, ama la laqi karo

oo ay ku jiraan sigaarada, walxaha faybarka/sigaarka elektarooniga, sigaarada weyn, tubaakada baybka, tubaakada shiishada, tubaakada nikotiinka afka, walxaha nikotiinka milma, calaalinta tubaakada, iyo san ka qaadashada.

3

Shirkadaha Gaarka ah
Lala xisaabtami karo

Ma jiraan tallaabooyin fullineed ama ciqaabaha shaqsiga

ee lagu iibsado, lagu isticmaalo, ama lagu haysto walaha tubaakada dhadhanka ganacsiga ee dhadhanka leh, oo ay ku jiraan sigaarada menthol.

Karaaniyada baqaarka iyo shaqaalaha waa in wax la baraa, ma ahan in la ganaaxo.

Tallaabooyinka fullinta ee soo saarayaasha tubaakada, qeybiyayaasha, iyo milkiilayaasha dukaamada tafaariiqda

ee iibinta walxo walboo dhadhanka la mamnuucay.

Isticmaal digniinada iyo ganaaxyada go'an ee tafaariiqdaha.

Bixi u hogaansanaan cad iyo maamulka fullinta oo hay'adaha gobolka iyo waaxyada caafimaadka deegaanka.

Wax badan ka ogaw websaytkeena [Dabargoynta waxyaabaha Dhadhanka leh](https://www.dabargoynta.com) ee: bit.ly/WaFlavors

Ilaha xogta: bit.ly/WaFlavorsDataSources



Washington Breathes waa isbaheysi gobolka oo dhan ah ee ka shaqeeyo dabargoynta waxyeelooyinka isticmaalka tubaakada laga ganacsado. Bayaankan waxaa soo saaray Kooxda shaqada Xeerka oo waxaa ansixiyay Gudiga Hogaaminta isbaheysiga.

[washingtonbreathes.org](https://www.washingtonbreathes.org)

