

CIRIB-TIRKA DHAMAAN WAXYAABAHA KA SAMAYSAN TUBAAKADA EE DHADHANKA LEH

Joojinta iibinta waxyaabaha ka samaysan tubaakada ee dhadhanka leh ee soo jiita dhalinta sida nacnac, khudaarta, barafka ama menthol, macmacaanka ama cuntada fudud ee dhadhanka leh.

- ◆ Mamnuucitaanka *dhamaan* waxyaabaha nikotiinka ka samaysan ee dhadhanka leh oo ay ku jiraan dhamaan hababka keenitsa iyo hal-abuurnimo kale oo kasta ee warshadaha tubaakada.
- ◆ Hubinta fulinta talaabooyinka la xisaabtami kara tafaariikhlayda iyo soo saarayaasha, ee aanla xisaabtamin dhalinta.

81%
ee dhalinta jirta da'da 12-17 kuwas oo isticmaala waxyaabaha ka samaysan tubaakada oo ku bilaabay waxyaabo dhadhan leh.

50%
ee dhalinta jirta da'da 12-17 kuwaas oo sigaarka caba isticmaala sigaarka menthol.

DEEQDA BARNAAMIYADA QABAA'IILKA DHALADKA AH, DADKA DEEGAANKA AH, IYO BARNAAMIYADA-KU SALAYSAN DUGSIGA

Deeqda Ka Hortaga Isticmaalka Dhalinyarta ee Nikotiinka

- ◆ Kordhinta deeqda gobalka ee ka hortaga dhalinyarta. Ka hortaga waa xeelada ugu waxtarka badan.
- ◆ Soo celinta deeqda to Hay'adaha Caafimaadka Qabiilka Dhaladka ah iyo waxaha caafimaadka ee maxaliga ah ee xeeladaha deegaanka.
- ◆ Kusoo celinta maalgalinta ururada u adeega bulshooyinka ee barnaamijyada la xiriira.
- ◆ Ka qaaditaanka canshuurta dakhliga tubaakada ee barnaamijyada ka hortaga dhalinyarta.

<1%
ee kamid dakhliga tubaakada-la xiriira ee Washington waxaa la maalgaliyay ka hortaga iyo joojinta.

9 kamid ah 10
ee dadka sigaarka caba hada waxay ku bilaabeen dhalinyaranimada.

Maalgalinta Joojinta Nikotiinka ee Dhalinyarta

- ◆ Hubinta helitaanka barnaamijyada joojinta ee loogu talagalau dhalinta ka yar da'da 21.
- ◆ Tababarka daryeel bixiyayaasha caafimaadka si ay uga baaraan dhalinta isticmaalka nikotiinka.
- ◆ Hubinta in shaqaalaha dugsi ay leeyihiin tababarka iyo kheyraadka si ay u bixiyaan ka jawaabitaanka taageerada leh kaas oo ku dhiiriya dhalinta inay joojiyaan.

68%
ee dhalinta isticmaasha sigaarka elektorooniga ah ayaa isku dayay inay joojiyaan, laakiin ku dhawaad 2/3 ma haystaan taageerada joojinta.

“ **Hormarka xaqiiqada ah ee la dagaalanka cabitaanka dhalinta sigaarka elektorooniga, sigaarka, iyo use of nicotine pouches will take a comprehensive approach that leverages the roles of community-based organizations and schools.** ”

Sanad kasta, warshadaha tubaakada waxay ku kharash gareeyaan wax ka badan \$84 milyan suuq-gayunta ee gudaha Gobalka WA. Midaas waa ku dhawaad 20 jeer in ka badan maalgalinta gobalka ee \$4.6 milyan ee Sanad maaliyadeedka (Fiscal Year, FY) 2025 ee dhamaan barnaamijyada ka hortaga iyo joojinta tubaakada.

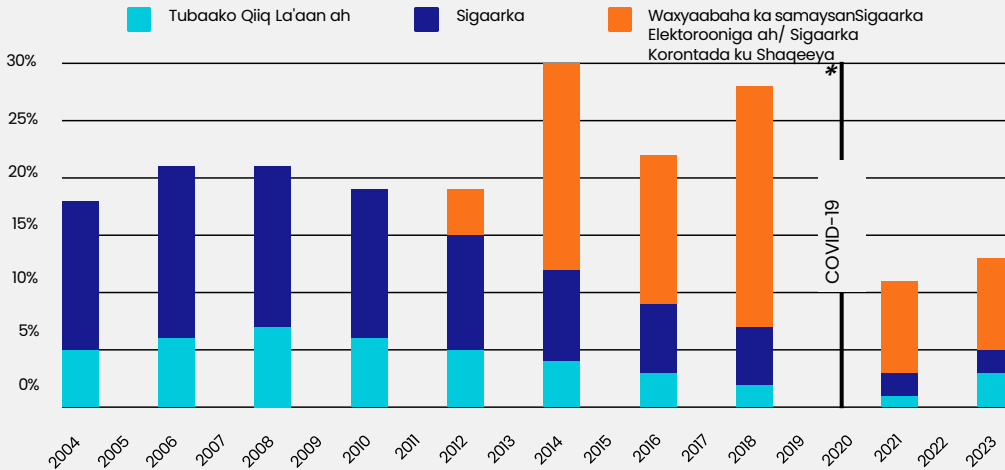


TAAGEERIDA DHALIN CAAFIMAAD QABTA

Isticmaalka Ka Ganacsiga Tubaakada ee Dhalinta Isbadbadalada iyo Kala Duwanaanshaha gudaha Gobalka Washington

Ka Ganacsiga Tubaakada ee Dhalinta ee Washington iyo Isbadbadalada Isticmaalka ee Ardayda Fasalka 10aad ee 2004–2018 iyo 2021–2023

Healthy Youth Survey, ee isticmaalka (30 maalmood eeu dambeeyay) hada



Saarka elektorooniga ah waxaa lagu badalay sigaar cabitaanka ee dhalinta WA ee 10 sano ee u dambeeyay.

Waxyaabaha ka samaysan tubaakada ee dhadhanka leh ayaa ah dookhyada ugu saeeya ee dhalinta WA.

*Xogta Healthy Youth Survey (HYS) ma aha mid si toos la isu-barbar dhigi karo kahor iyo kadib COVID-19. Sanadka 2021, sahanka ayaa sidoo kale u wareegay guud ahaan qaab dhamaan onlayn ah. Waxaa jiray hoos u dhac yimid kadib faaftaanka cudurka ee isticmaalka dhalinta ee la soo wargaliyay; si kasta hja dhaateen saamaynta mudada dheer lama oga. askhys.net

Wax ka qabashada Kala Duwanaanshaha Isticmaalka Tubaakada ee Dhalinta

Washadaha tubaakada waxay si aan sinayn u bartilmaasadaan dadka madawga ah bushada Khaniisiintaah, Dadka u galmooda raga iyo Dumarka, kuwa Jinsigooda Badalay, Kuwa aan Jinsi Gaar ah lahayn/Dookh Jinsiyadeed lahay (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, LGBTQ+) , iyo dadka dakhliga hoose. Si loola dagaalamo midaas, waxaan u baahanahay bulsho foogan oo dhaqan ahaan ku haboon wax ka qabashada dhimista isticmaalka tubaakada iyo sigaarka elektorooniga ah ee dhalinta.

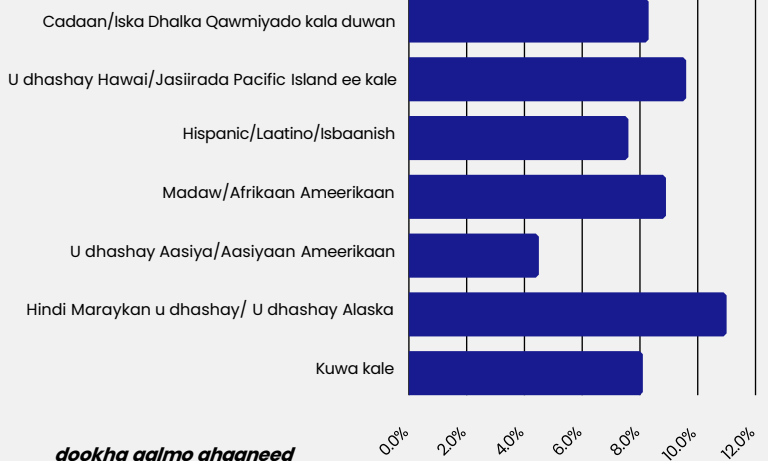
Ilaalinta dhalinteen waxaynagu qaadanaysaa in aan dhamaanteen wajahno, wax badan ka ogaw...



Dhalinta Washington ee isticmaasha Waxyaabaha ka samaysan Sigaarka elektorooniga ah/ Sigaarka Korontada ku Shaqeeya ee Ardayda Fasalka 10aad 2023

Sahanka Caafimaad-qabka Dhalinta, ee isticmaalka (30 maalmood eeu dambeeyay) hada

isir/qawmiyad ahaan



dookha galmoo ahaaneed



Washington Breathes waa isbahaysi gobolka oo dhan ka jira wuxuuna ka kooban yahay ururo iyo shakhsiyad ka shaqeenaya sidii loo tirtiri lahaa waxyeelada isticmaalka iyo ganacsiga tubaakada.

Warqadan waxaa sameeyay ururada Kooxaha Taageerada Dhalin Caafimaad qabta oo waxaa ansixiyay gudiga Hawl-wadeenka ah.

Booqo washingtonbreathes.org wixii macluumaad dheeraad ah