

# VIDYASAGAR UNIVERSITY

A Project Work

On

## A Comparative study between health status of smoker and non-smoker adult male(45-65 years)

This project work is submitted for the partial fulfillment for the award of degree of B.Sc. (Hons) from Vidyasagar University



Submitted by

**Shreya Maity**

Roll: 1125129; No.: 200121

Regn. No.: 1290762 of session: ( 2020-2021)

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

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Supervised by -

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Prof. Tanmoy Kumar Giri

SACT Teacher, Dept. of Nutrition

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Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

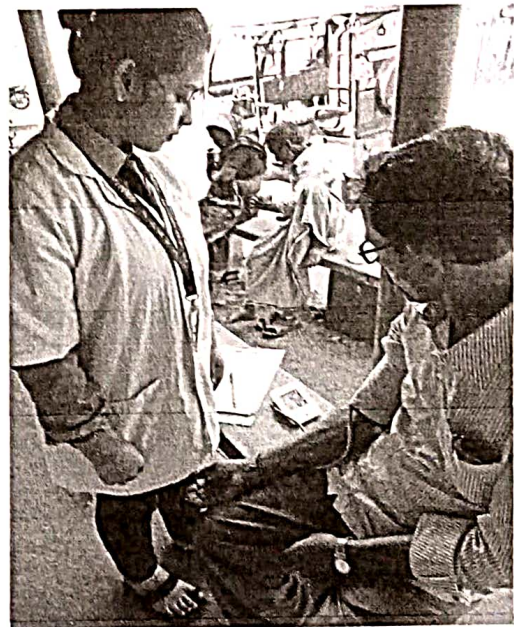
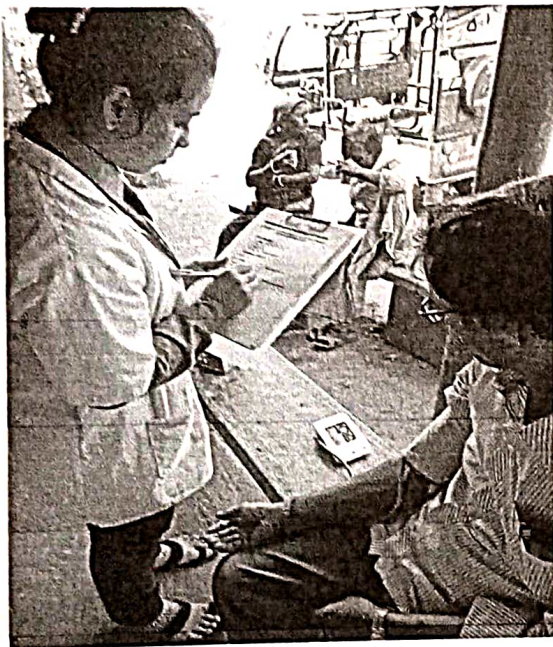
# **VIDYASAGAR UNIVERSITY**

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## **A Comparative study between nutritional and health status of smoker and non-smoker adult male(45-65 years)**

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## Dept. of Nutrition

PO-Bhupatinagar; Dist-PurbaMedinipur  
West Bengal; Pin-721425  
(UGC recognized as College with Potential for Excellence;  
Affiliated to Vidyasagar University)

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### TO WHOM IT MAY CONCERN

This is to certify that **Shreya Maity**(Roll:1125129; No.: 200121; Reg. No.:1290762of Session: 2020-2021) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, PurbaMedinipur, has completed herproject work under my guidance on the topics ‘A comparative Study on Nutritional and Health Status betweenSmoker and non-smoker adult man’for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for herperformance. Sheis energetic and up to date in herwork; I wish success in herlife.

Date: 22/12/22

*Tanmay Kumar Giri*  
.....  
(Prof. Tanmay Kumar Giri)  
SACT Teacher  
Dept. of Nutrition  
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**EXAMINED**

## ACKNOWLEDGEMENT

*First and foremost, I would like to pay my obeisance to God Almighty for always bestowing me with His blessings without which I could not have achieved anything that I have today.*

*I express my deep sense of gratitude to Dr. Swapan Kumar Mishra, Principal, Mugberia Gangadhar Mahavidyala, for providing necessary facilities to carry out the present investigation.*

*The guidance of one's teachers is of paramount importance in his/her academic life. In this regard I am deeply indebted to Prof. Tanmoy Kumar Giri, SACT teacher, Dept. of Nutrition, Mugberia Gangadhar Mahavidyala, for his valuable advice and guidance.*

*I am really obliged to all the members of the teaching, other faculty members for their valuable suggestions.*

*Vocabulary finds no appropriateness to express my heartfelt love and thanks from the very core of my heart to my classmates and juniors for their constant encouragement and help throughout the study.*

Date:

*Shreya Maity*  
Sincerely

## ABSTRACT

Smoking is a practice in which a substance is burned and the resulting smoke is typically breathed in to be tasted and absorbed into the bloodstream. Most commonly, the substance used is the dried leaves of the tobacco plant, which have been rolled into a small rectangle of rolling paper to create a small, round cylinder called a cigarette. Smoking is one of the most common forms of recreational drug use. Tobacco smoking is the most popular form, being practiced by over one billion people globally, of whom the majority are in the developing countries. Less common drugs for smoking include cannabis and opium. Some of the substances are classified as hard narcotics, like heroin, but the use of these is very limited as they are usually not commercially available. Cigarettes are primarily industrially manufactured but also can be hand-rolled from loose tobacco and rolling paper. Smoking tobacco is among the leading causes of many diseases such as lung cancer, heart attack, COPD, erectile dysfunction, and birth defects. Diseases related to tobacco smoking have been shown to kill approximately half of long-term smokers when compared to average mortality rates faced by non-smokers. Smoking is one of the leading causes of preventable death globally and is the cause of 15% of all deaths, 2% of which are non-smokers who die due to second-hand smoke. . The risk of dying from lung cancer before age 85 is 22.1% for a male smoker and 11.9% for a female current smoker, in the absence of competing causes of death. The corresponding estimates for lifelong nonsmokers are a 1.1% probability of dying from lung cancer before age 85 for a man of European descent, and a 0.8% probability for a woman. Smoking just one cigarette a day results in a risk of coronary heart disease that is halfway between that of a heavy smoker and a non-smoker. The non-linear dose–response relationship may be explained by smoking's effect on platelet aggregation.

**Keywords:** smoker adult male, non smoker adult male, Health Comparison, Body mass index, Body surface area , Disease.

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