

**Speech by MEC Neliswa Nkonyeni, on the occasion
of the commemoration of the World No Tobacco
Day in Escort**

27 May 2006

All protocol observed.

This year we are not mincing words, our theme is clear,
Tobacco: Deadly in any form or disguise

Namhlanje usuku olukhulu lapho umhlaba wonke
ubambisene emkhankasweni wokuqeda ukubhenywa
kogwayi ma.

Inggikithi okuhlangenwe ngayo icacile njengoba sisho
sithi **ugwayi noma ngabe uwubheka ngaluphi uhlobo,
uyingozi futhi uyabulala.**

Kuhle namhlanje sitshelane amaqiniso ngogwayi.
Umphakathi mawazi ukuthi ukubhema kubanga lezizifo
kanye nokugula okulandelayo:

- Several cancers { imidlavuza wamaphapha;
womphimbo; womlomo; wolimi; wezinso; wesisu
kanye nomlomo wesibeletho}
- Cardiovascular diseases {ezenhliziyo}

- Chronic obstructive pulmonary diseases
- Respiratory diseases {ezokuphefumula}
- Asthma
- Ukufa uhlangothi, kanye
- Nokungavukelwa kwabesilisa!!

Ngaphezu kwakho konke loku, thina singuMnyango wezeMpilo sikhathazeke kakhulu ngokwanda kwesibalo sabesifazane ababhemayo.

Abantu besifazane ababhemayo mabazi manje ukuthi abantwana abazalwa omama ababhemayo bavamise ukuzalwa belula, bazalwe ngaphambi kwesikhathi noma bafe bengakafinyeleli nasonyakeni wokuqala.

There is no safe level of smoking. The single most important step for smokers is to quit smoking

Angithusi muntu uma ngithi kulelizwe unyaka nonyaka bangaphezu kuka **25 000** abantu abafayo ngenxa yogwayi nje kuphela.

Okushaqisa kakhulu udaba lokuthi ukubhema kuyimbangela yesibili enkulu edalela ukufa kwabantu emhlabeni ngokugcwele. Lapha sikhuluma ngabantu abangaphezu **kwezigidi ezinhlanu [5 million]** minyaka yonke.

Enye inkinga enkulu abantu abangafuni ukubhekana nayo, yileyo ephathelene nomthelela wogwayi ekondliweni kwemindeni yethu.

Omama kanye nabazali sithi mabasukume manje basho ukuthi **ububha**[poverty] kanye nokushoda kokudla emakhaya kubangelwa obaba kanye nabantwana abamosa imali bethenga ugwayi.

Siyazi sonke ukuthi ungqongqoshe wezeziMali, uMhlonishwa u**Trevor Manuel** uma ekhipha isabelo sezimali, into ayikhuphulayo intengo kagwayi.

Singamalunga aqinile emphakathini, masisho manje sithi izingane zethu singakwazi ukuzifundisa zifike emaqophelweni aphezulu uma nje lemali esithenga ngayo ugwayi singazigcinela yona.

Kanti ke kubantwana ababhemayo sikhipha isixwayiso sokuthi:

- amathuba aphinda kathathu okuthi bazithole sebengene shi nasotshwaleni.
- Amathuba aphindwe ngasishagalombili ukuthi bazithole sebehuqa insangu.
- Sithi amathuba aphindwe ngamashumi amabili nambili [22] ukuthi bangene shi ku Cocaine.
- Okulandela kuzo zonke lezizimo—kuyacaca ukuthi kuzoba ucansi olungaphephile.

Khuzani bo!!!

Ungakhohliswa izinkampani ezakha ugwayi uma zithi kukhona ugwayi ongcono kunomunye, ungaluthwa ngamagama afana no "**light**", "**mild**" kanye no "**low tar**".

Uhulumeni wezwe lethu kuningi akwenzayo ukulekelela umphakathi ukuthi uphume kulegxaki yogwayi.

Bheka nje imithetho esishayiwe manje evala ukubhema kuzo zonke izakhiwo zakhe uhulumeni ngisho nasemahovisi imbala.

Bheka imithetho ecacele noma ubani ukuthi akasekho ovunyelwe ukubhema ezingoleni ezithutha umphakathi.

Bheka umthetho oshicilelwe osuvale ngokukhangisa [advertise] ugwayi emaphepheni, komabonakakude kanye nasemisakazweni.

Masazi futhi ukuthi kuyicala ukuthumela ingane engaphansi kweminyaka engu 16 ukuthi iyothenga ugwayi.

Abantu ababhemayo mabazi ukuthi singamalunga omphakathi kulilungelo lethu kanye nabantwana bethu ukuhogela umoya ocwebile ongenawo ushevu wogwayi.

Kubantu besifazane abaqotho sithi ungabe usavuma ukuqabula owakwakho uma enuka ugwayi. **Makawuyeke.**

Inselelo isisele kubo abantu ababhemayo ukuthi bazisukumele basho ukuthi:

- Angifuni ukubuswa usikilidi.
- Ngifuna ukukhululeka kulomkhuba obizayo nobulalayo
- Ngifuna ukuba ngumqemane
- Ngifuna ukunga imali engaphezu kuka R4500 engiyilahla ngokuthenga ugwayi njalo ngonyaka.

- Angisafuni ukuthi izingane zami zigule ngengxa yentuthu kagwayi
- Angisafuni ukungcolisa umoya okumele abanye abantu bawuphefumulo.

Ukhona umvuzo obonakalayo kulaba namhlanje abangzinikela bati bayayeka ukubhema. Bheka nje uma ungumuntu odla osikilidi abangamashumi amabili ngosuku bese uyayeka, nakanjani:

- Engakapheli amahora amabili iobe isiphelile i nicotine emgudwini wakho wegazi.
- Engakapheli amahora ayisithupha ukushaya kwenhliziyo kuyehla, ngokunjalo nomfutho wegazi emithanjeni yakho.
- Kungezinsuku ezingakhi, isikhwehlela ebesesigqibelene siyathamba emaphashini bese ukwazi ukusikhafula emavikini ambalwa ezayo.
- Emva kwezinyanga eziyishumi nambili ingozi yesifo senhliziyo iba nguhhafu kunalowo muntu obhemayo.

Zithathele isinqumo sokuyeka ukubhema namhlanje.

Zitshela ukuthi uzonqoba

I thank you.