



Al-Farabi KazNU strictly adheres to the national strategy in the field of counteracting the consumption of tobacco products. The main goal of the university is to maintain a healthy lifestyle and ensure clean air in all areas of the university. Taking this goal into account, KazNU declares itself a completely non-smoking zone, which means an absolute ban on smoking inside all university premises. All public areas and premises inside the university are strictly restricted for non-smokers, and permission to smoke is granted exclusively in specially designated areas. As part of the mission to promote a healthy lifestyle without smoking, KazNU is actively implementing activities to inform students, teachers and staff university on the dangers of smoking and is taking steps to prevent the spread of smoking among young people.

In accordance with paragraph 5 of Article 110 of the Code of the Republic of Kazakhstan "On Public Health and the Healthcare System", the consumption of tobacco products is prohibited B:

- 1) educational organizations, as well as in organizations for the recreation of minors;
- 2) healthcare organizations;
- 3) public catering establishments;
- 4) cinemas, theatres, circuses, concerts, viewing and exhibition halls
halls, sports arenas and other indoor facilities intended for mass recreation, including night clubs and discos;
- 5) museums, libraries and lecture halls;
- 6) in undesignated places on trains and on sea and river transport vessels;
- 6-1) on board an aircraft, in the cabins of buses, minibuses when transporting passengers, trolleybuses, taxis and urban rail transport;
- 7) buildings of airports, railway, automobile and water stations;
- 8) government bodies and organizations;
- 9) premises that are workplaces;
- 10) entrances of buildings.

In Article 441 of the Code of the Republic of Kazakhstan on Administrative Offenses Administrative liability is provided for violating the smoking ban in the places discussed earlier.

Thus, for smoking in an unauthorized place - a fine of 15 MCI. And if the violation is committed again within a year, the fine increases to 20 MCI.

*The size of 1 MCI as of January 18, 2024 is 3692 tenge.

Conducted sociological research and screening surveys showed that in Kazakhstan 1/3 of the population smokes, among women of childbearing age - 15%, children and teenagers who smoke make up -21%, at the age of 15-17 - every fifth person smokes.

Electronic tobacco consumption systems — vapes, disposable cigarettes and other devices — are also on the list of means prohibited for smoking in places specified by law, so there is no difference. They are equal by law to "classic" cigarettes. Clause 3 of Article 441 provides for a separate punishment for officials. For example, if employees smoke in the office, not in specially designated areas, the employer may be held liable for this. Smoking is prohibited by law in buildings that are work areas.

Formation of a healthy lifestyle (HLS) of students is the most important task of the Al-Farabi Kazakh National University, which aims to preserve and protect the health of its students. After all, it is the behavioral factors of lifestyle, according to the World Health Organization (WHO), as well as other foreign and domestic studies, that create the basis for maintaining individual and public health. Formation of a healthy lifestyle culture is an extremely complex, long-term and multi-stage process that requires the use of a wide range of tools and the unification of efforts of all social institutions, as changes are needed at the state, social and individual levels.

At the present time, "society does very little to teach people health-preserving technologies", while one of the main directions in the formation of a healthy lifestyle should be the education of a person's conscious attitude to health, the individual's awareness of the priority of health among other life values, as well as the creation of an effective system of measures to combat bad habits.

This policy "on the prevention and restriction of tobacco consumption (smoking)" focuses on such a very common

negative health practices such as smoking, as well as measures to prevent it, since eliminating this risk factor for diseases from the life of the population can become the basis for reducing negative health characteristics and increasing the life expectancy of humanity.

Today, smoking is the most widespread harmful habit that takes a huge number of lives and causes concern among both the smoking and non-smoking parts of society. In this situation, it is extremely important to establish a system of constant monitoring of the problem of tobacco smoking, the ultimate goal of which is to combat it, as well as prevent this harmful habit in order to motivate today's smokers to fight tobacco addiction and lead a healthier lifestyle, which is unthinkable without quitting smoking, and in the future to form a new generation of people with anti-tobacco consciousness.

In Kazakhstan, even pregnant women and mothers of young children smoke.

A selective survey of the reproductive health of Kazakhstani women showed that 11.5% of them continued to smoke after learning that they were pregnant, 72% of women who quit smoking during pregnancy start smoking again after giving birth. It has been established that smoking during pregnancy leads to an increase in perinatal morbidity and mortality, newborns exposed to nicotine in utero are more often born with low birth weight.

Al-Farabi Kazakh National University urges all its staff and students to take into account the serious health consequences of smoking. Smoking has a significant level of harm and is associated with various serious diseases such as cancer, heart and lung diseases, and other chronic conditions. It is an important decision that contributes to improving overall health and quality of life. By supporting a healthy lifestyle and combating the habit of smoking, the University strives to promote the overall well-being of its staff and students.