Incidence and Prevalence of Alcohol and Tobacco Consumption in the Village of Carbuna, Moldova

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**Purpose:** Alcohol and Tobacco consumption are well-established risk factors associated with an increase and exacerbation of health illnesses and accidents. In the Republic of Moldova, there is a high prevalence of alcohol and tobacco consumption. Over the years, alcohol and tobacco use has led to a surge in liver, cardiovascular, and respiratory diseases. As nursing students, it is crucial to invest time in bringing awareness and providing education on the risk factors associated with alcohol and tobacco use.

**Methods:** Last summer, ten nursing students were awarded the opportunity to study abroad in the village of Carbuna, Republic of Moldova. Before our departure, research on prevalent health issues in this country was conducted using the York College Database and Google Scholar. It was alarming to find a high number of alcohol and tobacco consumers. Such findings prompted us to provide educational sessions with posters in both Moldovan and Russian on the risk factors of alcohol and tobacco use. Pictures and illustrations were implemented for visuals, and short descriptions were added and explained with the help of a translator.

**Results:** During the educational sessions at the village of Carbuna, 61 villagers were taught the risk factors associated with alcohol and tobacco use. Many were receptive to the information learned at the clinic and even taught back the harmful effects of alcohol and tobacco consumption. However, some patients were strongly opinionated on the need to consume alcohol and tobacco to get through their daily activities, disregarding the harmful effects of alcohol and tobacco.

**Conclusion:** Further research is required to bring awareness and provide education for larger groups on the detrimental effects of alcohol and tobacco. During the time spent at the clinic in the village of Carbuna, it was observed that the villagers appreciated the education being provided on prevalent health issues in their country. Our educational project is an initiative of how the nursing profession can have a global impact on healthcare and help mitigate the lack of health education in different parts of the world.

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**Title:**

Incidence and Prevalence of Alcohol and Tobacco Consumption in the Village of Carbuna, Moldova
Keywords:
Alcohol, Education and Tobacco

Abstract Summary:
Alcohol & tobacco consumption is a major issue in the Republic of Moldova. This project allowed for nursing students to bring awareness and provide education on risk factors associated with alcohol and tobacco use. In doing so, we help mitigate the lack of knowledge in different parts of the world.

References:

First Primary Presenting Author

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Author Summary: Jonathan Lopez-Fernandez seeks to highlight the need for awareness and education on prevalent health issues and associated risk factors. As a student nurse and future nurse, primary prevention as simple as education is vital in preventing disease before it occurs. He hopes to have a global impact on healthcare and help bring education where needed, in different parts of the world.
Author Summary: Chester Chow is a senior nursing student at CUNY York College. He is always engaged in any opportunity that crosses his path, whether that would be externships, volunteering, or research.