

Prevention of tobacco addiction

Smoking is the **leading preventable cause of death** in the world. The most important aspect of the fight against smoking is the **prevention of smoking** - here a comprehensive approach of the whole society and overcoming the "lobby of tobacco companies" is necessary.

Methods of prevention

- Progressive **taxation of cigarettes** (a smaller amount of more expensive cigarettes will be sold → the state will not lose profit),
- **protection against passive smoking** (e.g. smoking ban in restaurants; construction of special smoking rooms in public buildings, airports, etc.),
- anti-smoking **public education campaigns** (see Australian campaign "Every Cigarette is Doing You Damage"),
- **complete ban on advertising**,
- **sale** of cigarettes only in **licensed shops**,
- **large pictorial warnings** on cigarette packs,
- a **doctor** is a role model for his patients, therefore he should be a **non-smoker**,
- **treatment available**.



Big warnings on cigarette packs in Brazil

Prevention in children

Smoking is a "childhood disease". The first cigarette comes on average between the **ages of 12 and 14**. Most smokers started smoking in childhood. Adults start smoking much less often. The marketing of tobacco companies is therefore aimed at children.

What can be done to prevent children from starting to smoke?

- Strengthen their self-confidence,
- create an atmosphere of well-being and satisfaction at home,
- do not smoke at home; in children who come from a smoking environment, the incidence of otitis, leukemia,
- explain to children the principles of the tobacco industry,
- take an interest in their free time and friends,
- explain that a cigarette is not a symbol of adulthood.

Links

related articles

- Epidemiology of tobacco dependence
- Treatment of tobacco addiction
- Smoking fumes
- Tobacco

Source

- BENCKO, Vladimír, et al. *Hygiena : Učební texty k seminářům a praktickým cvičením*. 2. vydání. Praha : Karolinum, 1998. ISBN 80-7184-551-5.
- KRÁLÍKOVÁ, Eva. *Historie užívání tabáku*. Přednáška pro studenty 1. LF. Ústav hygieny a epidemiologie 1. LF UK.