

# 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.