

Smoking prevention classes for local elementary school and junior high school students



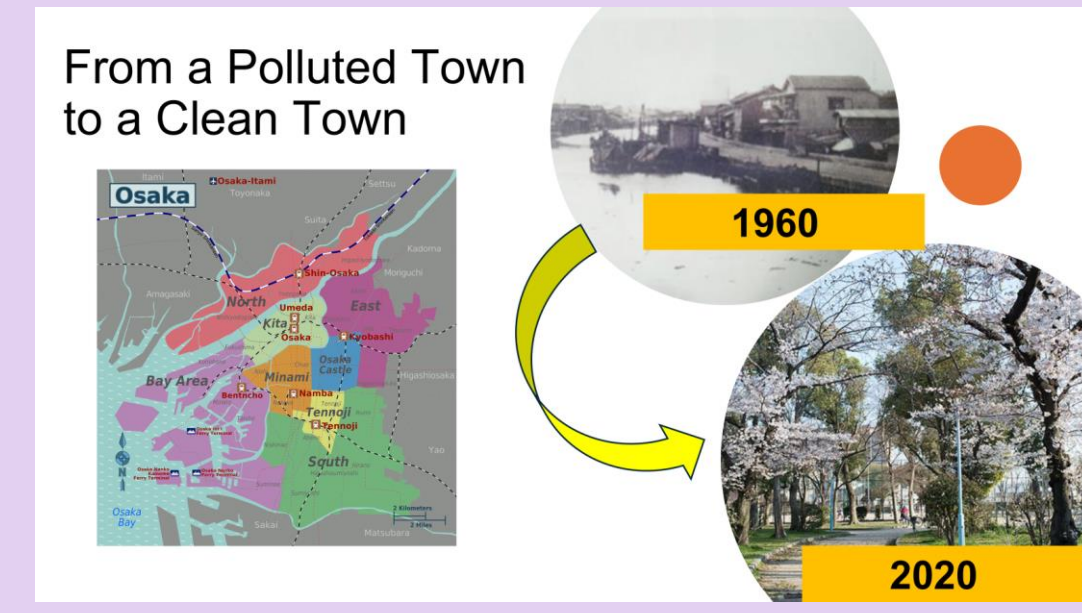
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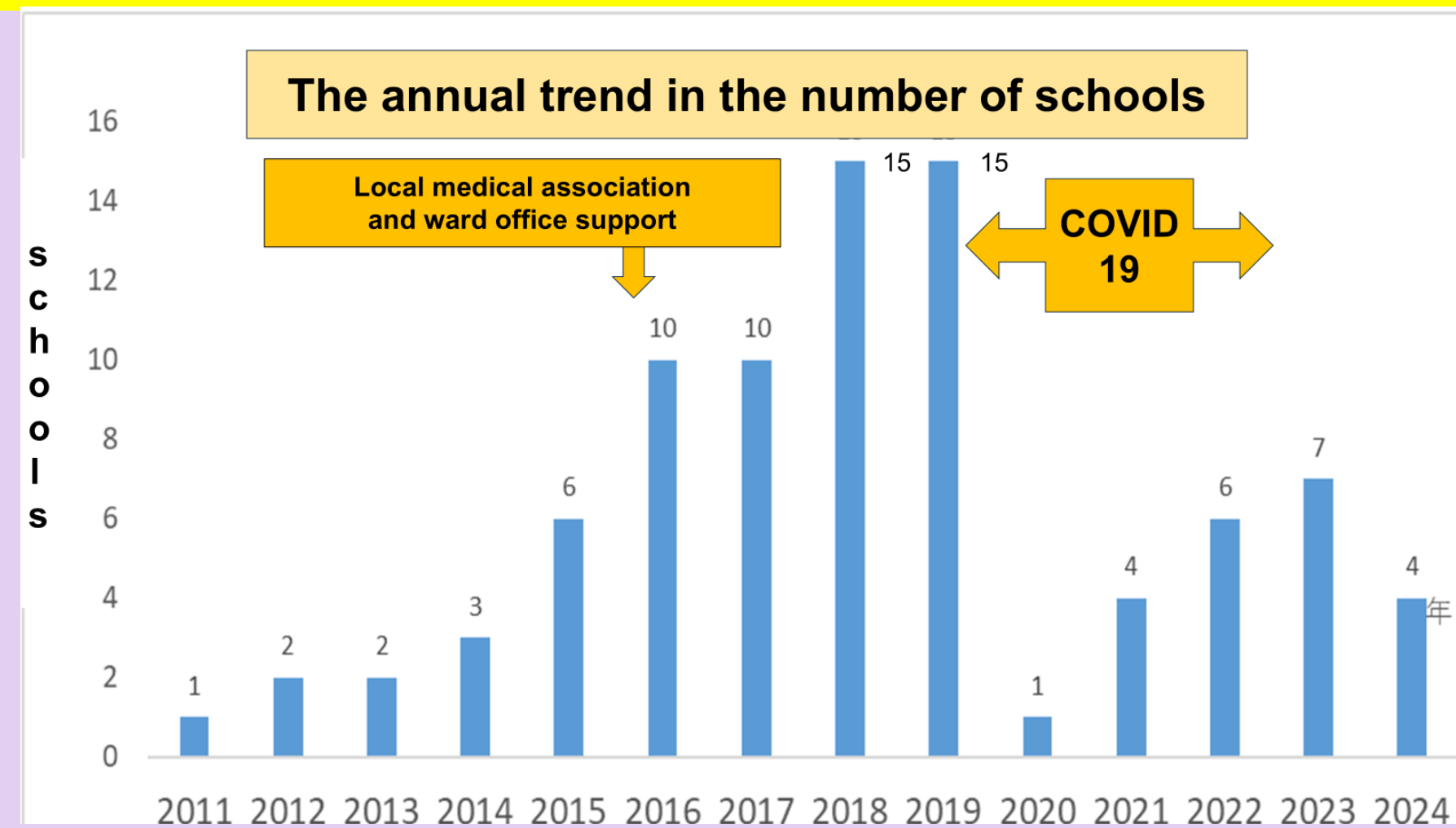
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Introduction

- In 1970, Nishiyodogawa Ward was designated as the only pollution control area in Osaka City.
- Although the air is now cleaner, ironically, Osaka City has one of the highest smoking rates in Japan.
- We decided to hold a smoking prevention class for elementary and junior high school in Nishiyodogawa Ward, with the hope that they will recognize the importance of not starting smoking by actively going out into the community.



Annual Smoking Prevention Classes



Smoking prevention classes for school students

Delivering a lecture on tobacco knowledge in a quiz format

Explaining passive smoking using illustrations on a blackboard

Smoking Prevention Classes for Junior High School Students

- ①Global and Japanese Tobacco Trends
- ②Diseases and Harmful Substances
- ③Secondhand Smoke
- ④New Types of Tobacco

small group discussion strategies for refusing cigarette offers

Our smoking cessation support activities

Year	Hospital	Employees	Schools and the community
2003	Start of Smoking Cessation Clinic	Male smoking rate: 42%, Female smoking rate: 24%	
2004	Smoking Ban Inside Hospital Buildings		
2007	Smoking Ban Hospital property		
2009		Male smoking rate: 21%, Female smoking rate: 14%	
2011		Educational Sessions on the Harmful Effects of Smoking	First Smoking Prevention Classes Held at Public Elementary Schools in Nishiyodogawa Ward
2012			
2013			Educational sessions for nursing students
2014	HPH Membership	Orientation sessions on the health risks of smoking and smoking cessation support	
2016~19		Educational Sessions on the Health Risks of Smoking	Efforts by the local Medical Association and ward office
2019	World No Tobacco Day	Changes in the KTSND of employees implementing smoking cessation measures	
2020~22		Incentives for successful smoking cessation in the clinic	
2021		12.5% (72people)	
2022		11.1% (65people)	
2023		9.8% (45people)	

Smoking Cessation Support Team

Educational Sessions on the Harmful Effects of Tobacco

Cigarette Butt Picking

Research

Conducted from 2018 to 2019. Presented in 2019 at the Japan Primary Care Association Annual Conference, the HPH International Conference, and WONCA.

1. The effectiveness of smoking prevention classes for elementary school students in promoting awareness of smoking prevention

- We conducted smoking prevention classes for upper-grade elementary school students and investigated whether there were any differences in short- and long-term changes in smoking prevention awareness between the group that received the classes and the group that did not.

Conducted from 2019 to 2020. Presented in 2021 at the Japan Primary Care Association Annual Conference and the HPH International Conference.

2. The impact of smoking prevention classes for elementary school students on opportunities for exposure to secondhand smoke.

1. We investigated whether smoking prevention classes could reduce students' social nicotine dependence (KTSND), and if this leads to a decrease in parental smoking rates and reduced opportunities for secondhand smoke exposure among children.
2. We examined whether the effectiveness of smoking prevention classes differs based on the presence or absence of opportunities for secondhand smoke exposure among students.

Conducted from 2019 to 2021. Presented in 2023 at the Japan Primary Care Association Annual Conference, the HPH International Conference, and WONCA.

3. The impact of HPH activities on employee smoking rates and smoking prevention awareness.

We conducted a study to examine whether implementing HPH activities for smoking cessation leads to a greater reduction in employee smoking rates or a greater improvement in smoking prevention awareness compared to healthcare institutions that are not HPH members or do not engage in HPH activities for smoking cessation.

Kano Social Nicotine Dependence Questionnaire for Upper Elementary School Students (KTSND-youth)

- (1)Smoking cigarettes is a disease in itself. a. I agree b. I agree a little c. I don't agree so much d. I don't agree
- (2) Smoking has a culture. a. I agree b. I agree a little c. I don't agree so much d. I don't agree
- (3) Cigarettes are a luxury item. a. I agree b. I agree a little c. I don't agree so much d. I don't agree
- (4) Smoking should be respected as a way of life. a. I agree b. I agree a little c. I don't agree so much d. I don't agree
- (5) Smoking makes some people's lives richer. a. I agree b. I agree a little c. I don't agree so much d. I don't agree
- (6) Cigarettes have beneficial effects on the body and mind. a. I agree b. I agree a little c. I don't agree so much d. I don't agree
- (7) Cigarettes are a stress-relieving effects. a. I agree b. I agree a little c. I don't agree so much d. I don't agree
- (8) Cigarettes make smokers' brains work harder. a. I agree b. I agree a little c. I don't agree so much d. I don't agree
- (9) Doctors make too much noise about the harmful effects of smoking. a. I agree b. I agree a little c. I don't agree so much d. I don't agree
- (10) Ashtrays are placed in places where people can smoke. a. I agree b. I agree a little c. I don't agree so much d. I don't agree
- (11) I think I will smoke in the future. a. I agree b. I agree a little c. I don't agree so much d. I don't agree
- (12) I think I will smoke at least once in my lifetime. a. I agree b. I agree a little c. I don't agree so much d. I don't agree

The questionnaire on exposure to secondhand smoke

- 1) Do any of your family members who live with you smoke cigarettes? Yes, No
- 2) Who are they? Father, Mother, Grandfather, Grandmother, Brother, Sister
- 3) What are the rules for smoking in your house? ① You can smoke anywhere and anytime, ② There are times and places where you are allowed to smoke, ③ You are not allowed to smoke in the house, ④ We have never talked about the rules
- 4) Do you have any rules about smoking in your car at your house? ① You may smoke anywhere and anytime, ② There are times and places where you are allowed to smoke, ③ You are not allowed to smoke in your house, ④ I have never talked about rules.
- 5) Within the past month, have you sometimes inhaled the smoke of cigarettes (including heated cigarettes) smoked by others?

	Almost everyday	Several times	Few times a month	Not at all
Inside home				
Inside car				
Inside building				
Outside building				

Result

- The first study revealed that, in order to maintain the effectiveness of the smoking prevention classes, it is important to repeat the classes not only for upper elementary school students but also for junior high school students.
- The second study revealed that, since there were many changes in the effects of smoking prevention awareness among children with passive smoking, it may be possible to prevent the initiation of smoking by providing an individualized approach.
- The Third study became the study in which many JHPH members participated, during the COVID19(2020-2023), it was not possible to conduct a proactive activity.
- Although there was no change in smoking rates and attitudes toward tobacco among hospital staff, we believe that effective activities should be explored in the future.

We have no financial relationships to disclose for this presentation