

Conclusions and Recommendations

Our findings indicate a high smoking prevalence among young people in Serbia. So there is need to reduce these percentages, otherwise the high morbidity and mortality ratios due to tobacco use can even increase in the future.

A comprehensive tobacco control and smoking prevention and cessation strategy needs to be adopted and applied. Social action at the community level is needed. The focus must be on health promotion, smoking prevention and cessation at schools and health promotion centers in primary health care facilities and in the local community. Existing tobacco control programs and media campaigns must be effective and new programs targeting children at the youngest possible age are needed. Those programs whose efficiency is demonstrated should be replicated at the national level. A Comprehensive Tobacco Control Program should include the following elements: schools-based programs, cessation, second hand smoke, media, and access/availability.

To achieve the above mentioned goals there some recommendations in details below:

- In schools including effective health promotion programs (workshops, discussion, face to face, etc.) and special lessons about danger and effects of tobacco smoking and tobacco marketing, etc., constitute over 60% of the young people. Moreover prevention has to be started in the children garden and that in the first elementary classes, because our data showed that teenagers tried smoking firstly during this period.
- It would be necessary to call parents and teachers attention to the importance of well-organized leisure time spending.
- Peer education also can have an important role because peer group influence is dominant in adolescent's social relation.
- There is an urgent need to develop and improve effective cessation programs too, because there is a demand for this among teenager smokers. Many regular smokers intend to quit, many of them have already tried it un successfully.
- Prevention and tobacco control programs must pay spatial attention to environmental tobacco smoking to make teenagers aware of the harmful effects of it. Young people exposure to environmental tobacco smoke both in the home and outside of the home is high. In addition, awareness of the effects of environmental tobacco smoke is limited. Community wide interventions are necessary to educate, encourage and support adults so that they can protect themselves and their children from environmental tobacco smoke.
- In can be necessary to make some change in the legislation especially ban in all public places (schools, health institutions, official buildings) media advertising, total ban on the TV, radio, newspaper, and billboards, and special ban promotion tobacco from young people, sponsorship sports event and other public manifestations from tobacco industry.
- It is necessary to establish regional and or local professional counselling ambulances assuring confidentially and privacy.
- Finally it is recommended that regular surveys also should be done to monitor the situation and the effectiveness of tobacco control and prevention programs, campaigns and actions.

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