What are you going to do about it

Your Name

Institution

What are you going to do about it?

This paper discusses the issue of smoking among teenagers in an American community. Falling into the habit of smoking in early teenage results in addiction. According to *America’s health ranking* 8.9 percent of the elders are smoking (America's Health Rakings, 2019). Smoking amongst the teenagers is very common throughout the communities in United States. Health-related issues that are related to smoking are sudden infant death, ear infections, lung problems, respiratory infection, and asthma. Approximately 90 percent of people start smoking as a teenager. Health risk from smoking does not only affect the smoker alone, people around smoker also get affected due to the habit of smoking. If a woman smokes while pregnant, there is a chance of premature birth and even miscarriage. People also smoke to reduce depression and anxiety. Severe cases of depression and anxiety may also lead to suicide.

Once the effect of smoking in the community is identified, an important step is to devise a strategy to overcome the issues of smoking. *Healthy people* are a group of organizations making efforts to improve health quality throughout the United States. With the help of Federal and State government, According to Healthy People, there are 480,000 death recorded annually in United States (Healthy People, 2016). *Healthy People* has taken many initiatives to reduce tobacco usage. Increasing the prices of tobacco products and reducing smoking advertisements which are directed towards teenagers or children are the most effective strategy put forth by *Healthy People*.

As a healthcare professional, I would love to participate in an effort to reduce smoking. An awareness campaign is necessary to discourage people from smoking. As a public health professional, I will become an active member of the organization like *Healthy People*. Seminars in local schools and colleges can be arranged to address the issues of smoking and its effect on health. Cases of chronic diseases caused by smoking can also be presented in the seminars to discourage the teenager from smoking.

# References

America's Health Rakings. (2019). *219 Senior report*. (U. H. Foundation, Producer) Retrieved from America's Health Rakings: https://www.americashealthrankings.org/

Healthy People. (2016, 8 26). *Tobacco Use*. (U.S Department of Health and Human Services) Retrieved from HealthyPeople: https://www.healthypeople.gov/2020/topics-objectives/topic/tobacco-use