Public Health Nursing

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This paper discusses smoking habits among teenagers. It will elaborate upon the effects of smoking on their health and the community. Falling into the habit of smoking at teenage later turns into an addiction. Smoking by teenagers has a deteriorating effect on health altogether. It is followed by many chronic diseases, particularly in the lungs (Tobacco Use, 2019). Where tobacco is one of the most common sources of smoking one cannot rule out the other drugs which are taken through smoking. Smoking is expended through products like cigarettes, vapes, cigarettes, hookah, and cigars. Many initiatives have been taken to induce awareness and reduce smoking by young adults in society. An increase in the number of young adult smokers has considerably risen more than that of both young and adults reflecting upon the immediate need for attention from the community to contain it

Smoking is a huge concern which affects the youth adults negatively, due to its addictive nature and adverse health risks attached to it. The control over the access to smoking products has proven to be one of the most successful strategies to prevent smoking in young adults (The Health Consequences of Smoking—50 Years of Progress. A Report of the Surgeon General, 2014). Smoking can be prevented through several ways by the state, non-governmental, voluntary community work and peer and family support rehabilitation (J Holliday, 2016). Several strategies can be used to overcome the menace. Laws and tobacco trade policies can be passed to create awareness about the consequences of smoking. Warning labels along with a graphic display of effects on others can also be fruitful in reducing smoking in young adults. Community-based programs to control youth smoking behavior can also reduce smoking patterns in young adults. Penalties for possession or direct use of tobacco can also reduce it. Preventing the use of smoking brings notions of prevention from chronic diseases and promising healthy life.

# References

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