

Smoking Prevention Classes for Local Elementary and Junior High School Students

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GLOBAL NETWORK For Tobacco free healthcare services
International network of Health Promoting Hospitals & Health Services

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◆ Smoking cessation Activities

✓ For Community

✓ For Employees

◆ Research Activities

✓ For Student

✓ For Employee



The background features a complex, abstract pattern of overlapping, semi-transparent blue triangles and polygons, creating a faceted, crystalline effect. The colors range from light lavender to deep blue. The pattern is denser on the left side and tapers towards the right.

Smoking Cessation Activities

**Smoking Cessation Support Team
Educational Sessions on the Harmful Effects of Tobacco
Implementation of smoking prevention classes**

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 Hosptal 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			

	Hospital	Employees	Schools and the community
2013			Educational sessions for nursing students
2014	HPH Membership	Orientation sessions on the health risks of smoking and smoking cessation support	
2016 ~19	Swan Swan Day	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 COVID-19	2021 12.5% (72people) 2022 11.1%(65people) 2023 9.8% (45people)	Incentives for successful smoking cessation in the clinic	

Smoking Cessation Support Team



2020



2024



2016

Educational Sessions on the Harmful Effects of Tobacco



2014



2012



Cigarette Butt Picking



Smoking Prevention Programme for Elementary School (45min session)

- Part 1: Lecture

- ✓ Harms of smoking

- ✓ Passive Smoking

- ✓ Addiction

- Part 2: Group Work

- ✓ "How to Decline an Invitation to Smoke"

- ✓ "Encouraging Family and Friends to Quit Smoking"



Delivering a lecture on tobacco knowledge in a quiz format



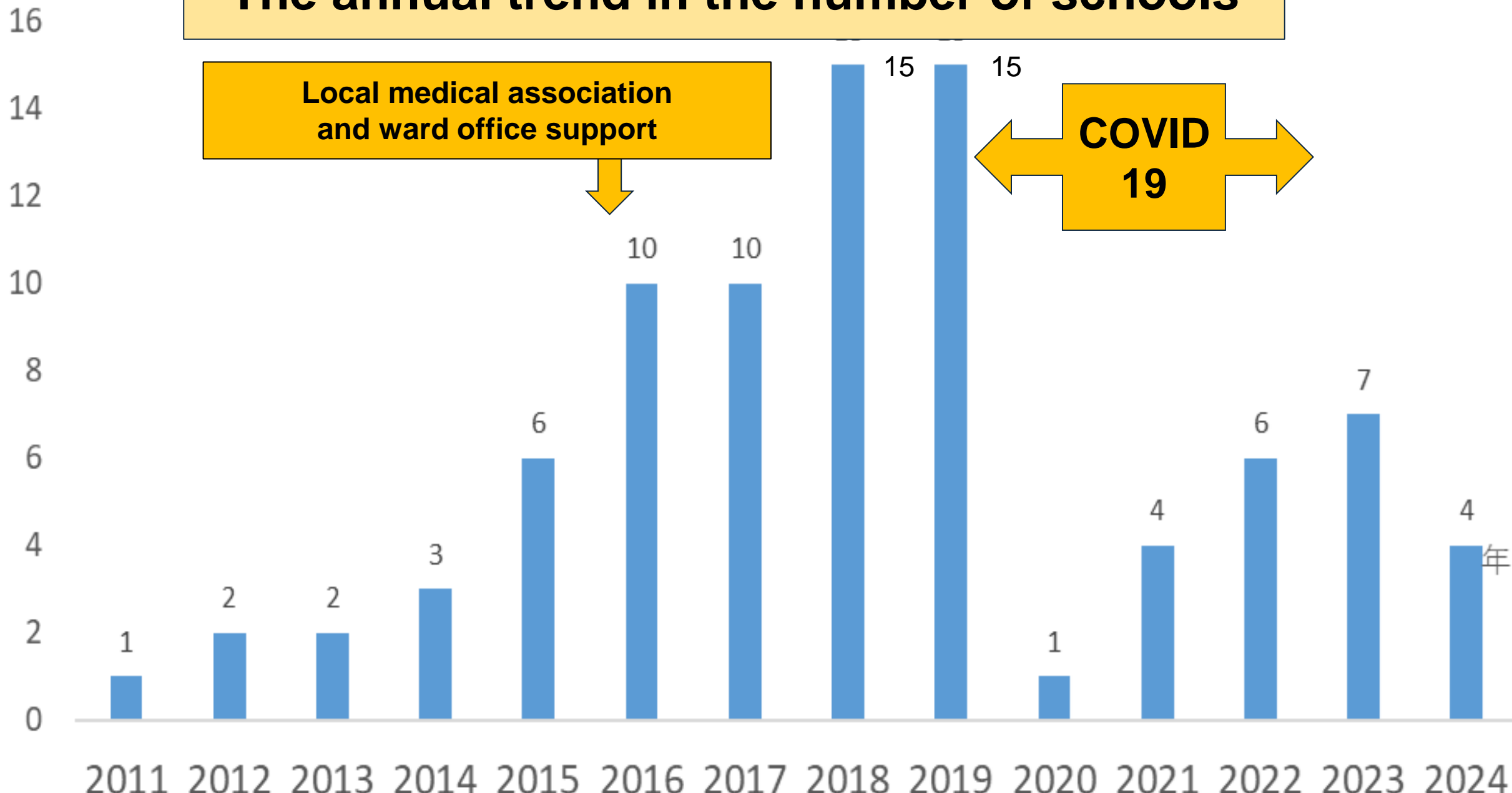
Explaining passive smoking using illustrations on a blackboard



small group discussion strategies for refusing cigarette offers

The annual trend in the number of schools

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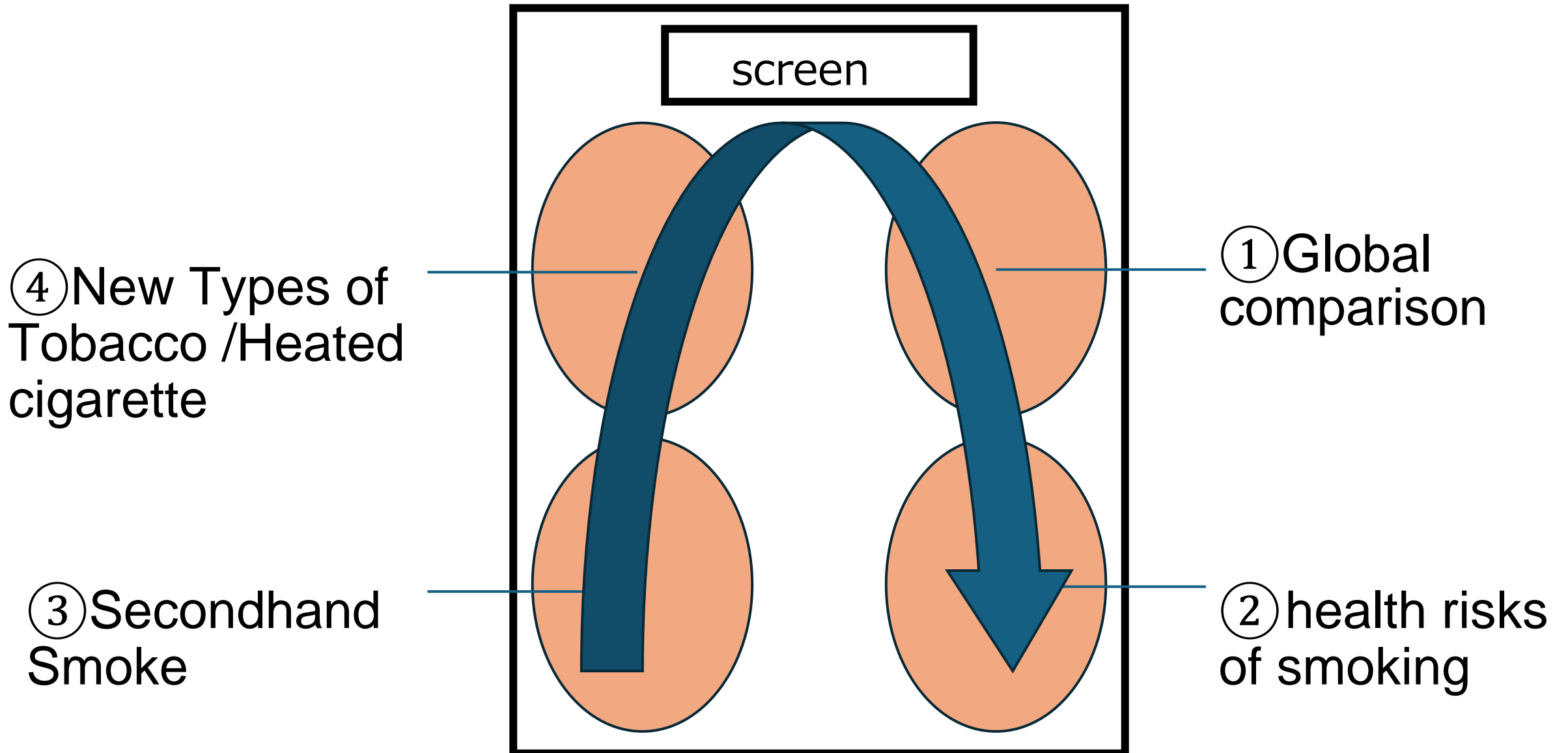




Smoking Prevention Classes for Junior High School Students

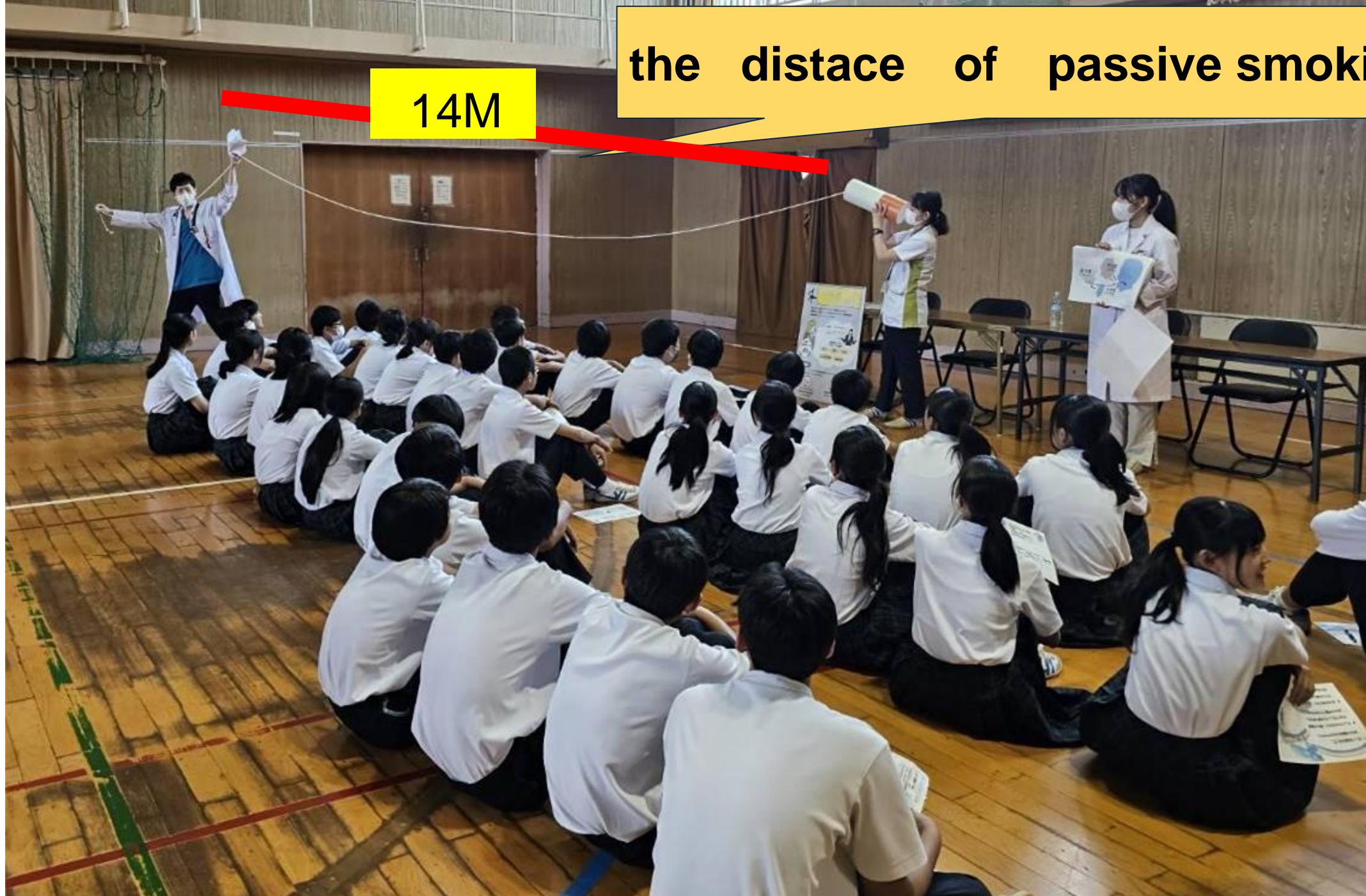
- ① Global comparison
- ② health risks of smoking
- ③ Secondhand Smoke
- ④ New Types of Tobacco /Heated cigarette

Smoking prevention classes.



the distace of passive smoking

14M

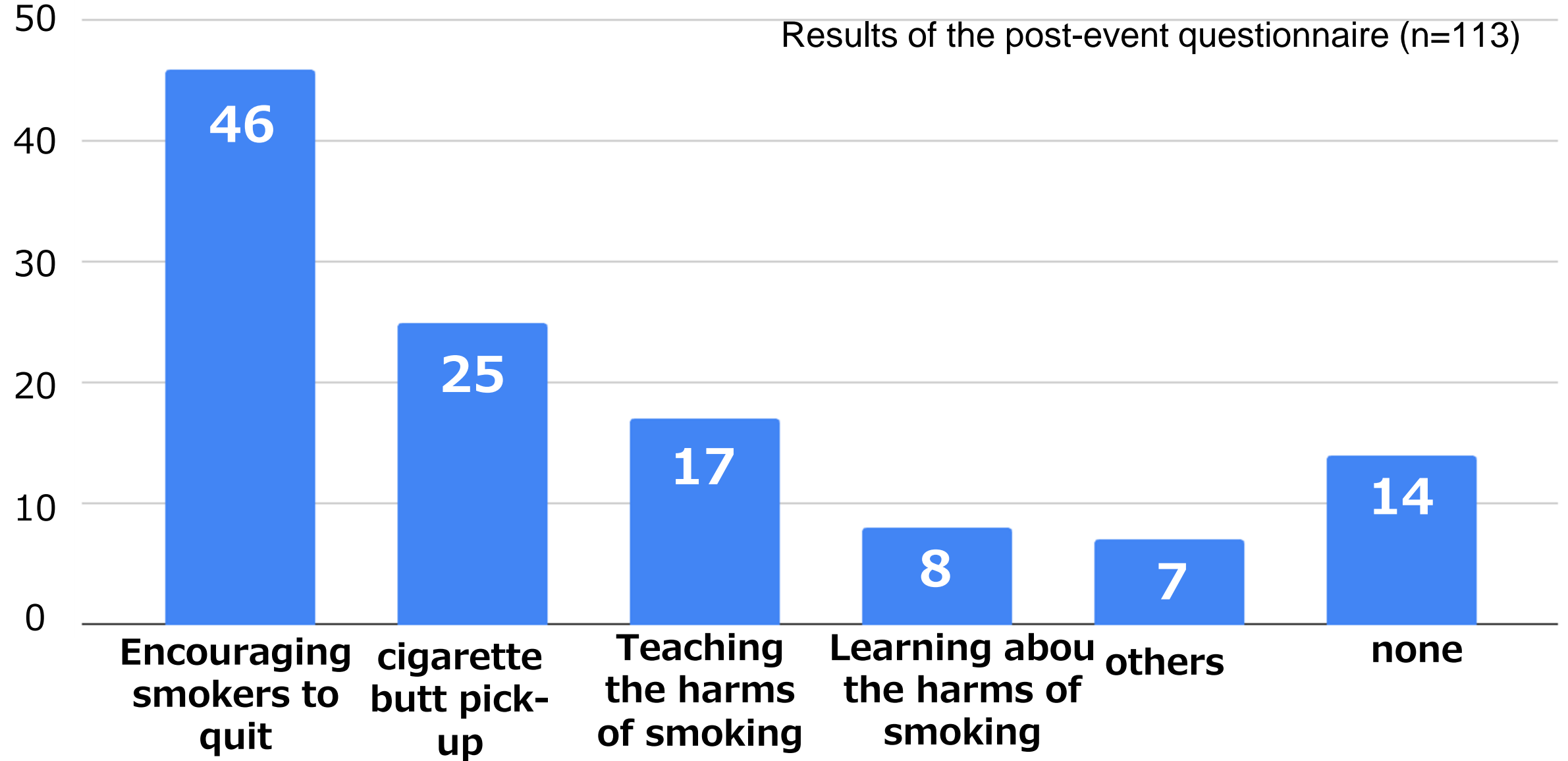


experience session of a patient with Chronic obstructive pulmonary disease..



Actions taken to eliminate tobacco harm from the community

(people)



The background features a complex, abstract geometric pattern of overlapping translucent blue triangles and polygons, creating a sense of depth and movement. The colors range from light, airy blues to deeper, more saturated tones. The pattern is most prominent on the left side of the image, fading towards the right.

Research

HPH International Conference

WONCA (World Organization of Family Doctors)

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

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

The KTSND can assess cognitive distortions such as glorifying smoking or denying its harms.

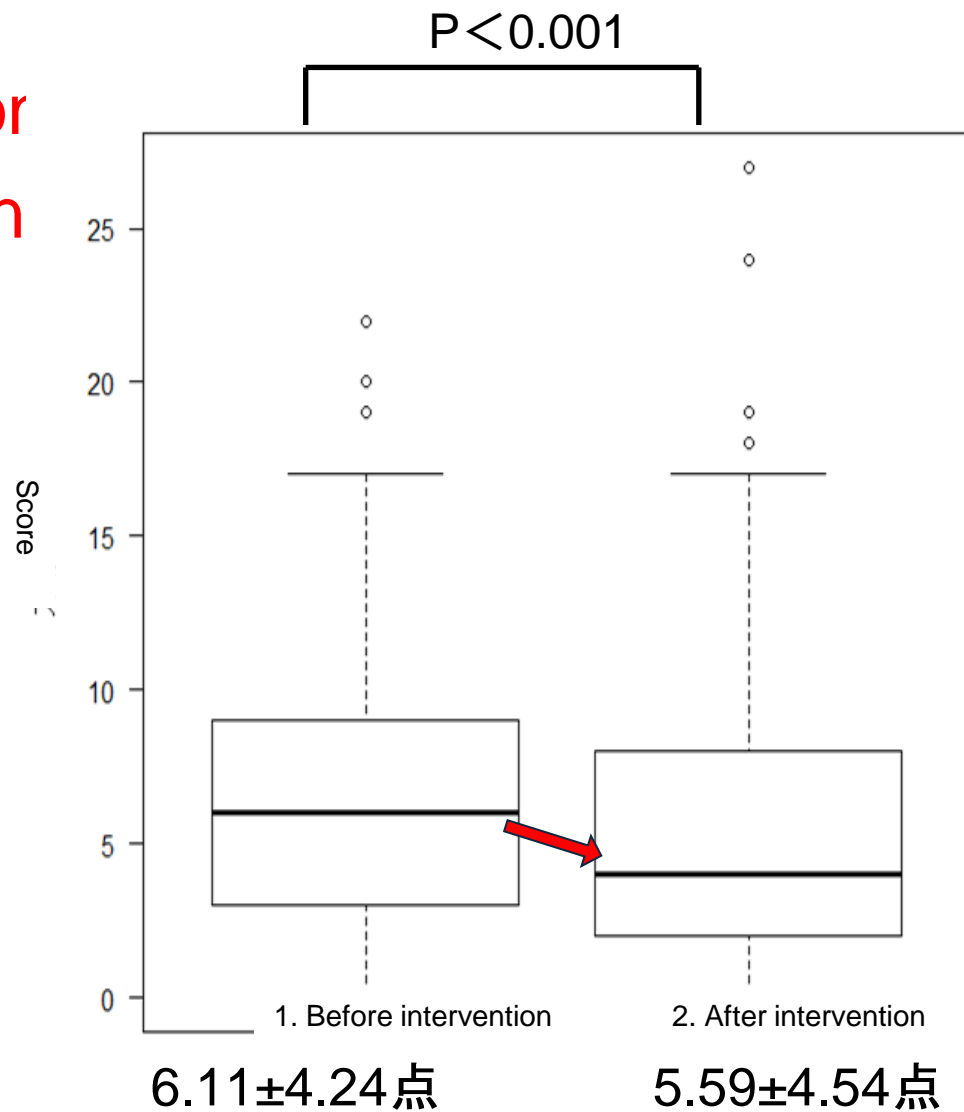
It can reflect the effectiveness of smoking prevention education.

- (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 have 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

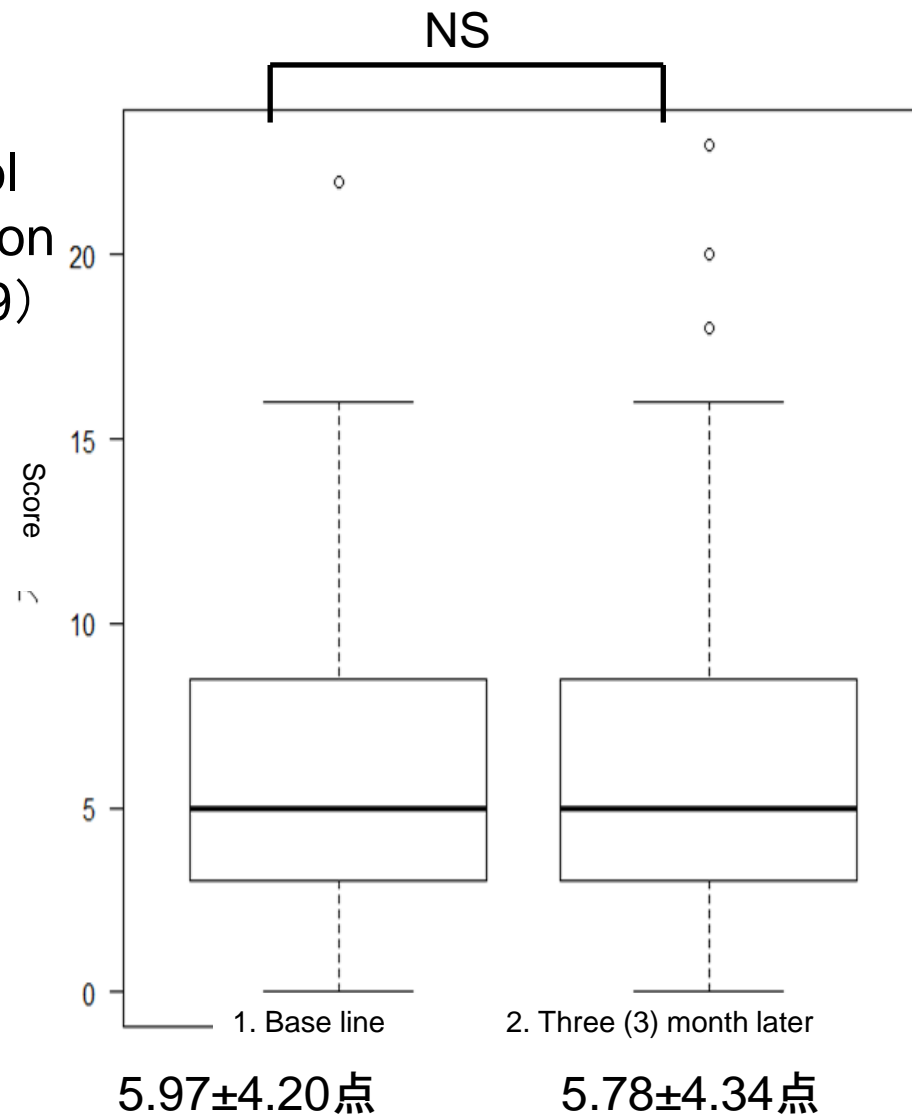
Result

after 3months

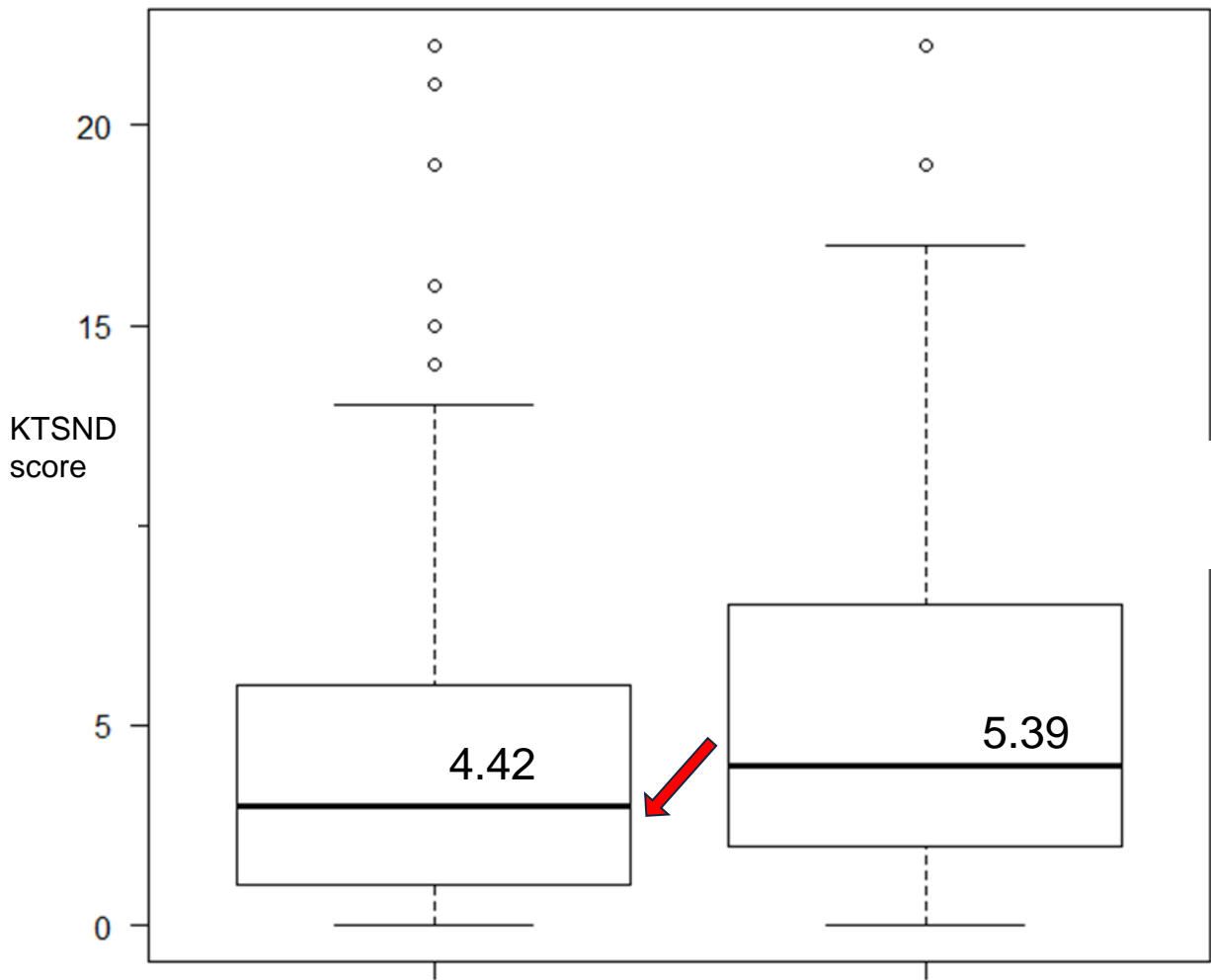
Intervention
population
(n=514)



Control
population
(n=139)

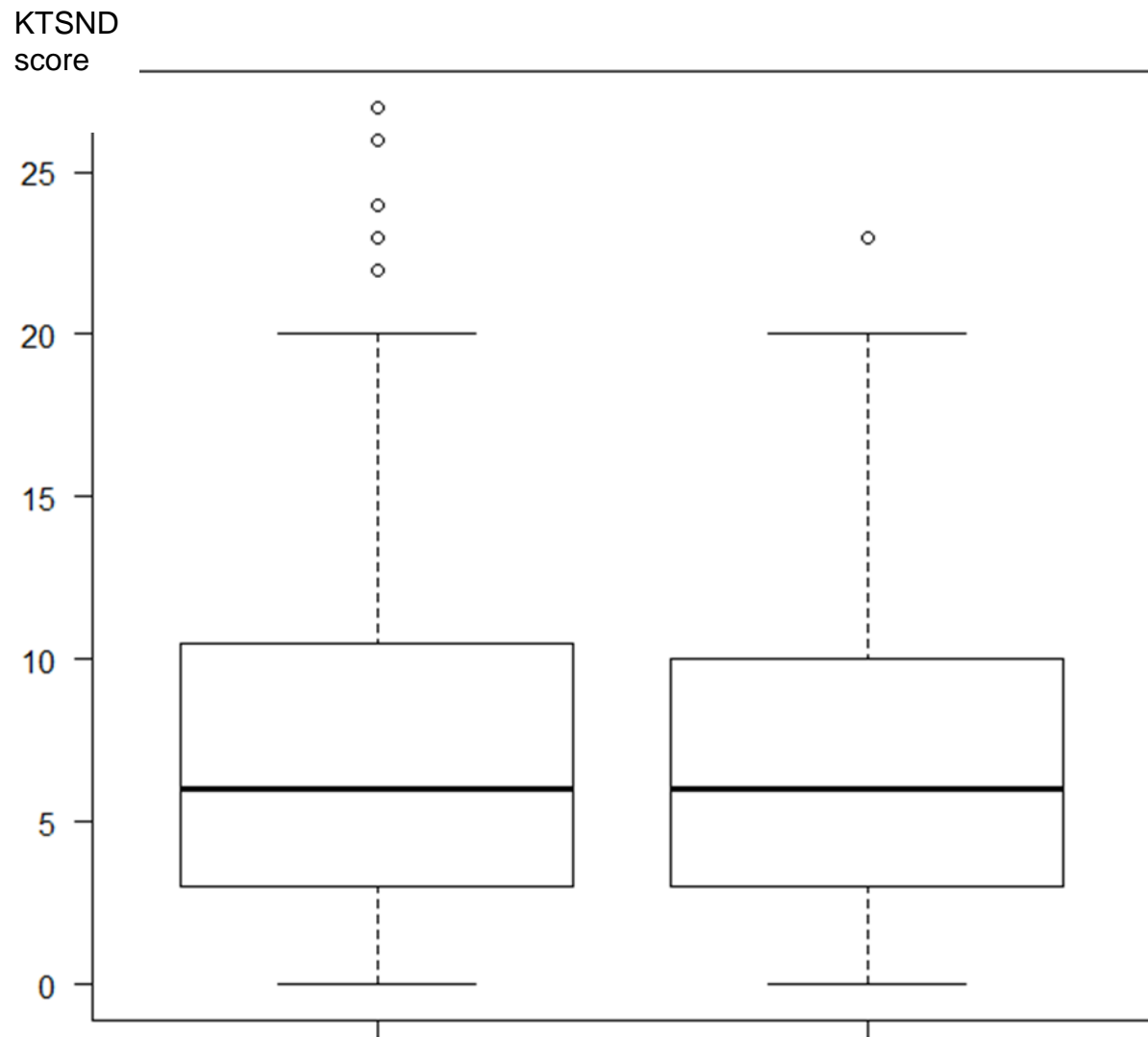


7th grader(n=375) (after 1 year)



intervention group control group

8th grader(n=232) (after 2 year)



intervention group control group

Results/Consideration

- The effects were maintained after 3 months and 1 year, but not effective after 2 years.
- We must be conducted again for junior high school students.

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.**

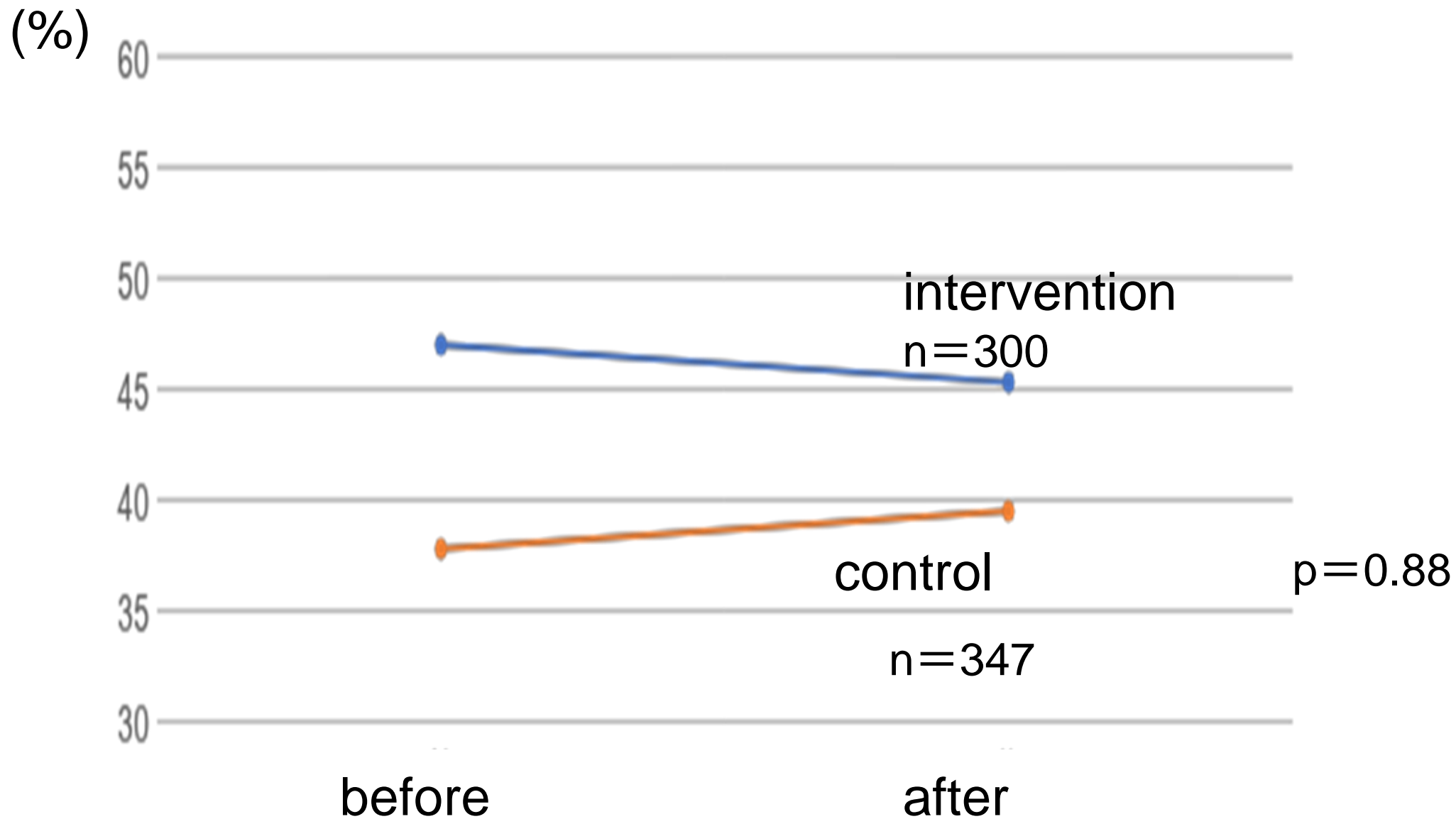
The questionnaire on exposure to secondhand smoke

- 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				

Results

parental smoking rates



presence of second hand smoking and change in awareness (n=140 intervention group)

		KTSND-youth		p
		base line	3ヶ月後	
exposed second hand smoke	n = 140	5.91 ± 4.83	5.23 ± 4.89	p = 0.35
		p = 0.03*		
non-exposed second hand smoke	n = 157	5.75 ± 4.69	5.36 ± 4.64	
		p = 0.21		

Results/ Consideration

- No change in household and car smoking rules, and parental smoking rates.
- Children with smoker parents may be very sensitive about smoking.

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.

		Intervention groups	Percentage (%)	control	Percentage (%)	total
All		786		1283		2069
gender	Man	217	27.6	291	22.7	508
	Woman	556	70.7	971	75.7	1527
	non-answer	13	1.7	21	1.6	34
Smoking status	smoker	75	9.5	130	10.1	205
	Past smokers	153	19.5	258	20.1	411
	non-smokers	556	70.7	888	69.2	1444
	non-answer	2	0.3	7	0.5	9
Job	doctor	37	4.7	54	4.2	91
	inpatient Nurse	136	17.3	332	25.9	468
	Outpatient nurse	62	7.9	169	13.2	231
	Technical Jobs	220	28.0	318	24.8	538
	Caregivers	108	13.7	50	3.9	158
	Clerical	128	16.3	243	18.9	371
	other	86	10.9	105	8.2	191
	non-Answer	9	1.1	12	0.9	21

Control of intervention and control groups

J-HPH Joint Study on staff Engagement Effect

smoking prevention class

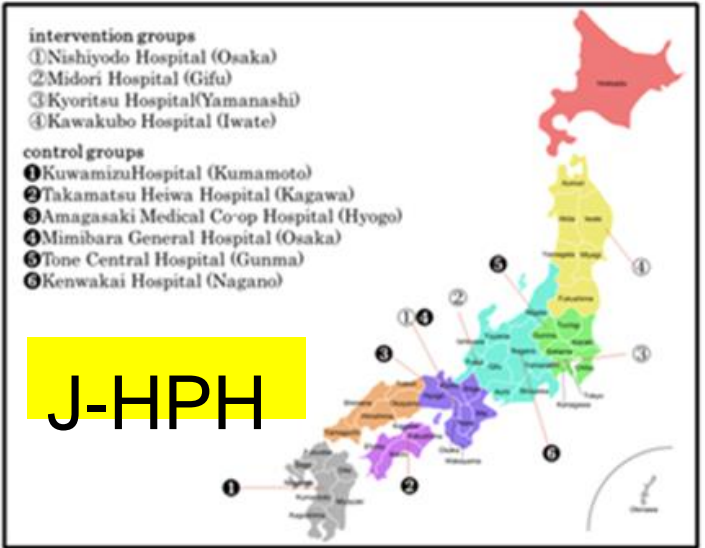
activities	target	frequency
① Picking up cigarette butts around the hospital	staff	1 times a month
② Non-smoking class	Patients & Staff	1 time a month
③ Smoking cessation study session	staff	1 year back
④ Smoking Prevention Class	primary school student	2 times a year
⑤ Recommendation to quit smoking for inpatients	patient	Every time
⑥ Distribution of smoking cessation cards	patient	Every time
⑦ Publication of PR magazines	Patients, Communities and Staff	1 time a month



advice how to quit smoking hospitalized patients



distribution of smoking card



Result

CHANGE IN SMOKING RATE AND KTSND IN INTERVENTION AND CONTROL GROUPS

		Before you start	After you finish	P
Intervention groups	Smoking rate (%)	9.5	8.4	P=0.48
	KTSND	11.8 ± 5.9	11.8 ± 5.8	P=0.83
Control group	Smoking rate (%)	10.1	9.0	P=0.35
	KTSND	11.8 ± 6.0	12.2 ± 6.0	P=0.001*



Monthly Swan Swan Day
Activities on every 22nd



Future Challenges

- the greatest cause of death is tobacco
 - Develop a better program
 - Develop a educational system.
-
- I enjoy this work, and I want chilidren to have better future.

So, Let's keep working.

That's all \ (^ _ ^) /

Thank you

for your attention

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GOLD Forum Award Candidate Speech

Nishiyodo Hospital, Japan

Gold Forum event
GNTH conference
6th Nov 2024



Hiroshi FUKUSHIMA,MD

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Public Interest Incorporated Foundation,
Yodogawa Workers' Health and Welfare
Association, Affiliated

Nishiyodo Hospital



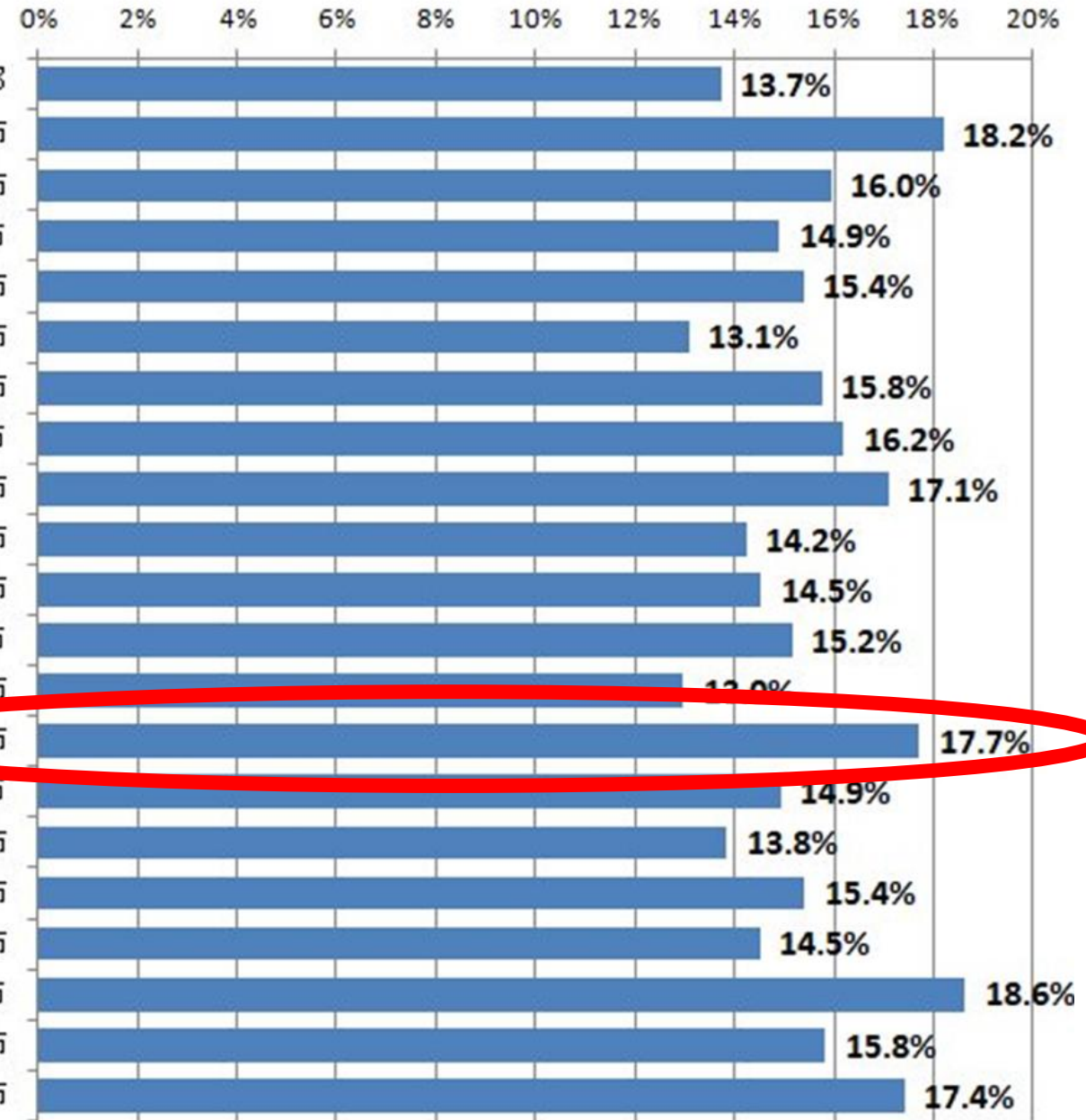
公益財団法人 淀川勤労者厚生協会 附属

西淀病院

厚生労働省指定 基幹型臨床研修病院



喫煙率(21大都市別)(2022年)



Smoking Rates by City in Japan

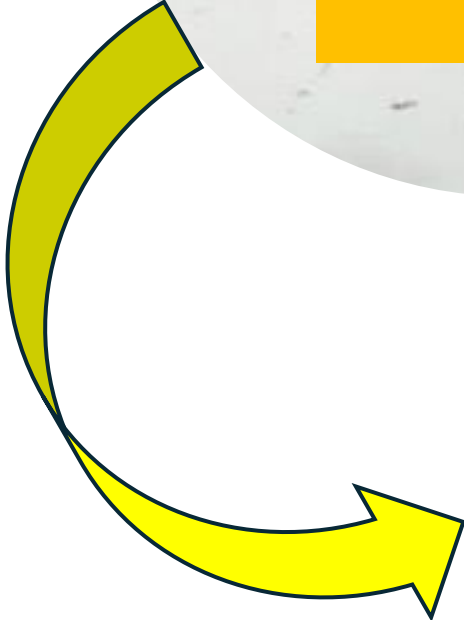
Osaka →

17.7%

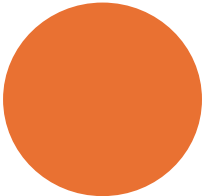
From a Polluted Town to a Clean Town



1960



2020



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すわんすわん 22

タバコの吸い殻拾い

2020年度
スケジュール

4月22日(水)
5月22日(金)
6月22日(月)
7月22日(水)
8月24日(月)
9月23日(水)
10月22日(木)
11月24日(火)
12月22日(火)
1月22日(金)
2月22日(月)
3月22日(月)

(22日が土日・祝祭日であれば次の平日に実施)

活動日: 毎月22日 (22日が土日・祝祭日であれば次の平日に実施)

時間: 13時~13時15分


場所: 淀協・ファルマ施設周辺

主催: 淀協・ファルマ・友の会HPH委員会

問い合わせ: 淀協本部 森部

※ 毎月、参加者、拾った吸い殻の数の報告をお願いします。

※ HPHニュースに掲載してもいい写真もお送りください!



22 今年の22日から、はじめませんか?
毎月22日は「禁煙の日」





HPH Committee

Welcome to Nishiyodo hospital



November 3, 2024



Future Challenges

Healthy Lives for the Entire Community