

## Smoking Prevention Strategies for Youth in Korea

Young Ja Lee

Professor of Nursing , Woosong College, Korea

### Background

Smoking among Korean Youth is a serious health and social issue. Using the 1990-2008 national student smoking survey, this study reported that the prevalence of middle school male student smoking had increased and decreased from 7.4 % in 2000 to 2.4 % in 2004 and the prevalence of high school male student had increased and decreased from 35.4 in 1997 to 15.7 % in 2005 . So recent smoking rate( in 2008) is 5.7% (male middle school student) and 18.1%(male high school student). Smoking rate is getting increased under 16 years old. Most student smoker thought that stress and curiosity are the main cause to smoke and also primary reason for the failure to quit.

The ultimate health promotion goal for youth by 2020, youth smoking rate will be 12.0%(male), adult male smoking rate 29.0% by 2020.. To carry out this goal in Korea, we will focus on advertisement, smoking prevention and smoking cessation education, Protection for secondhand smoking of non-smokers, various kinds of political and legal efforts.

### Prevention Strategies for youth smoking

There are two ways of smoking prevention for youth. One is the education of smoking prevention, the other is the education for smoking cessation. We have provided health education about smoking prevention within the regular curriculum from the elementary to high school. But there is very few taking a chance to quit smoking in regular program. In other words, there is no anti-smoking class for youth smokers. That' s why we ran anti-smoking class at school or special area out of the school with school- related NGO. I developed special program for 5 days for smoking students. 5 middle schools and 12 high schools participated with this program in 2010. Totally 434 smoking students ( middle school: boy 120, girl 60, high school: boy 310) participated in this class and 237 students (54.6%) quit smoking right after completing the anti-smoking program in 2010. The program we applied for last 5 month, consist of pre-counseling , simple physical test, main practice and evaluation. We evaluated this program with structured-survey and urin nicotine test. During 5 days , 5 different lecturers gave a different education ?What is smoking?, the reality of tobacco, New image for myself, another pleasure for stress, Wise choice.

### Conclusions

The results of this program showed it very effective for smoking student within school system. And we need follow-up evaluation for smoking students . So we will check again in 3 months completing the program in 2011. For youth smoking control , both smoking prevention education and smoking cessation class are very essential for student smoking prevention.

## Curriculum Vitae ( Young Ja Lee)

### Educational Background

1980 - 1985: Armed Forces Nursing Academy , Daegu, Seoul, Korea (B.Sc.N.)

1993.3 ~ 1995.3: Graduate School, Yonsei University, Seoul, Korea (M.S.)

2000. 3-2003. 8: Graduate School, Yonsei University, Seoul, Korea (Ph.D.)

2007.2- 2008.2 : Johnshopkins University School of Nursing (USA) Postdoctoral Research Fellow

### Employment Experience

1985. 3-1992. 2 : Army Forecs General Hospital

2000.3-2001.3 : Nursing Policy Research Institute, College of Nursing, Yonsei University 2007.2-2008.2 : Post-Doc Research Fellow in Johns Hopkins University, School of Nursing

2008.9-2009.8 : Yonsei University School of Nursing.- Adjunct Professor

### Honors

1991: President Prize, Armed Forces Seoul General Hospital

1996, 1997: Commander Award, Armed Forces Medical Command

2007 : President Prize, Korean Association of Smoking and Health

### Certification

Certified Registered Nurse in Korea

License for Teaching in Korca (School health and Drill)

Certified Dale Carnegie Institute (Leadership training)

### Professional Memberships

Korean Nurses Academic Society(Korean Society of Adult Nursing)

Executive Board member of Korean Society for Research on Nicotine and Tobacco

Advisory Member of Smoking Prevention for Kids in Korean Cancer Association

Applied Nursing Research Journal Review

## Smoking Control Programs for College Students in Korea

Yeol Kim

National Cancer Center, Korea

Smoking rate of male college students is about 64%, which is much higher than the smoking rate (25%) of 3rd degree high school male student in Korea. It is also higher than the smoking rate (40%) of male adults in Korea. I will present our experiences on smoking control program for college students.

The first is a school based smoking prevention program for college freshmen. In a university located in Seoul, 6 sessions of smoking prevention program consisted of small group discussion led by smoking cessation leaders, video watching, and lectures were conducted in intervention group (n = 298). The attitude to smoking, smoking temptation, emotion and stress related smoking were compared with control group (n = 340) by before and after test methods. The level of stress and smoking temptation was significantly decreased in the intervention group over that of the control group.

The second is a group smoking cessation program for smokers among college students. In a university located in Jeju, 40 members were participated in a session of smoking cessation program. The program consisted of 7 visiting for 12weeks and monthly telephone counseling till 24th week. A group education on smoking cessation was conducted by a medical professor at the first visit. After then, regular visit per 2 or 4 weeks was recommended. In every visit, carbon monoxide in the expired air was measured and smoking counseling was provided to every visitors. Nicotine patch or bupropion was prescribed for high addicted smokers based. The prescribing rate of nicotine patch was 23% and that of bupropion was 14%. The rate of completing full session of 24 weeks was 73%. In intension to treat analysis, the point abstinence rate of 1 week was 44%, and continuous abstinence rate was 32% on the basis of self report.

On the basis of CO verification during from 8 to 12week, the point abstinence rate of 1 week was 52%.

From these experiences, school based smoking control program could be effective for smoking prevention to non-smokers and for smoking cessation to smokers among college students.

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### Curriculum Vitae (Yeol Kim)

#### Education

1994-1998 Seoul National University, College of Medicine, MD

2002-2005 Seoul National University, School of Public Health

#### Postgraduate & Faculty Appointments

1999-2002 Seoul National University, Residency in Family Medicine

2002-2005 Korea Centers for Disease Control and Prevention

2006-2007 Medical School of Cheju National University, Professor

2007-present Family Clinic and Center for Cancer Prevention &  
Detection, National Cancer Center

#### Academic Activities

The Korean Academy of Family Medicine, Editorial Board

Korean Society of Health Promotion and Disease Prevention,  
Director of Cancer Screening

Korean Society for Research on Nicotine and Tobacco, Director of General

## Smoking Prevention Education for Children

Hiromi Muta

Chief of Pediatrics, Iizuka City Hospital

In Japan, smoking prevalence among adolescents is gradually decreasing. From 1996 to 2004, current smoking prevalence among male in 7<sup>th</sup> to 12<sup>th</sup> grade was decreased from 30.7% to 15.9%. Those among female was also decreased to 12.6% to 8.2%. The contributed factors for this decreasing trend may be 1) decrease in smoking prevalence among parents and older brothers 2) increasing smoke-free throughout school site policy, and 3) spreading of smoking prevention education for children. In addition, the contents of smoking prevention education seemed to be changed recently. In the early period, threaten education with scary images were often performed. However, this type of education has serious adverse effect. In this presentation, I introduce “not threaten” education for children in 3<sup>rd</sup> grade.

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### Curriculum Vitae (Hiromi Muta)

1991-1997 MD, Jichi Medical University  
1997-1999 Resident in Pediatrics,  
Kurume University Hospital, Kurume, Japan  
2009-present Fellow in Pediatrics, Iizuka City Hospital

#### Academic Research :

1999-2009 Research Associate of Pediatrics,  
Kurume University School of Medicine

#### HONORS AND AWARDS

2000 International Interchange Award from the Cell Science  
Research Foundation  
2001 Community Health Research Award from the Japan Association for Development of Community  
Medicine  
2009 Community Health and Welfare Research Award from the Daido Life Welfare Foundation  
2011 President Award of the 21st Annual Meeting of the Society of Ambulatory and General Pediatrics of  
Japan

#### Membership :

1997 The Japanese Pediatric Society  
1999 The Japanese Society of Pediatric Cardiology and Cardiac Surgery  
The Japanese Society of Kawasaki Disease  
2001 The Society of Ambulatory and General Pediatrics of Japan  
2005 The Japan Society for Medical Education  
2006 The Japanese Association of Smoking Control Science  
2009 The Japanese Society of Allergology  
The Japanese Society of Pediatric Allergy and Clinical Immunology

## The Challenges to reduce the Number of Smokers at Kyushu University : Educating Students about Smoking Prevention and Smoking Cessation

Yoshinori Masaki

Associate Professor, Institute of Health Science, Kyushu University

Kyushu University is one of leading universities in Japan and consists of 10 faculties, 18 graduate schools and other institutes with 5 campuses, and a student body of 18,000 students and 7,000 teachers and staff members. A smoking control policy including restrictions in the number of smoking areas and prohibiting open smoking was established in 2005, however these policies were not very successful. There is a worldwide trend to control smoking.

In order to reduce passive smoking, we launched new anti-smoking measures in 2009.

Our anti-smoking measures comprise 3 main goals : First, we reduced the number of smoking areas, second, we established support programs for people who wish to quit smoking, and the third, we strengthened the existing anti-smoking education program.

The ultimate goal is to have a completely non-smoking environment on campus. Unfortunately, there are several problems to overcome before we can establish a completely non-smoking campus, i.e. a high employee turnover and the rights of faculty members.

As a result, we are continuing to reduce the number smoking areas gradually while increasing the support programs to help both students and staff members to stop smoking. Our final goal is to make Kyushu University a completely smoking free zone.

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### Curriculum Vitae (Yoshinori Masaki)

#### PRESENT APPOINTMENT

Associate Professor, Institute of Health Science, Kyushu University

#### CAREER HIGHLIGHTS

2006- : Associate Professor, Institute of Health Science, Kyushu University

2002-2006 : Assistant Professor, Division of Environmental Medicine,  
National Defense Medical College Research Institute, National Defense  
Medical College

1998-2002 : Ph.D in Medicine, Physiology, Graduate School, National  
Defense Medical College.

1996-1998 : Medical Officer, First Lieutenant, Medic, Ground Service,  
Ainoura Camp, Western Army, Japan Ground Self Defense Force

1994-1996 : Clinical Resident, National Defense Medical College  
Hospital (Respiratory Medicine)

1988-1994 : M.D., National Defense Medical College