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Submission date: 27-Nov-2020 07:00PM (UTC+0500)

Submission ID: 1458122724

File name: community.docx (20.9K)

Word count: 1169

Character count: 7066

Community-level Strategic Plan for Tobacco use among Adolescents

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Community-level Strategic Plan for Tobacco use among Adolescents

Introduction

Tobacco consumption ² is one of the most preventable causes of diseases and death in the United States. As research and findings continue on tobacco consumption, the conditions resulting from tobacco use continue to increase. Approximately there are 1.3 billion smokers globally, with a death toll from tobacco use being at 4.9 million per year. The World Health Organization speculates that the number of tobacco deaths is likely to hit 10 million a year in 2020. In Los Angeles, the tobacco sale rate is 40%. Additionally, tobacco affects society's financial performance ¹ with "over \$170 billion in lost productivity cost, and at least \$133 billion in direct medical care expenditure in the United States every year" (Centers for Disease Control and Prevention, 2020). In San Fernando Valley in Los Angeles County, tobacco use is a persistent health concern. In 2016, the Tarzana Treatment Center screened 100% of all patients for smoking behavior for treatment (Tarzana Treatment Centers, 2018). CDC estimates that 1 in 4 nonsmokers are exposed to secondhand smoke. Due to these statistics, Tobacco consumption is still a pandemic that expands at a high rate; hence, there is a need to develop community-based strategies to curb the issue.

Advanced Practice Roles and Management strategies

Health professionals are known to be initiators or supporters of some of the policies that prevent tobacco's widespread use at the community level. One of the roles that healthcare professionals have embraced is being role models. The health professionals are the most knowledgeable; hence they are expected to act based on their knowledge. They are to be role models who advocate for no use of tobacco by telling the community about tobacco use consequences. Besides, education on tobacco use results to change within the community. As a result, health professionals play an essential role in training and educating students on tobacco content and its effects. An example of strategies is a pilot program that assesses the

tobacco patterns among patients. For instance, in LA, the Tarzana Treatment Center has professional and well-trained staff highly sensitive to individuals who smoke tobacco. The team offers preventive counseling and referrals to specialists to tobacco users. Another advanced role that has resulted in changes in communities is the formulation and implementation of leadership policies. The policymaking process supporting comprehensive tobacco control measures that revolve around so many aspects has influenced society.

Community and Social Resources that affect Tobacco Use in Adolescents

There is a broad range of social and environmental factors that influences adolescents' tobacco use. However, social resources play a significant role in one beginning and continuing to smoke. Social influences are the most robust predictors of Adolescents smoking. One social resource that affects tobacco use is the school environment. The school setting positively and negatively affect tobacco use. One feature is the tolerance of smoking activity in schools among students and teachers. The youths who witness smoking in public are likely to perceive smoking as socially acceptable hence engage in smoking activities. Peer influences in schools may also increase the likelihood of youth involving tobacco use (Office of Disease Prevention and Health Promotion, 2020). On the contrary, schools also have regulations and policies that may hinder smoking. These restrictions may create a tobacco-free school environment hence reducing the smoking rate among the youth. Secondly, participation in sporting activities affected the use of tobacco among adolescents. Team sports have been linked to lower levels of adolescents' cigarette smoking. Moreover, the tolerance of tobacco in public spaces, such as entertainment areas, recreation facilities, and areas that the adults do not monitor, has increased tobacco smoking among the youths.

Changes in Community-related Service to Tobacco use.

For the last few years, there has been enhancement on the community-related services on tobacco use. In San Fernando Valley, specifically Reseda, in Los Angeles County, the

community mobilization has focused on restricting minors from accessing tobacco products. This enhancement has effectively decreased tobacco use among adolescents (Rural Health Information Hub, 2017). One of the evidence-based programs that have been adopted is the Communities that Care initiative. This program enables society to identify adolescents' behavioral health aspects. According to Rural Health Information Hub (2017), extensive research has demonstrated that the step can reduce tobacco use incidences among adolescents. In Los Angeles County, reports suggest this change has decreased tobacco use among teens. Additionally, a large number of school-based programs have been implemented. One of the first approaches is implementing an information deficit model that provides society with all information about tobacco's health risks and negative consequences. Also, the effective education model has been enhanced. This model educates the youth on behaviors related to tobacco use.

Strategic Plan to Reduce Tobacco Use

In San Fernando Valley, specifically Reseda, Los Angeles County, a 2-year Tobacco Control Program plan is essential in minimizing tobacco use among the youths. This strategy's overall goals are to implement tobacco control measures that prevent and eliminate tobacco use among youth people. The program will continue to offer services like smoking cessation classes (Tarzana Treatment Centers, 2018). However, the specific goals will be:

1. Reduce the current use of tobacco among middle school students by 30% and 40% in high schools in 8 months. The strategies to achieve the goal include:
 - a. Implement 24/7 tobacco-free campus policies in all schools.
 - b. Increase the other Tobacco products Tax.
 - c. Decrease youth access to tobacco by amending the state Youth Tobacco Act and increasing compliance requirements.

2. After six months, decrease the tobacco use among 18-24-year-old by at least 6%. The strategies to achieve the goal are:
 - a. Increase the on-campus prevention and cessation efforts in all the colleges.
 - b. Implement smoke-free campus policies.
3. Conduct a public awareness campaign for six months via the media to educate the youth on tobacco use. The strategies to achieve the goal are:
 - a. Hire health professionals with adequate knowledge to educate the youth.
 - b. Seek funds from organizations to fund the campaign.
 - c. Collaborate with local public health tobacco control workers to promote information on the effects of tobacco use.

Conclusion

The consumption of tobacco is a severe challenge in most countries. As a result, the 2-year Tobacco Control Plan will decrease the tobacco consumption rate among the youth. However, the Tobacco Control Program requires several communities' collaborative work, including local government, community health facilities, schools, and other institutions. This is not easy to achieve. Besides, it is costly to bring all these groups on board. Therefore, planners will need to focus on the objectives of the strategic plan.

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