



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Student Name: Stoyan Grozdanov

Student Number: 1913753

Lecturer's Name: Evelyn Calahan

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Conclusion

- ▶ Tobacco smoking has been a significant health issue in the United Kingdom for many decades.
- ▶ Various policies have been formulated and enacted with the main objective of reducing the prevalence of smoking in the country.
- ▶ Over the decades, most of these policies have been observed to bear positive results as the number of smokers in the UK continues to reduce.

For more than half a century, the United Kingdom's healthcare and legislative departments have been formulating and executing measures to combat tobacco smoking, which has always been a significant health issue for the country.

Various legislations have been enacted and these have been measured, with results indicating that most of the Acts and laws designed to reduce the prevalence of tobacco smoking in the country have had positive outcomes.

The prevalence rates of smoking in the country are far lower today than they were at the time when anti-smoking movements began gaining traction in the 1970s.

Recommendation

- ▶ While there are many positive signs, the relevant authorities, such as the NHS, need to continually come up with improved ways to influence people to stop smoking.
- ▶ The efforts to reduce the prevalence of tobacco smoking should be focused on preventing new smokers more than on influencing smokers to quit (Anyanwu et al., 2020).
- ▶ The relevant authorities should involve smokers' families and close friends to help them cope with difficulties associated with quitting.

The NHS cannot relent in its quest for a smoke-free population in the United Kingdom.

The positive outcomes of legislative interventions may communicate that the NHS can always look towards these as a solution, but it should not always be the primary goal for the NHS and the public health stakeholders who want a smoke-free nation.

Involving the people who smoke or those who live with smokers and developing strategies through which these individuals can first be psychologically and mentally prepared to quit smoking or to influence their family members to quit smoking would have significant positive outcomes as the NHS seeks to take the prevalence of smoking in the country to single-digit rates and, ultimately, to zero percent.

The most successful strategies in this approach would be those that help smokers to quit on their will as well as provide support to those that quit smoking.



Reference

- ▶ Anyanwu, P. E., Craig, P., Katikireddi, S. V., & Green, M. J. (2020). Impact of UK tobacco control policies on inequalities in youth smoking uptake: a natural experiment study. *Nicotine and Tobacco Research*, 22(11), 1973-1980.