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Prevention that works: A proposal for international collaborative trial in prevention of pre-adolescence smoking

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Cigarette smoking is one of major public health problems in the world. Cigarette smoking is responsible for over 80 percent of ill-health and premature mortality worldwide. Low-birth rate and premature birth are also prevalent among the babies born to the smoking mothers.

Due to some state legislations and public education campaigns, adult smoking rate in some developed countries has subsided. However, the trend for female smoking and rate of smoking in other countries' has been on the rise. Traditional approaches to prevention, such as negative or fear-based approaches have been tried. Despite their "face validity" they have failed to produce measurable reductions in smoking.

The author will present recommendation for a comprehensive preventive program with characteristics that have been consistently effective with other preventive programs with different population age groups. This ecologically-based proposed multi-purpose preventive program will combine smoking prevention with other risk reduction objectives, providing rationale for involving various social, cultural, community and family resources, as well as developmentally based factors. Through this proposed theoretical framework, the author hopes to shed light on the nature of complexity of childhood smoking behavior. Lastly, the theory's strengths and limitations will be discussed.

Biography

Zohreh Zarnegar, a clinical, neuro-pediatric psychologist, PhD from University of Southern California (USC), completed a NIMH postdoctoral fellowship in Preventive Medicine at USC Medical School. She has received awards for her expertise-services for health promotion, prevention and early intervention, and developing programs focusing on early childhood development, prevention of prenatal exposures to (1) trauma and maltreatment; and (2) drugs, particularly alcohol. She takes her messages around the world through teaching and training of the professionals. She is a Zero To Three Graduate Fellow, ChildTrauma Academy Fellow, and director of Children's Health International (CHI) serving families with young children worldwide.

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