



Policy recommendations for smoking cessation and treatment of tobacco dependence: tools for public health

Tools for advancing tobacco control in the 21st century

16 June 2012 | Publication



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Overview

Along with an individual approach (behavioural and/or pharmacological interventions) to treatment of tobacco dependence a supportive environment is needed to encourage tobacco consumers in their attempts to quit. Treatment of tobacco dependence should be part of a comprehensive tobacco-control policy along with measures such as taxation and price policies, advertising restrictions, dissemination of information and establishment of smoke-free public places.

The recommendations propose a broad framework for addressing treatment of tobacco dependence. In this framework, Governments can progressively choose minimal, expanded and core recommendations as they strengthen their resources and capacities.

The recommended framework includes a mix of three main strategies:

- A public health approach that seeks to change the social climate and promote a supportive environment;
- A health systems approach that focuses on promoting and integrating clinical best practices (behavioural and pharmacological) which help tobacco-dependent consumers increase their chance of quitting successfully;
- A surveillance, research and information approach that promotes the exchange of information and knowledge so as to increase awareness of the need to change social norms (Chapter I, Matrix 1, pages 7-10).

WHO believes that independently of priorities and available funding, a country, state/province or municipality/county can pave the way for effective smoking treatment of tobacco dependence.

As countries prepare to develop national policy guidelines for the treatment of tobacco dependence, the international community can help by providing a forum for sharing and distributing information, writing up guidelines, reviewing best practices, raising funds and establishing partnerships.

Translations:

[Chinese](#)

WHO TEAM

Health Promotion (HPR), No Tobacco (IFI).

NUMBER OF PAGES

76

REFERENCE NUMBERS

ISBN: 92 4 156240 4