

DESCRIPTION OF THE ANTI-SMOKING EDUCATIONAL PROGRAM ENTITLED RUN FOR HEALTH

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We would like to present an Anti-smoking Educational Program, which was developed at the request of the Chief Sanitary Inspectorate. The program is aimed at students in grades 4 of primary schools and is an innovative approach to prevent problems of smoking.

The study involved 471 children at the age of 10 participating in the pilot edition of the program, 413 children at the age of 10 that did not participate in the program (control group). The study also involved 366 parents of children participating in the program and 345 parents of children who did not participate in the program. Another group studied consisted of 80 teachers for the program. The study was conducted in the experimental design including two measurements, and the experimental group and control group.

The measurement results on attitudes towards the health of children participating in the program, indicate a significant impact on program content perception of health as an important part of everyday functioning. The results should be regarded as sufficient recommendation to implement the program on a large, nationwide scale.

Key words: smoking, prevention, children, health