

Introduction to health behaviour change

[Health & Medicine](#), [Nursing](#)



Smoking poses a serious healthcare threat in Hong Kong and the world at large. Therefore, concerted efforts need to be taken in order to address this cancerous problem in society. Among the alternatives available, positive behaviour change among the citizens can prove to be the only long lasting solution to this problem. As such, this paper discusses the measures that can be taken to influence behaviour change among the smokers in particular. The transtheoretical model (TTM) is seen as the best model that can be implemented in order to influence behaviour change among the smokers. Prochaska and Velicer (1997) state that “ health behavior change involves progress through six stages of change: precontemplation, contemplation, preparation, action, maintenance, and termination.” The first two stages often prove to be the most difficult for the smokers to cope with. The preparation and action stages can be implemented with some difficulties but through commitment, these can be overcome. Maintenance and termination are quite easy once the war against quitting smoking has been won. There are quite a number of benefits that can be achieved from health behaviour change in society and individual. Behaviour change among individuals who smoke is advantageous in that they will reduce the risks of contracting smoking related diseases such as lung cancer. For any smoker, it is never too late to quit smoking since this is the only strategy that can guarantee good healthcare. Behaviour change among smokers is also important to the society at large. Non smokers are affected through passive smoking so if smoking is eradicated, this means that the health of the nonsmokers is not negatively impacted by substances from tobacco smoke. There is growing evidence that both active and passive smoking are harmful

to health in Hong Kong. According to McGhee et al. (2006), " In the Hong Kong population of 6. 5 million in 1998, the annual value of direct medical costs, long term care and productivity loss was US\$532 million for active smoking and US\$156 million for passive smoking..." These statistics paint a gloomy picture over the state of healthcare system in the Hong Kong. Therefore, concerted efforts need to be taken in order to address this problem in society. Positive behaviour change has been identified as the best solution that can help address the problem. There are many advantages of adopting this strategy.

The TTM significantly assists in changing the behaviour of the smokers in many ways. For instance, it is known that it is not very easy to quit smoking especially among the people who have been addicted to this habit. As mentioned above, the TTM is comprised of different stages and it can be seen that this is a process not an event. Through this process, the smokers are taken stage by stage and this can help them cope with the problem given that they will be given ample time to realize the benefits of positive behaviour change with regard to quitting smoking.

In conclusion, it can be observed that smoking poses a serious health threat not only to the smokers but the general populace at large. Research has shown that the long lasting solution to this problem is positive behavior change among the smokers. This involves quitting smoking and the Transtheoretical Model (TTM) can be very effective in achieving this feat among the smokers.

.

References

<https://assignbuster.com/introduction-to-health-behaviour-change/>

McGhee, SM 2006, “ Cost of tobacco-related diseases, including passive smoking, in Hong

Kong,” *Tobacco control*, 15(2): 125–130. Viewed, March 14, 2015, from:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2563564/>

Prochaska, JO and Velicer, WF, 1997, “ The Transtheoretical Model of Health Behavior Change.

American Journal of Health Promotion.” Vol. 12, No. 1, pp. 38-48. Viewed,

March 14, 2015, from: <http://www.ajhpcontents.com/doi/abs/10.4278/0890-1171-12.1.38>

World Health Organization Tobacco Control Country Profiles. 2nd ed. 2003: Western Pacific

region, Viewed March 14, 2015 from: [http://www.who.](http://www.who.int/tobacco/global_data/country_profiles/wpro/en)

[int/tobacco/global_data/country_profiles/wpro/en.](http://www.who.int/tobacco/global_data/country_profiles/wpro/en)