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The Utilization of Educational Institutions to Reduce Tobacco Use in Indonesia

Roughly 88% of young tobacco users in Indonesia want to quit.¹ However, the smoking cessation programs in Indonesia are few and only 24% of young smokers have ever received appropriate tobacco counseling from trained professionals.¹ One strategy can be for university students and faculty to advocate and promote tobacco cessation programs at their campuses. Programs that can provide free or cheap resources for students and non-students as a way to give back to their communities.

In addition, education on the negative health effects of tobacco use can be a strong deterrent in smoking habits. Individuals with higher education are less likely to smoke than others with lower education.² Although, most people understand that tobacco use is unhealthy, the details such as perceived risk for tobacco associated chronic illness are missing. This is reinforced by data that showed routine medical check-ups reduced the amount of smoking and increased odds for quitting.² Education programs tailored to smoking cessation can still be effective tools often used in public health.



Reference:

1. World Health Organization, Regional Office for South-East Asia. Global Youth Tobacco Survey (GYTS) Indonesia Report, 2014 [Internet]. New Delhi: World Health Organization, Regional Office for South-East Asia; 2014.
2. Widyaningrum, N., & Yu, J. (2018). Tobacco Use Among the Adult Muslim Population in Indonesia: A Preliminary Study on Religion, Cultural, and Socioeconomic Factors. *Journal of Drug Issues*, 48(4), 676-688. <https://doi.org/10.1177/0022042618789491>