

## The Increasing Importance of Prevention Programmes in Health Policy

Dear readers,

Even this issue of the journal presents interesting articles that draw attention to risk-taking behaviour of the individual groups of population, importance of prevention programmes, and also to various determinants of a creation and a development of addiction, and finally, to its efficient elimination mechanisms.

The first study examines the effect of the Unplugged prevention programme, while the authors predominately focus on maternal addiction to alcohol and its effects on children. The importance of prevention programmes is significant, however, their impact on the development of addiction in children may differ. The authors provide interesting results from data-obtained and they also create a wide discussion platform and a space for subsequent researches.

Another study deals with a high-risk methamphetamine use in the Czech Republic. It also indicates the regional disparities in methamphetamine use. The authors stress that an environment of an individual plays a significant role in a start, and/or an increase in the level of use of amphetamines. Thus, it is important to research the frequent and non-frequent users and the factors that results in methamphetamine use. Both, social environment and all other activities around the individual may lead to a strong addiction and to a high-risk methamphetamine use. Similarly, the role of a family, friends, partners and employment is essential.

Over the past few years, there has been an increasing tendency in Internet addiction among young adults except of the above-mentioned drugs use. The third study provides an interesting look at this issue and it also presents the results obtained from University students in the Slovak Republic. The authors refer to gender differences in Internet addiction that creates a space for examining the differences of impacts on both, males and females. At present, many occupations are exclusively Internet-based. Consequently, it is uncertain to what extent the elimination of a creation of the Internet addiction of population, that is strongly linked to studies and work by using the electronic data processing (EDP), will be possible.

Increasing demands on prevention programmes are related to Internet addiction and also legal drugs addiction, such as alcohol and smoking. The authors of the fourth study prove that behavioural support has been shown to possess high efficacy in aiding smokers to stop smoking at a level at least similar to nicotine replacement therapies (NRT) while causing no adverse physiological effects. The article presents a novel approach to internet-delivered smoking cessation cognitive behavioural therapy utilizing a powerful artificial neural network NLP model acting as a conversational agent and a data collection protocol with usage incentives for both smoking cessation experts and smokers. New forms of

smoking cessation therapies will require a creation of new methods to evaluate their efficiency. This is inevitable for health policy and for a creation of efficient prevention programmes' systems.

Legal and illegal drugs' use causes various health difficulties that result in a creation of new chronic diseases and shortening of life expectancy. In the next study, the authors examine regional differences in mortality attributable to alcohol in the Czech Republic in 2017. Also, the authors present the differences between regional mortality related to alcohol and economic development of regions.

The health of population is also influenced by other determinants apart from legal and illegal drugs. The authors of the last study research a relation between the frequency of energy drinks consumption and insomnia, depression, alcohol abuse, socioeconomic status and religion among residents of Republic of Bashkortostan. The authors analysed a relationship between a frequent energy drinks consumption and mental health problems. Energy drinks have recently been more popular among young people. Thus, in the future, it is important to emphasize their impacts on health and reveal those factors that lead to an increasing energy drinks consumption. The authors accentuate an importance of a research of gender differences in energy drinks consumption, atheism impact, level of education, age, smoking and drug use, etc.

As the above-mentioned studies show, the importance of prevention programmes and the demand for them have been increasing in each country. Globalization processes, trends related to lifestyle changes, increasing requirements for individual professions, processes of the internetization, standard of living, economic openness and other macro-economic factors will represent significant determinants of a creation and a development of addiction in the future. Thus, it will be necessary to reveal new addiction determinants and to examine appropriate prevention programmes that would eliminate a creation and a development of addiction. Similarly, it will be very important to create a health literacy system that would be an efficient prevention tool. However, its formation will be methodologically and procedurally very difficult, and it will require a strong support of a state health policy. The presented results of the research studies will represent an important scientific platform that will enable to create a high-quality health literacy system.

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