

## Abstract

**Background:** Supporting the public health care system is a priority for any advanced society. In line with WHO's recommendations, a key Law on The Protection of Health Against Harmful Effects of Addictive Substances was adopted in 2017, the main priority of which is to reduce passive smoking with its negative effects on humans.

**Objective:** The aim of the study was to determine whether there was a change in tobacco use patterns and a change in smoking cessation incentives following the introduction of new legislative changes (Act No. 65/2017 Coll.).

**Methods:** A prospective cohort study was carried out in connection with the introduction of Act No. 65/2017 Coll. Trained nurses were distributed in two waves, before the introduction of the law and three months after its introduction, prepared questionnaires were distributed to adult clients/patients addressed by general practitioners' offices in Prague. The condition was participation in both waves of the study. 131 completed adult questionnaires were submitted for subsequent processing. Changes in daily cigarette consumption, the ratio of cigarettes smoked in a restaurant, on the street, at home, and motivation to quit smoking were analysed.

**Results:** A statistically significant reduction in daily cigarette consumption (on average 1.7 cigarettes per day) was found, smoking in public areas (restaurants, bars, pubs) fell to almost zero, while smoking in outdoor areas (street, balcony) increased by almost 20 %. At the same time, a statistically significant increase in smoking cessation motivation was observed.

**Conclusion:** In the context of the legislative change, the introduction of Act No. 65/2017 Coll. provides valuable data on the indication of a positive impact on public health.

**Keywords:** smoking cessation, non-smoking legislation, motivation, prevention, addiction