A disturbing outcome of the aforementioned study is the apparent impact that teachers of dance have on their charges. Three fifths of the self-identified smokers indicated that they trained with a teacher who smoked. On the other hand, 80% of non-smoking dancers trained with a non-smoking teacher. It is incapable that the teacher of dance, the director of the school or company, and the choreographer who works with dancers all have sensitive positions with regards to the personal choices that dancers under their care might make. Teachers serve as role models, not only as technicians, performers, and artists but with regard to personal choices and coping skills.

"Quite apart from the reasons we all know about not to smoke, are you really aware of how much it negatively affects your ability to dance?"

Clearly, there is a link between smoking, dieting and body image. Most experts identify that for any smoking prevention programme to be successful, it must include content related to all three of these issues. Further, effective prevention must go beyond informing dancers of potential health risks to an actual change in behaviour on the part of the person in the leadership role. Such positive leadership is paramount in changing the perceptions of smoking as an acceptable lifestyle. It is perhaps too great an expectation that adults in the world of dance all cease the habit of smoking. It is possible to shift the pattern of what is perceived to be acceptable public behaviour, however. It is suggested that if the teacher does not engage in public smoking, the student will also feel less comfortable about "lighting up" in public. In theory, this could cause a trickle down effect and diminish the general acceptance of smoking as an agreeable activity. This strategy, coupled with ongoing education and raising the level of understanding of good health, might be the key in combating cigarette smoking in the dancing population.

To help dancers stop smoking, dance companies and schools can:

- Ensure all buildings used by dancers are either completely non-smoking or if there has to be a smoking area ensure it is completely separate from the main relaxation area/green room used by the dancers.
- Provide counseling, information and support for those who wish to quit the habit.
- Bring in experts to talk about the adverse effects of smoking on physical performance and capability.
- Create a climate that is actively positive about not smoking.