The changes in smoking related behaviours, second hand smoke and smoking cessation after the smoking ban in Izmir, TURKEY

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The aim of the study is to determine:

- the views about law,
- the change of second hand smoke quantity, the variation of smoking cessation after and before law,
- people’s smoking related behaviours,
- the factors associated with all these changes after the publishment of law which prohibits use of tobacco products in closed public areas.
Questionnaire including 47 questions was performed to 600 people in 2011 July and August.

House addresses were selected by Turkey Statistics Institution to present the overall Izmir city population.

SPSS packet programme used for analyses.
The questionnaire includes:

- First 7 questions: Personal sociodemographic data,

- Questions 8 to 13: Fagerstrom test for nicotine dependence,

- The rest of questions: the views about law and smoking related behaviours after and before the law.
RESULTS

- 53.7% of participants were female and 46.3% was male; the mean age was 41.5 ± 15.6.

- 232 were smoking (39%), 257 were never smoked (42%) and 111 quit smoking (19%).
**RESULTS**

- Men were smoking more than women \((p=0.0001)\).
- Men and participants with higher nicotine dependence levels started smoking at early ages \((p=0.033\) and \(0.0001\) respectively).

<table>
<thead>
<tr>
<th>Gender</th>
<th>Smoking status</th>
<th>n</th>
<th>%</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women ((n=322))</td>
<td>Ongoing smoking</td>
<td>87</td>
<td>27</td>
<td>235</td>
</tr>
<tr>
<td>Men ((n=278))</td>
<td>Non-smoking or quit smoking</td>
<td>145</td>
<td>52.2</td>
<td>133</td>
</tr>
</tbody>
</table>

- The smoke cessation percentage of women was statistically significantly higher than men \((p=0.006)\).
RESULTS

- Tobacco products except cigarette were;
  - mostly used by men,
  - people younger than the age of 35,
  - with high educational level.

- Water pipe was the most popular of this group.
70.7% of active smokers were thinking about quitting.

Only 12.8% of participants who tried to quit had admitted cessation therapy.

Scientifically proved methods were chosen with the percentage of 53.8%.
93.9% of active smokers were using cigarette at home.

Participants having children younger than 18 age were using tobacco products at home with the rate of 42.6% and 39.3% of parents with children < 5 age were smoking at home.

41% of home-smoking participants smoke only inside the house, 49% smoke only outside part of the house, and 10% smoke at both.
Non-smokers were exposed to SHS at home; 34.1%, at vehicles: 23%, at work: 14.4%.

SHS of non-smokers at home: 35% Yes, 65% No
SHS of non-smokers at vehicles: 77% Yes, 23% No
SHS of non-smokers at work: 86% Yes, 14% No
RESULTS

- 98% of all participants were aware of the law.
- 91.5% of them were supporting it.
- The law support of women (95.3%) was statistically significantly higher than men (88.5%) (p=0.002).
RESULTS

- 42% of participants who succeeded in quitting had managed it after the ban.

- 36.6% of active smokers started to think about quitting also after law in force.

- 26% of active smokers reduced the number of cigarettes per day after the law.

- The number of cigarettes smoking in one day was reduced by 3.19 cigarettes per day.

- Restriction of areas, rise of prices and effects of second hand smoke were the most popular reasons of reducing or quitting smoking after the law.
The frequency of going to closed public areas did not change in the big part of participants 62.2%; it was increased in 27% and decreased in 10.8% of participants.
RESULTS

- The rate of violation of the ban was 32.3% which was higher in men and people with high NDL.

- Only 21.3% of violators were warned.

- 96.4% of supporters of the law was finding law successful and sufficient.

- But most participants dedicated that improvements about law should be performed.
DISCUSSION

- The frequency of smoking was higher than Turkey’s average in İzmir, in both men and women (our study: 39%, Turkey: 31.3%).

- The mean age of starting smoking was below the age of 18.

- The cigarette companies have developed new marketing campaigns for reaching and influencing women and under age of 18.

- New strategies must have been planned against these campaigns.

The Ministry Of Health Of Turkey, Global Adult Tobacco Survey, Turkey Report 2010
DISCUSSION

- Use of tobacco products except cigarette may be an emerging problem particularly in youngers

- Especially, the popularity in water pipe smoking influence non-smokers to start and encourage smokers to continue

- It is important to develop prevention, cessation and policy interventions to prevent the use of these tobacco products.
DISCUSSION

- A big amount of participants were thinking about quitting (71%)
- They also want medical help about quitting (67.1%)
- These facts suggest that, with a correct manipulation of people, smoking cessation clinics may be more effective
DISCUSSION

- One-third of participants start to think about quitting after the ban

- Nearly half of participants that quitted smoking did it after the law

- The number of cigarette per day and rate of smoking reduced after the ban

- These results show the success of the law
DISCUSSION

- Second hand smoke has reduced mostly in public areas with ban

- However, children and non-smoking people still expose to second hand smoke

- Law must be enlarged to prevent SHS at private areas such as houses, vehicles and workplaces
CONCLUSION

- As a result; the ban encouraged smokers to quit and reduced SHS at public areas.

- We believe that paying more attention for law sanction and extending the borders of law and reviewing the ban, will make our country more smoke free from now.
THANK YOU FOR YOUR ATTENTION!!!