

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

**Pakize Ayşe Turan<sup>1</sup>, Gül Ergör<sup>2</sup>, Muzaffer Onur Turan<sup>1</sup>,  
Sinem Doğanay<sup>2</sup>, Oğuz Kılınç<sup>1</sup>**

**Dokuz Eylül University, Faculty of Medicine  
Chest Diseases<sup>1</sup>, Public Health<sup>2</sup> Departments**

# AIM

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.

# MATERIAL AND METHODS

- 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.

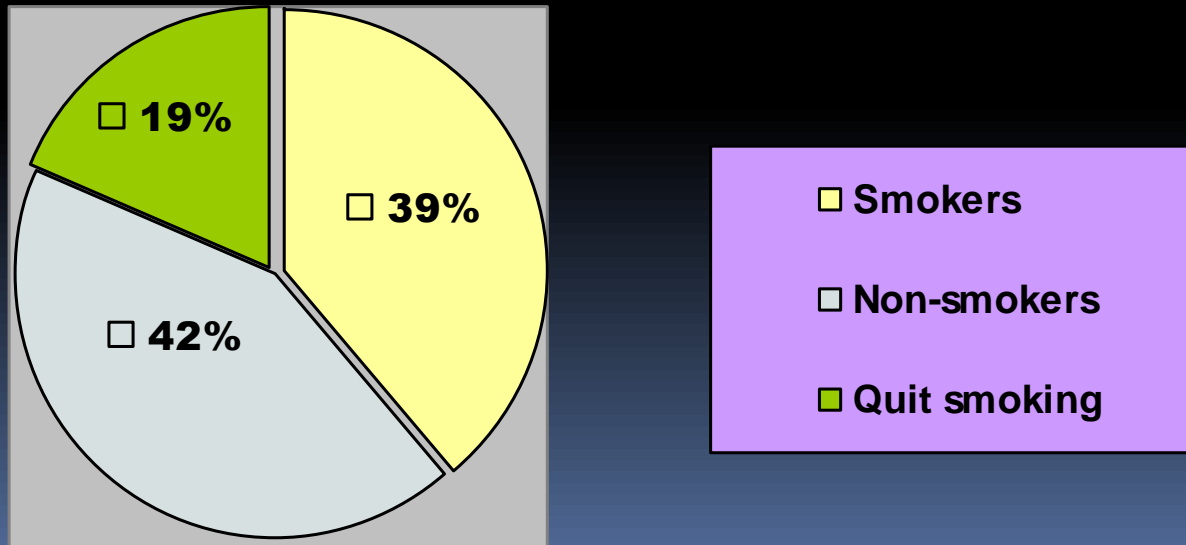
# MATERIAL AND METHODS

## 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  $41,5 \pm 15,6$ .
- 232 were smoking (39%), 257 were never smoked (42%) and 111 quited 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).

| Gender         | Smoking status  |      |                             |      | p      |
|----------------|-----------------|------|-----------------------------|------|--------|
|                | Ongoing smoking |      | Non-smoking or quit smoking |      |        |
|                | n               | %    | n                           | %    |        |
| Women (n =322) | 87              | 27   | 235                         | 73   | 0,0001 |
| Men (n =278)   | 145             | 52,2 | 133                         | 47,8 |        |

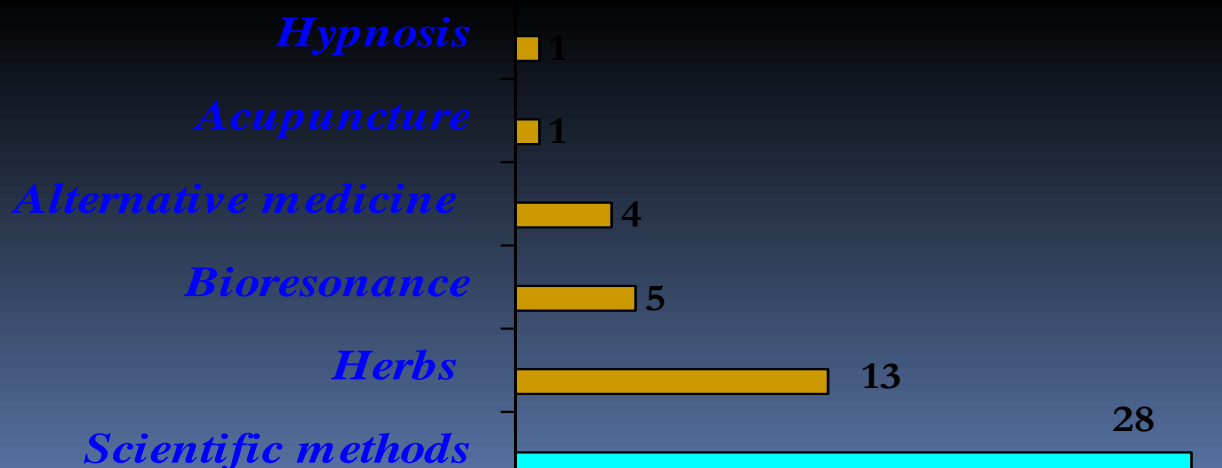
- The smoke cessation percentage of women was statistically significantly higher than men ( $p=0.006$ ).

# 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.

# RESULTS

- 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%.

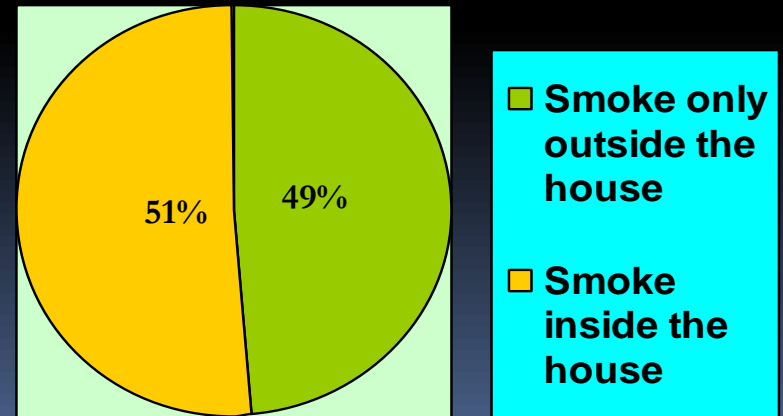




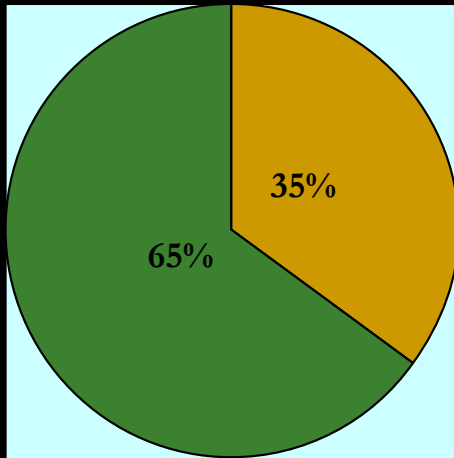
# RESULTS

- 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.

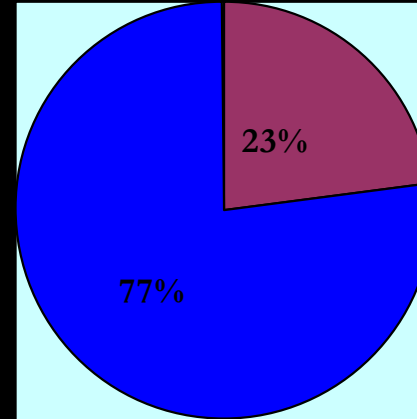
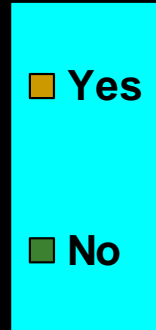
- 41 % of home-smoking participants smoke only inside the house, 49% smoke only outside part of the house, and 10 % smoke at both.



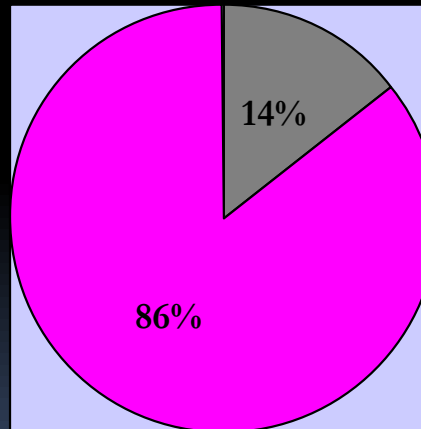
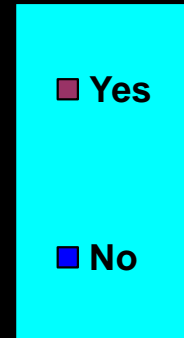
# RESULTS



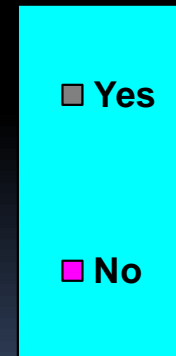
SHS of non-smokers at home



SHS of non-smokers at vehicles



SHS of non-smokers at work



Non-smokers were exposed to SHS at home; 34.1%, at vehicles:23%, at work:14.4%.

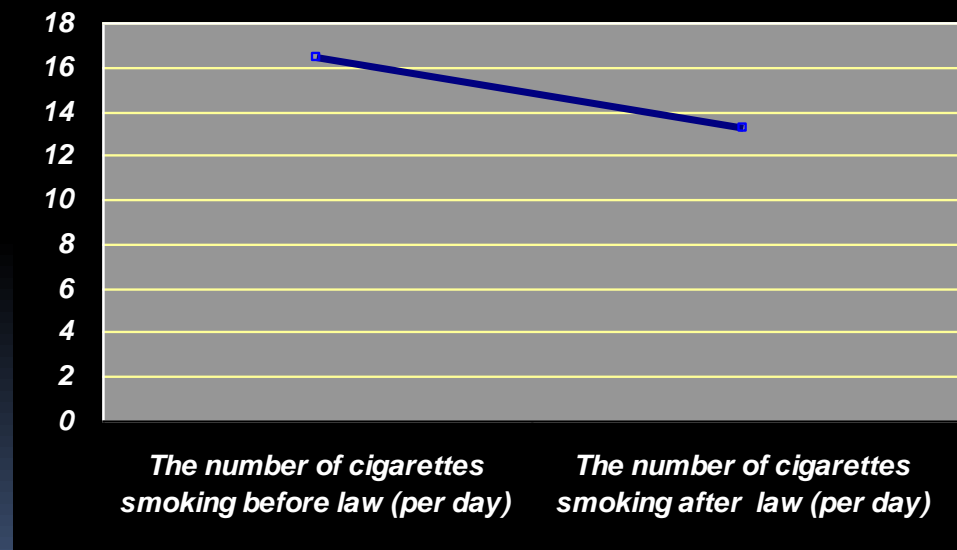
# RESULTS

- 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.

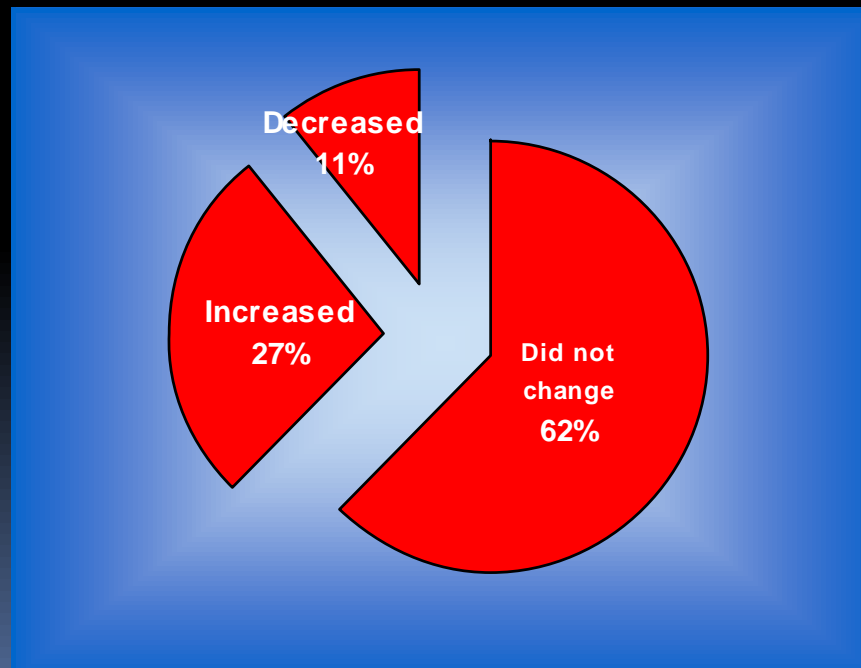
- The number of cigarettes smoking in one day was reduced by 3.19 cigarettes per day.



- 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.

# RESULTS

- 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 Ministry Of Health Of Turkey, Global Adult Tobacco Survey, Turkey Report 2010

- 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

# DISCUSSION

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