

Family smoking, home smoking ban and morning and heavier smoking in adolescent smokers



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Background

- Family smoking is associated with morning smoking and heavier smoking in adolescent smokers.
- It is unclear, however, whether such unfavourable association can be attenuated by home smoking ban.

Objectives

We investigated the association of the number of co-residing smokers with morning and heavier smoking in Hong Kong adolescent smokers with and without home smoking ban.

Methods

Study design

- Cross-sectional survey
- 75 randomly selected schools in Hong Kong
- Secondary 1 – 6 students
- Self-administered anonymous questionnaire

Measurements

- Morning smoking (Yes vs No)
 - smoking or wanting to smoke first thing in the morning
- Heavier smoking (Continuous variable)
 - the number of cigarettes consumed per day
- Current smoking (Yes vs No)
 - smoking in the past 30 days
- Home smoking ban (Yes vs No)
- Number of co-residing smokers (0/1/2 or more)
- Socio-demographic characteristics
 - Age
 - Sex
 - Highest parental education
 - Housing type

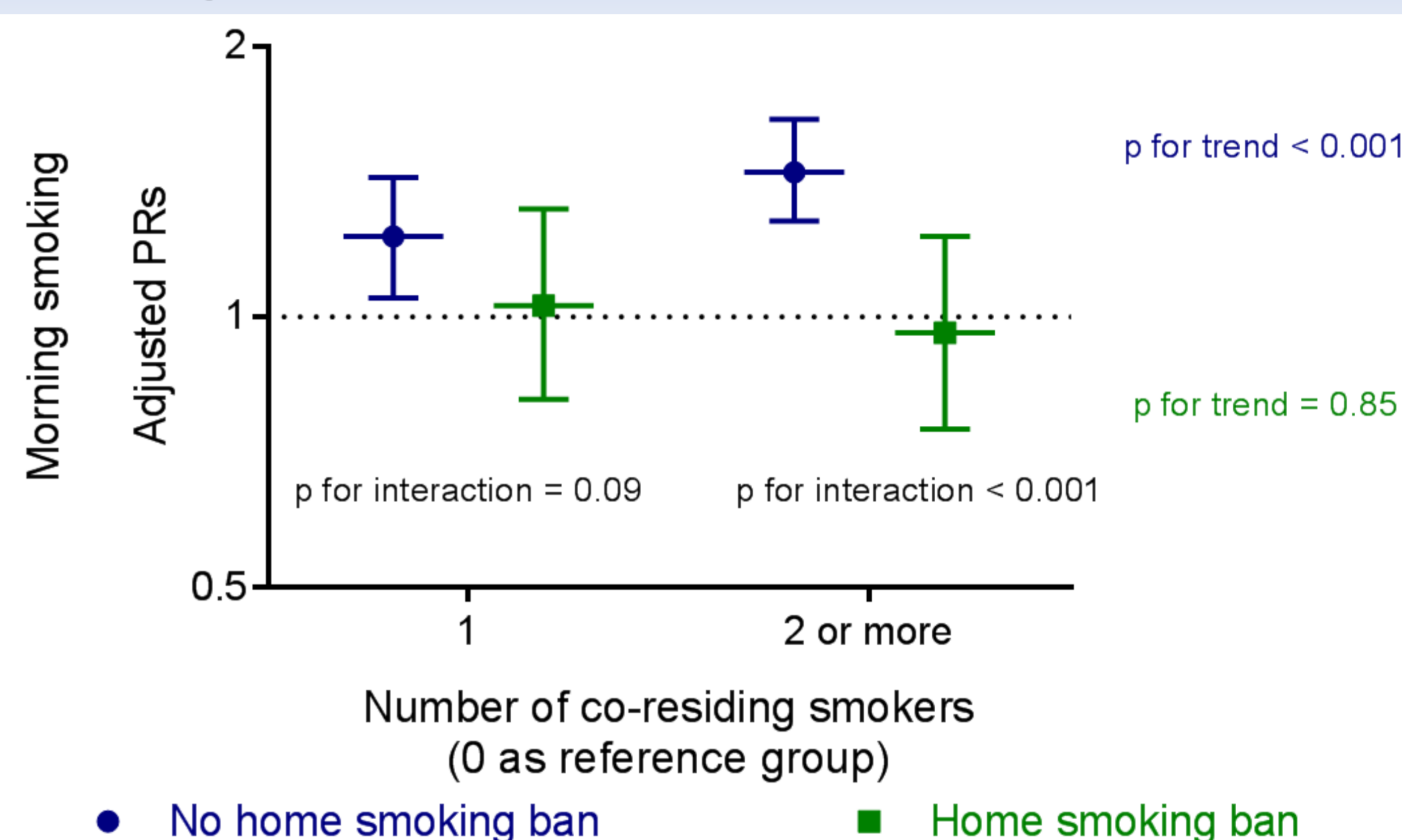
Statistical analysis

- Regression analysis produced :
 - adjusted prevalence ratios (PRs) for morning smoking &
 - adjusted β -coefficients for heavier smoking with adjustment of age, sex, highest parental education, housing type and school clustering.
- The analysis was conducted in current smokers with and without home smoking ban separately.

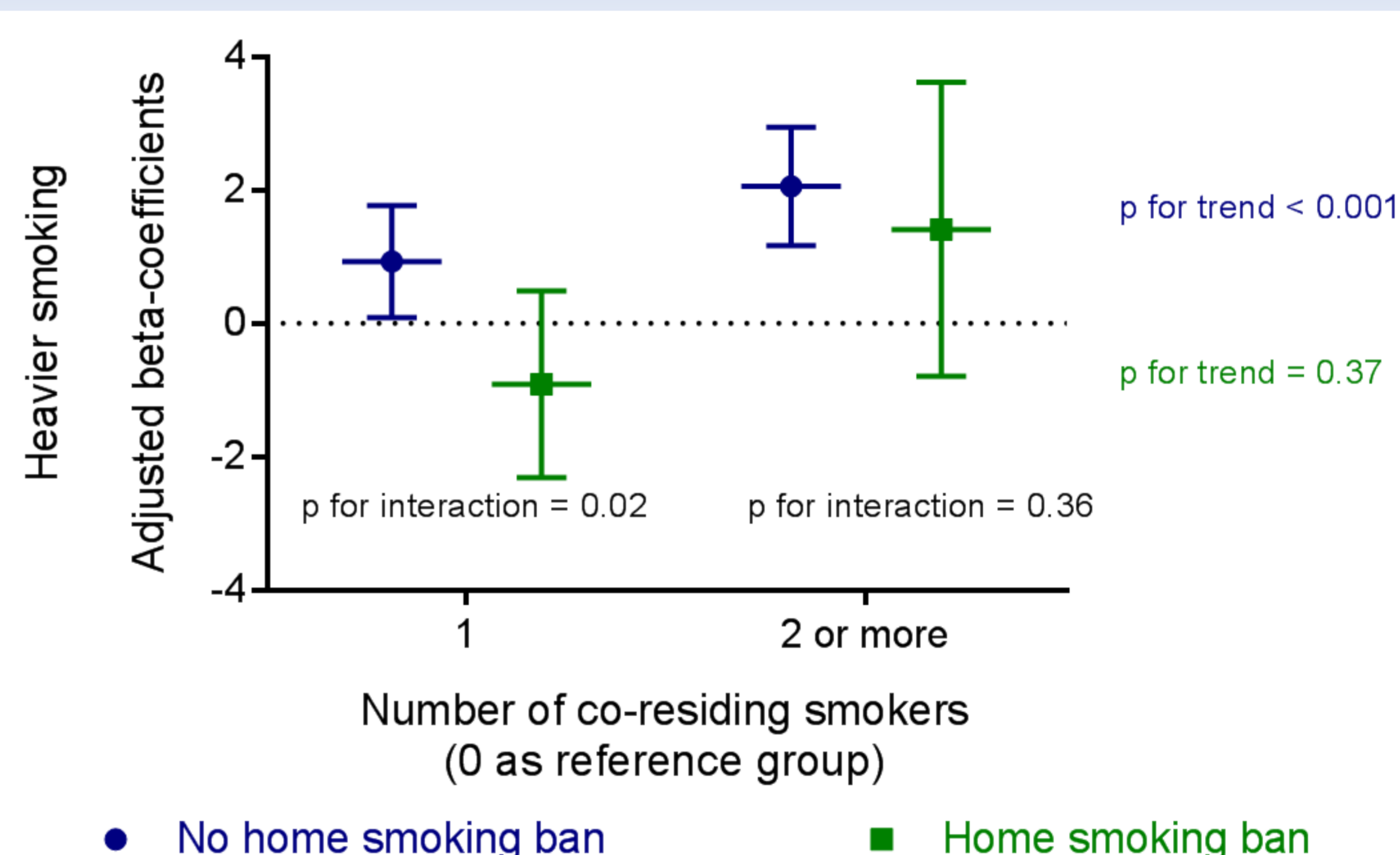
Results

- 1694 current smokers (mean age 15.8, SD 1.8; 61.5% boys) was analysed.
- Of the current smokers:
 - 21.4 % had home smoking ban
 - 26.4%, 33.5%, 40.1% lived with no, one and two or more co-residing smokers, respectively
 - 61.6% reported morning smoking
 - the average number of cigarettes consumed per day was 7.1

Key message 1: Home smoking ban protects against morning smoking associated with co-residing smokers



Key message 2: Home smoking ban protects against heavier smoking associated with co-residing smokers



Conclusions

- Family smoking was significantly associated with morning and heavier smoking in Hong Kong adolescent smokers only in the absence of a home smoking ban.
- Establishing a home smoking ban may reduce morning and heavier smoking in adolescent smokers who live with other smokers.

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