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# Patterns of smoking prevalence and attitudes in Poland: GATS Poland 2009-2010

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and the  
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# Global Adult Tobacco Survey

- GATS was launched in February 2007 as a new component of the ongoing Global Tobacco Surveillance System (GTSS). The GATS enables countries to collect data on adult tobacco use and key tobacco control measures. Results from the GATS assist countries in the formulation, tracking and implementation of effective tobacco control interventions, and countries are able to compare results of their survey with results from other countries.
- Initially, the GATS will be established in the following 16 low- and middle-income countries where more than half of the world's smokers live and that bear the highest burden of tobacco use: Bangladesh, Brazil, China, Egypt, India, Indonesia, Mexico, Pakistan, Philippines, Poland, Russian Federation, Thailand, Turkey, Ukraine, Uruguay and Viet Nam.



# GATS Poland, 2009-2010

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# GATS Poland Methodology

- Nationally representative household survey of persons 15 years of age and older, conducted between November 2009 and March 2010
- Multi-stage, geographically clustered sample design
  - 14,000 households sampled from the Polish Central Statistical Office household address database
  - One individual randomly chosen from each participating household
- 7,840 completed interviews
- Overall response rate of 65,1%



# GATS Poland Methodology

- Standardized, country-adjusted questionnaire collecting information on:
  - Respondent's background characteristics
  - Tobacco use (smoking and smokeless)
  - Cessation
  - Second-hand smoke
  - Economics of tobacco smoking
  - Media information on smoking
  - Attitudes and perceptions towards tobacco use and tobacco control policies
- Survey information collected using handheld computer devices in face-to-face interviews

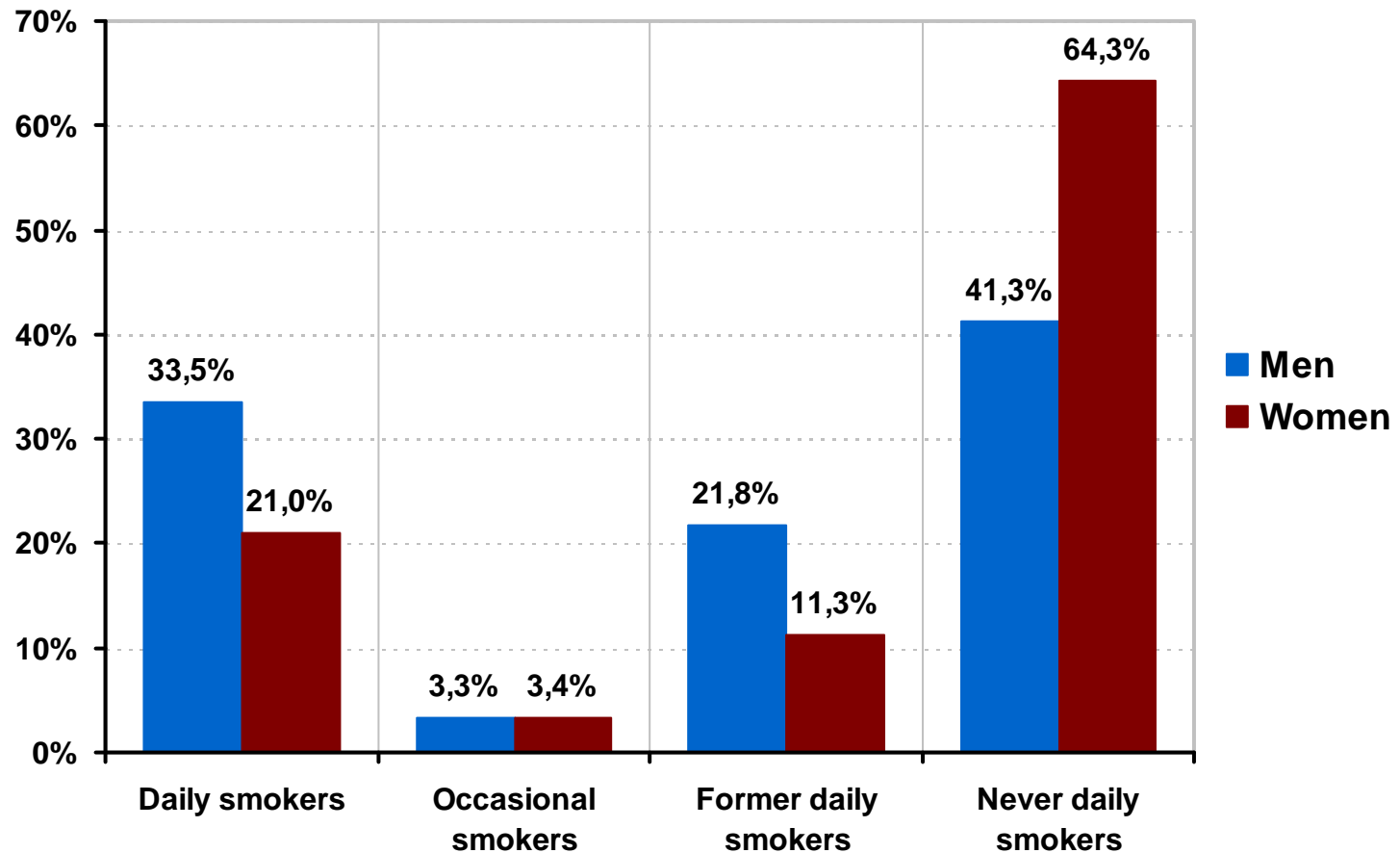


# Selected GATS Poland Highlights

## Prevalence of Tobacco smoking



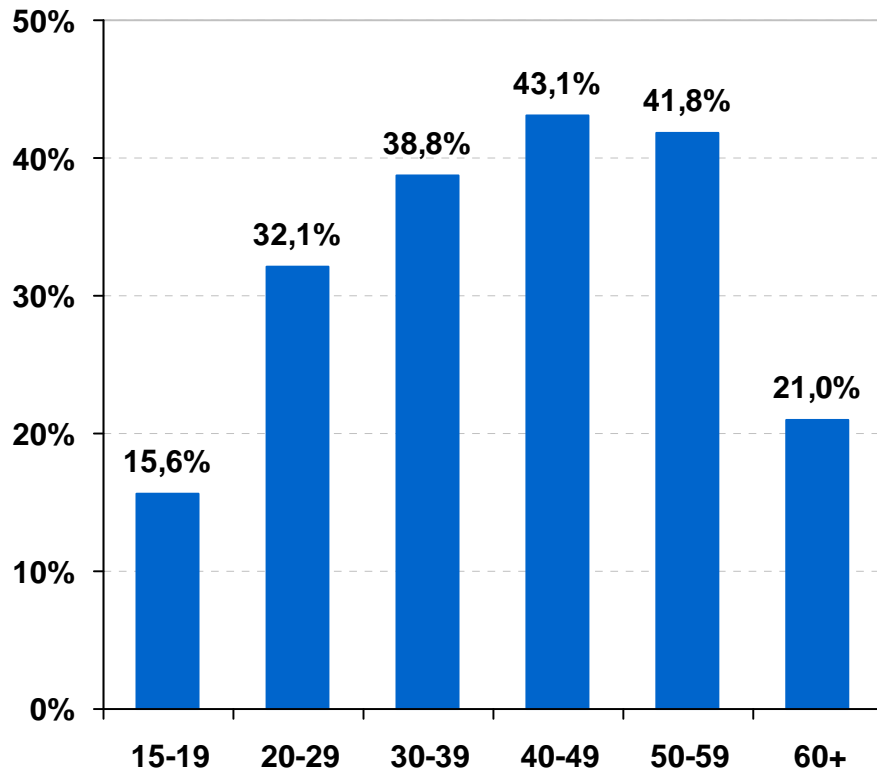
## Patterns of tobacco smoking by gender



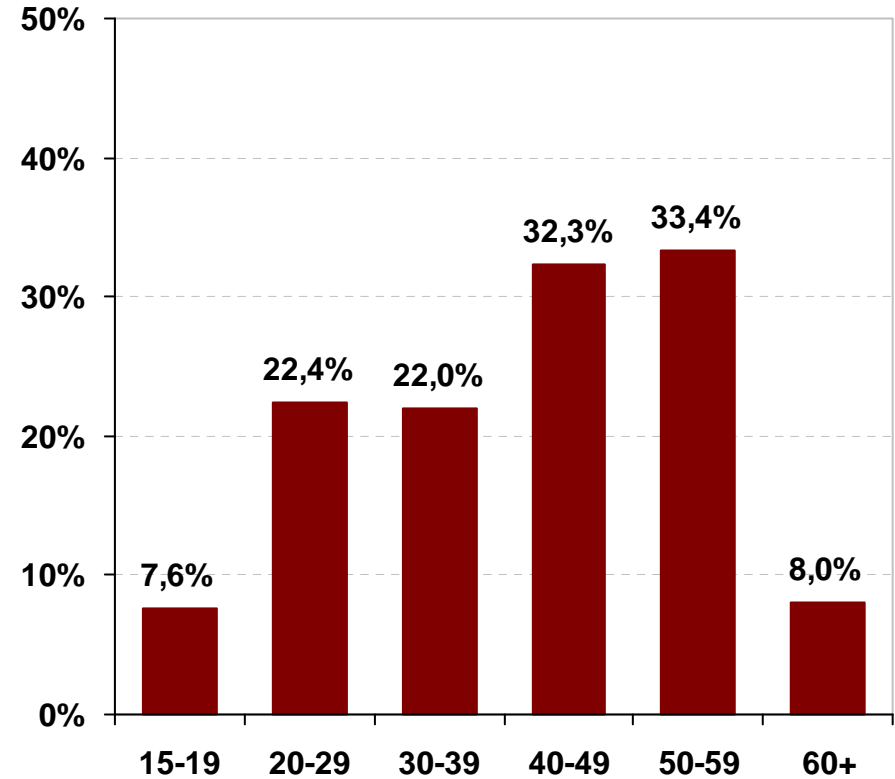


## Prevalence of daily smoking by age

Men

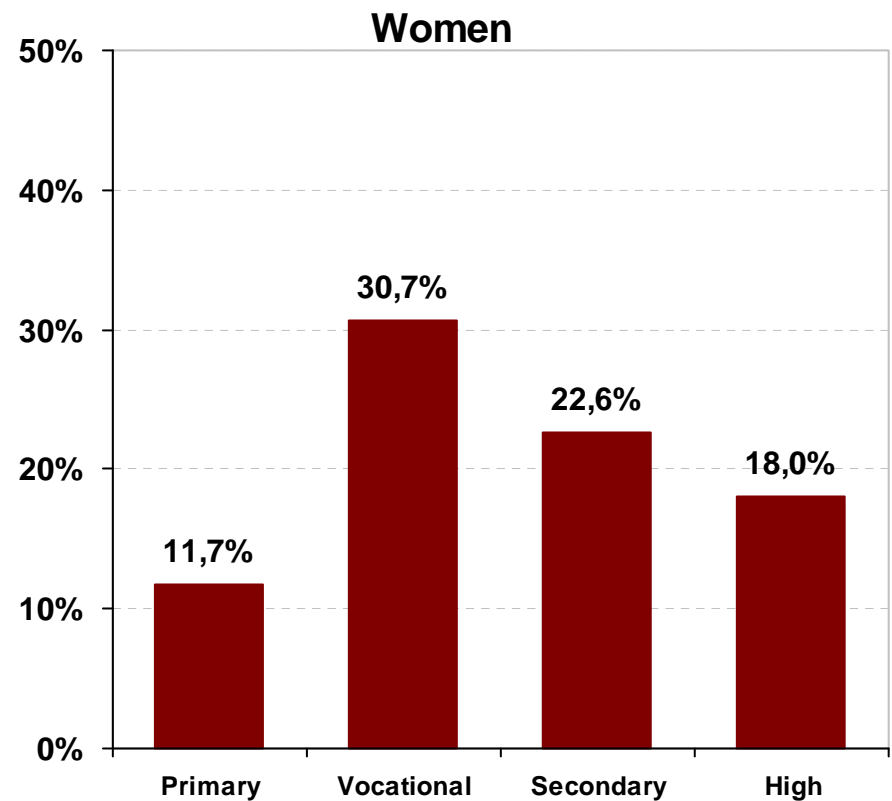
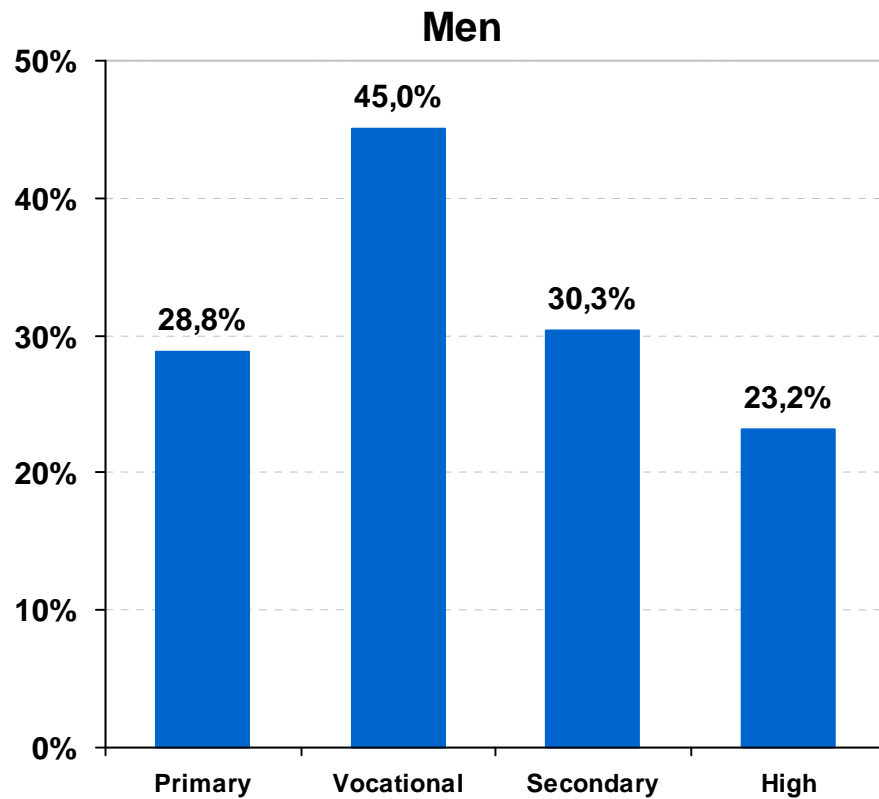


Women





## Prevalence of daily smoking by level of education





- At present, approx. **8,7 million** of adults aged 15+ are daily smokers (**5,2 million** of men **3,5 million** of women)
- Among those who smoke tobacco, manufactured cigarettes are the most commonly used product (**93,2%**)
- On average, daily smokers smoke **17** cigarettes a day (men: **18**, women: **16**)
- On average, ever daily smokers (current and past) have smoked tobacco for over **22** years.
- **0,5%** of adult Poles declares using smokeless tobacco



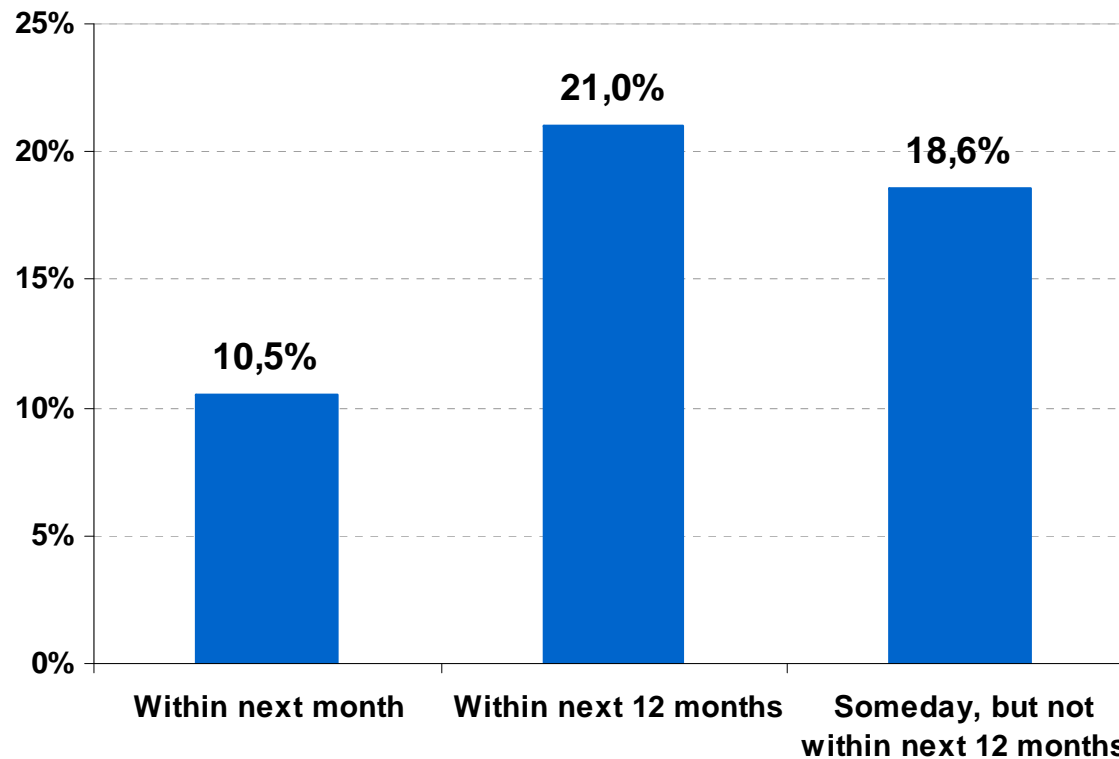
# Selected GATS Poland Highlights

## Smoking cessation



## 50% of current smokers are thinking about quitting smoking

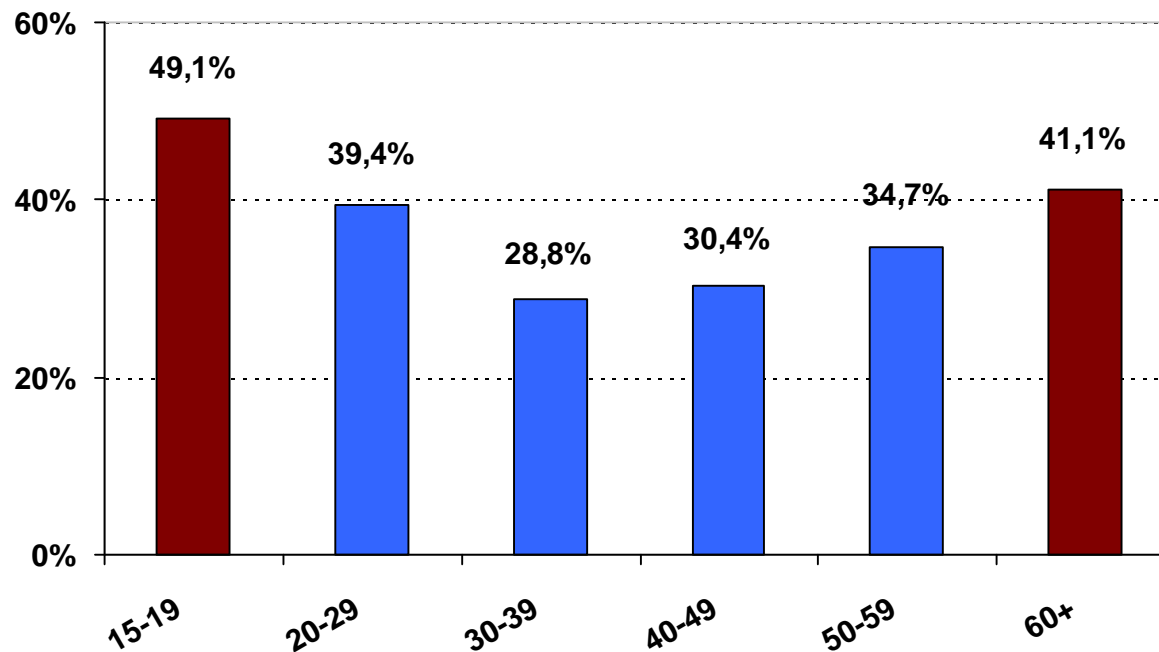
Interest in quitting smoking





## 35,1% of smokers\* have attempted to quit within last 12 months

Quit attempts by age



Highest percentages of smokers\* who made a quit attempt was determined among the youngest (15-19 years of age) and oldest (aged 60+) respondents

\*Current smokers and former smokers who have been abstinent for less than 12 months



- The proportion of former daily smokers among ever daily smokers (Quit ratio) is: **36,5%**
- **39%** of current smokers are not interested in quitting
- **57,2%** of smokers who made an attempt to quit were asked if they smoke by Health Care Provider. **41,8%** of those asked were advised to quit.
- Among those smokers, who tried to quit, pharmacotherapy turned out to be the most popular cessation method (**25,2%**). Only **3,5%** used counseling (advice)

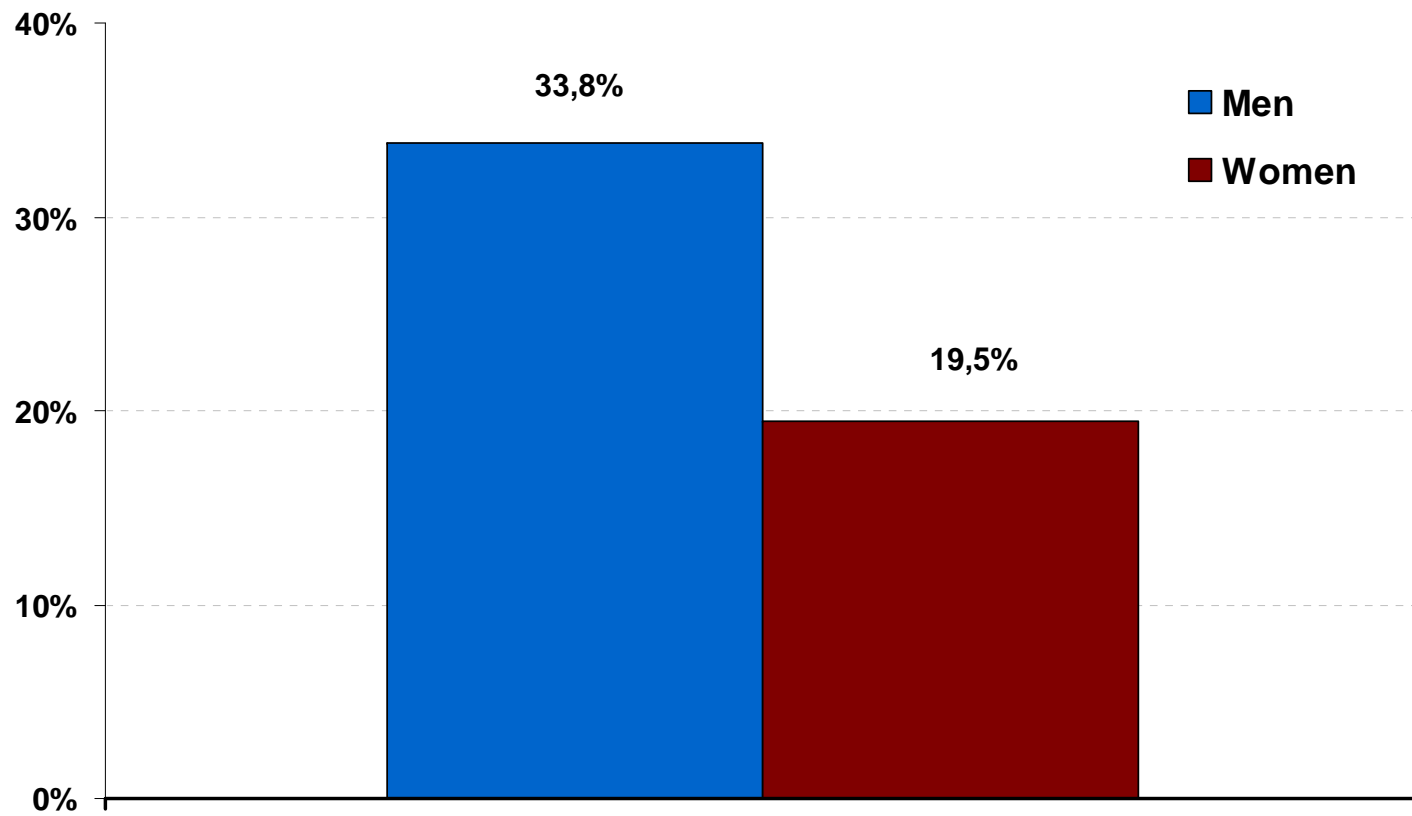


# Selected GATS Poland Highlights

## Second-hand smoke



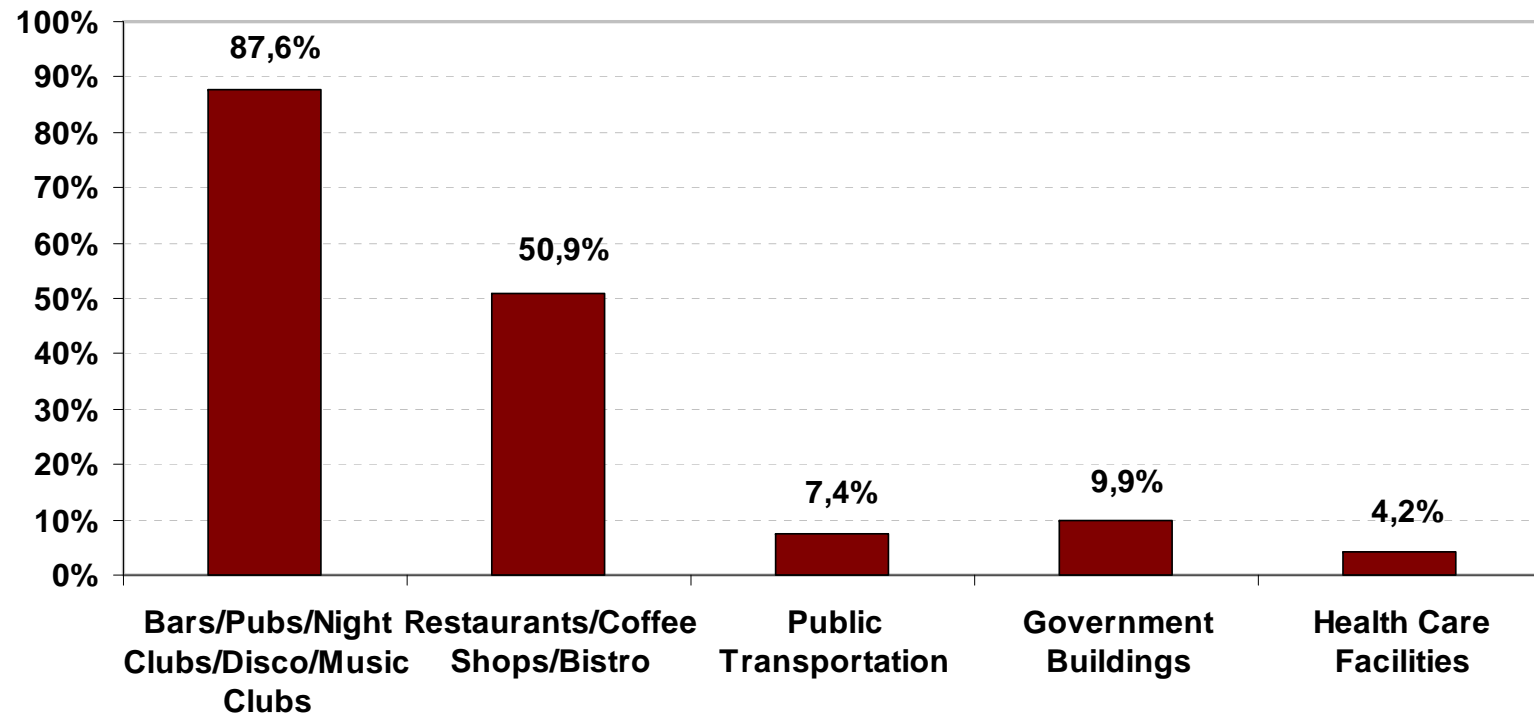
## Second-hand smoke exposure at the workplace among non-smokers<sup>1</sup>



<sup>1</sup> Percentage of respondents exposed to tobacco smoke at least once in the past 30 days. Among those respondents who work outside of the home who usually work indoors or both indoors and outdoors.



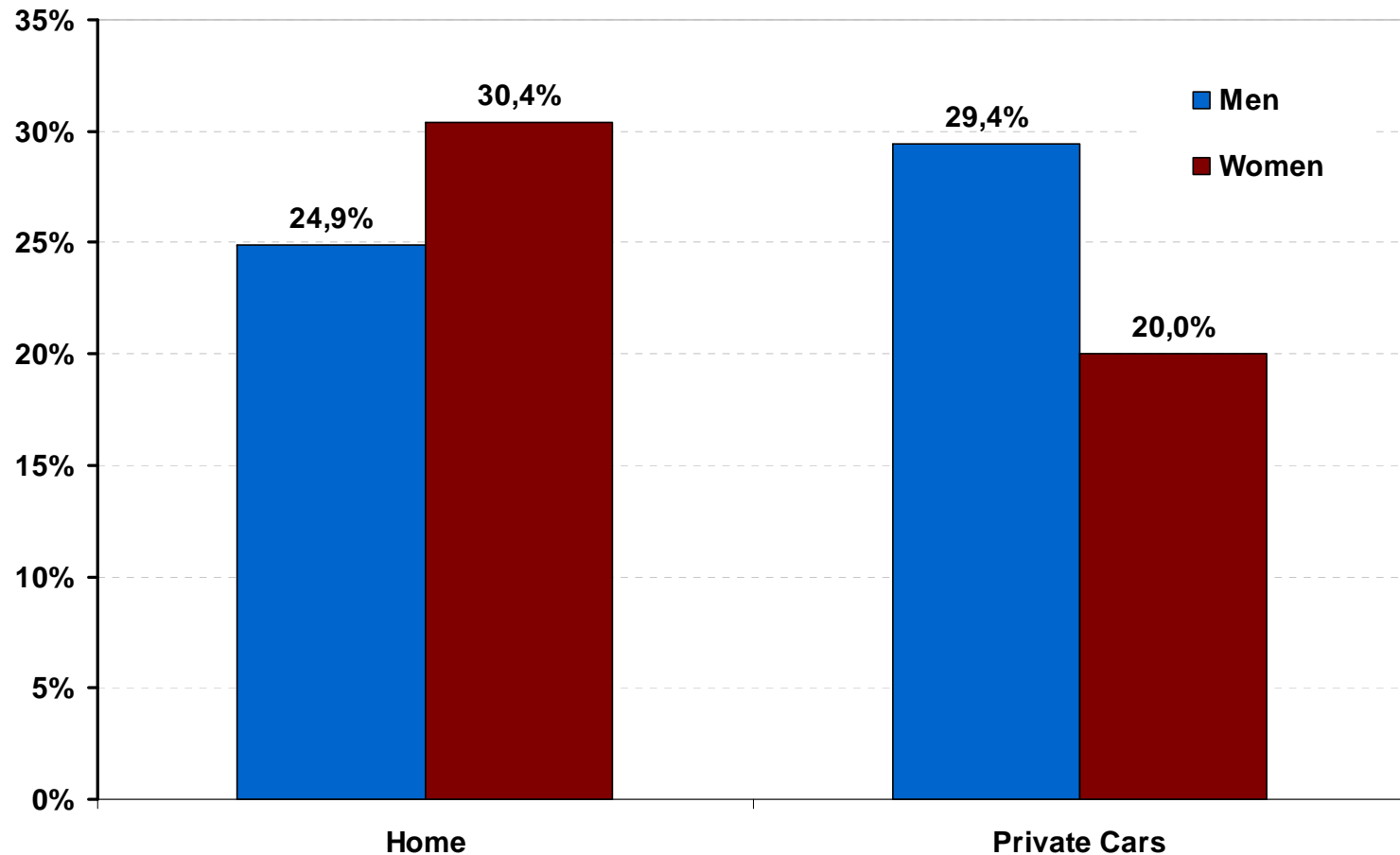
## Percentage of non-smokers exposed to tobacco smoke in various public places<sup>1</sup>



<sup>1</sup> Among those that visited the place in the last 30 days.



## Non-smokers exposure to tobacco smoke at home and in private cars<sup>1</sup>



<sup>1</sup> Adults reporting that smoking inside home occurs at least monthly and those who were exposed to smoking inside private cars during last 30 days

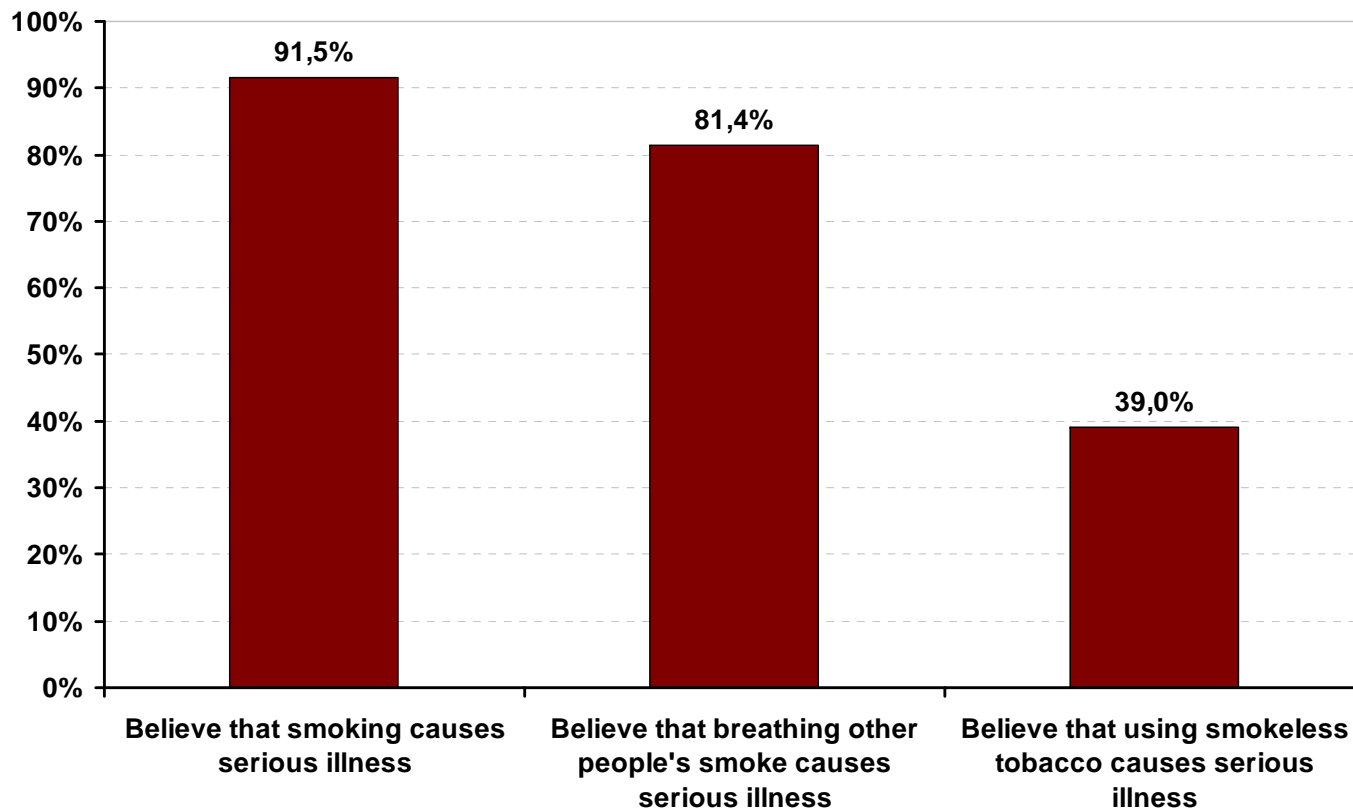


# Selected GATS Poland Highlights

## Knowledge, Attitudes & Perceptions



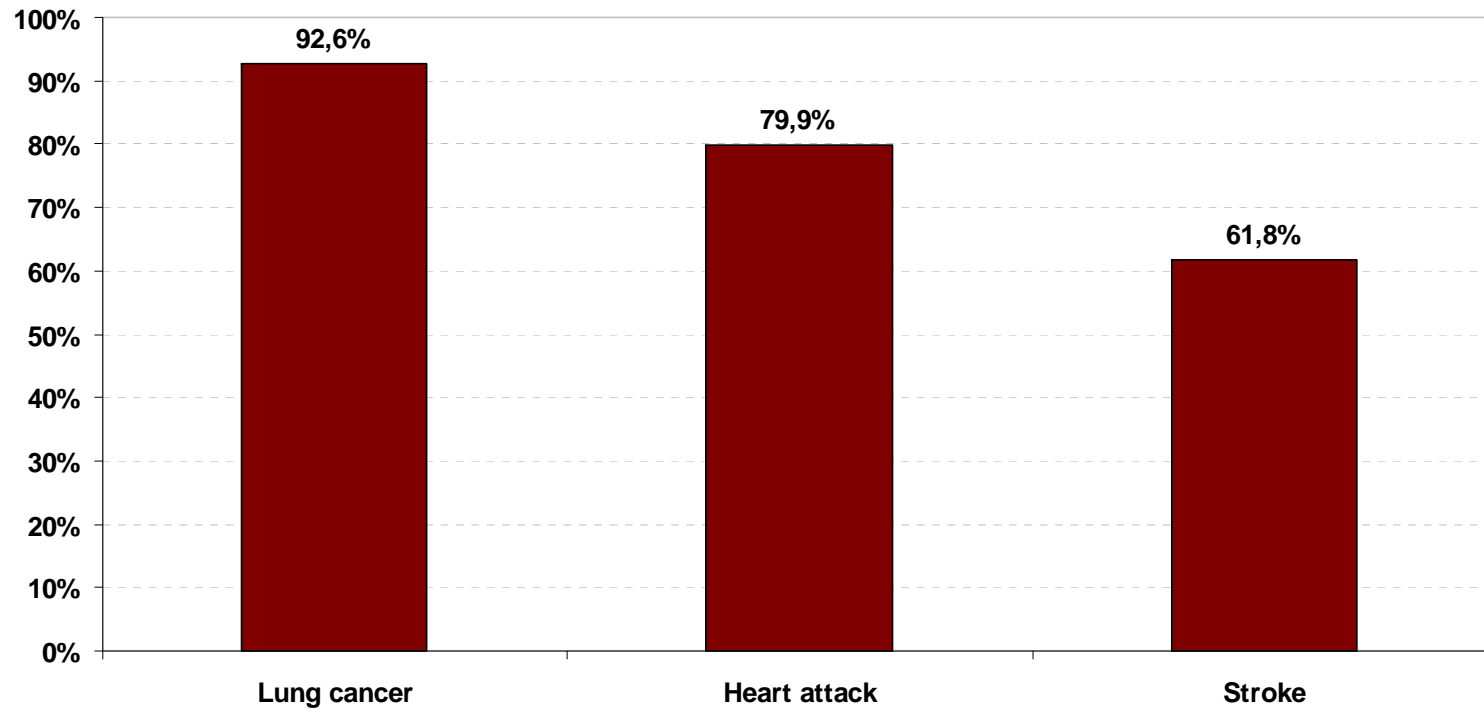
## Knowledge on health consequences of tobacco use





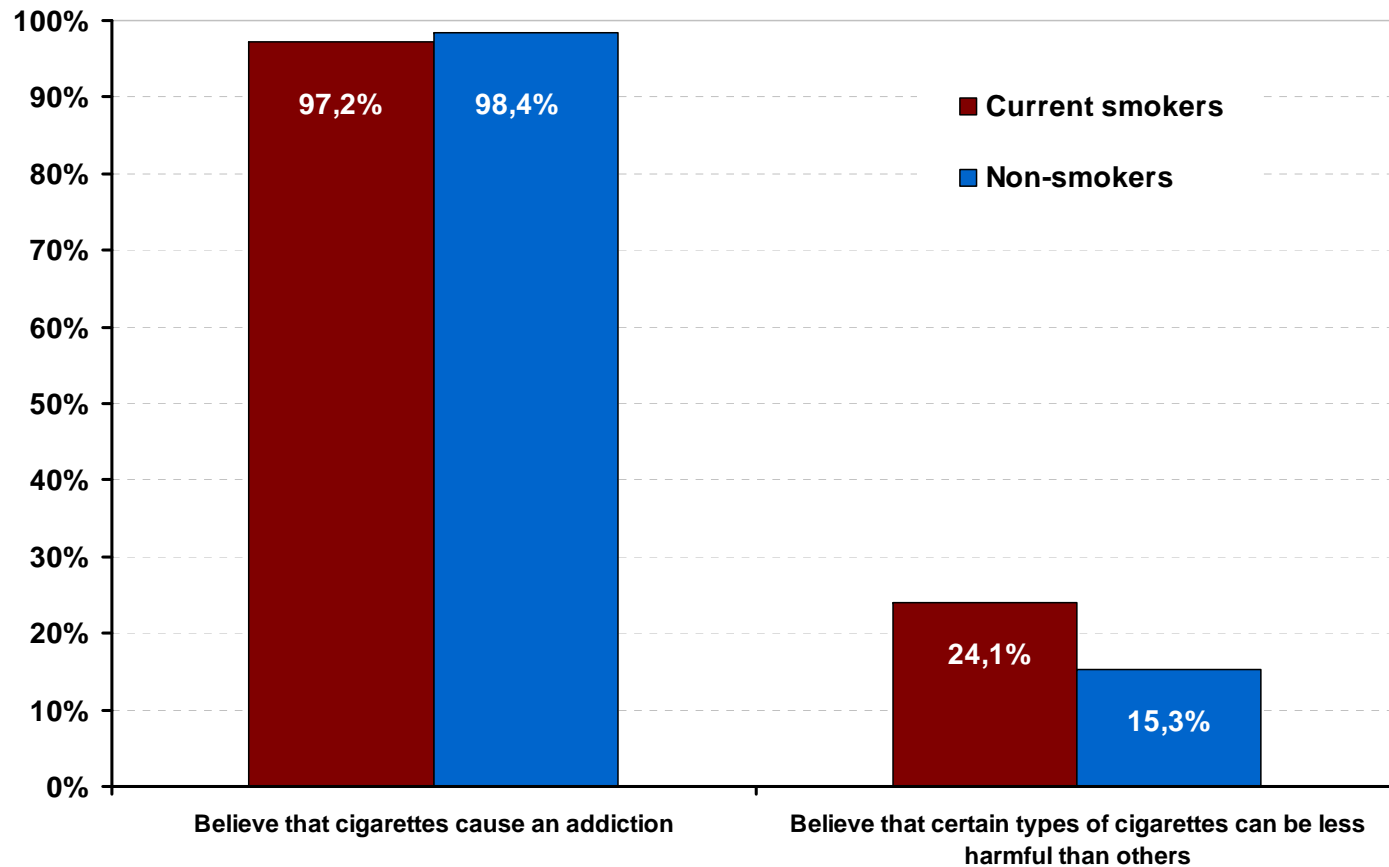
## Opinions on harmfulness of tobacco smoking

Percentage of adults who believe that smoking causes...



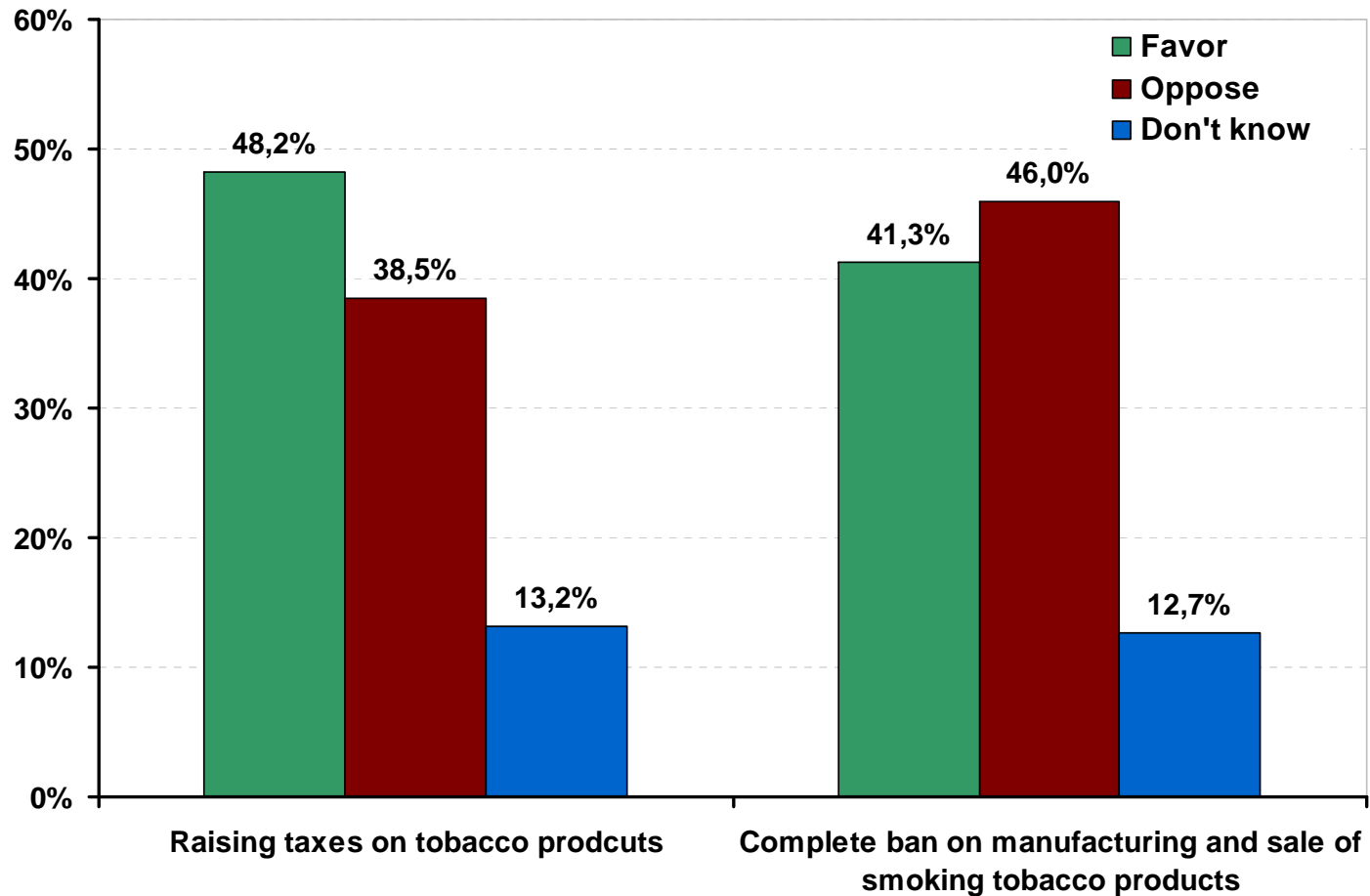


## Opinions on harmfulness of cigarettes



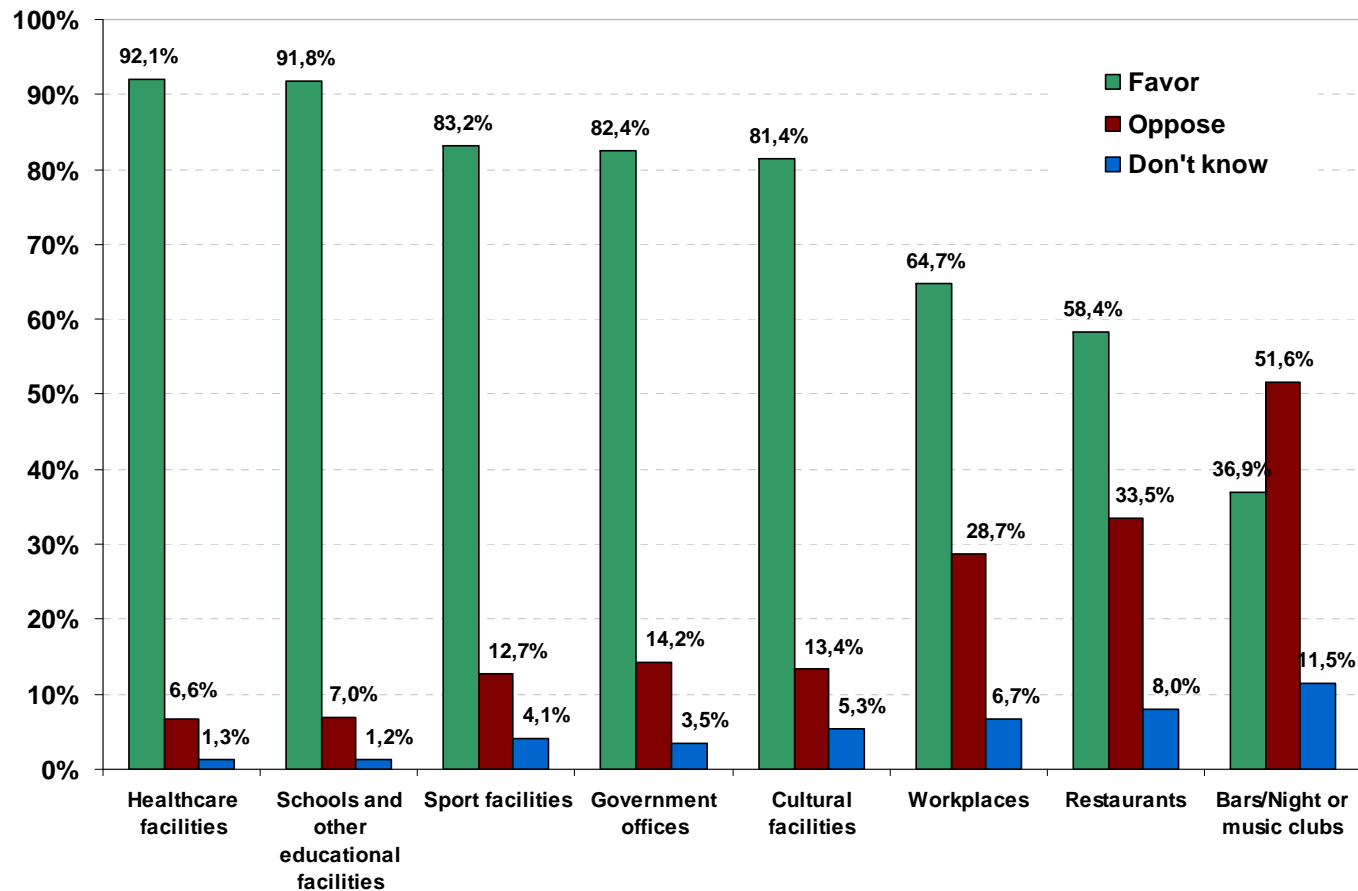


## Opinions on supporting various tobacco control measures





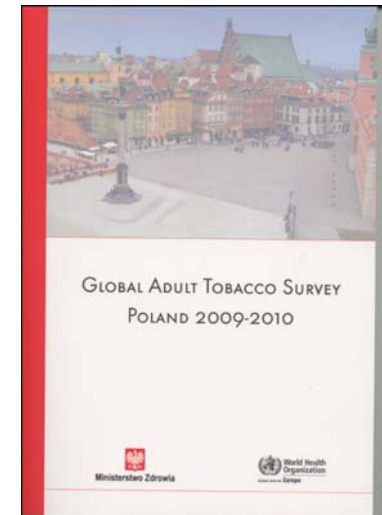
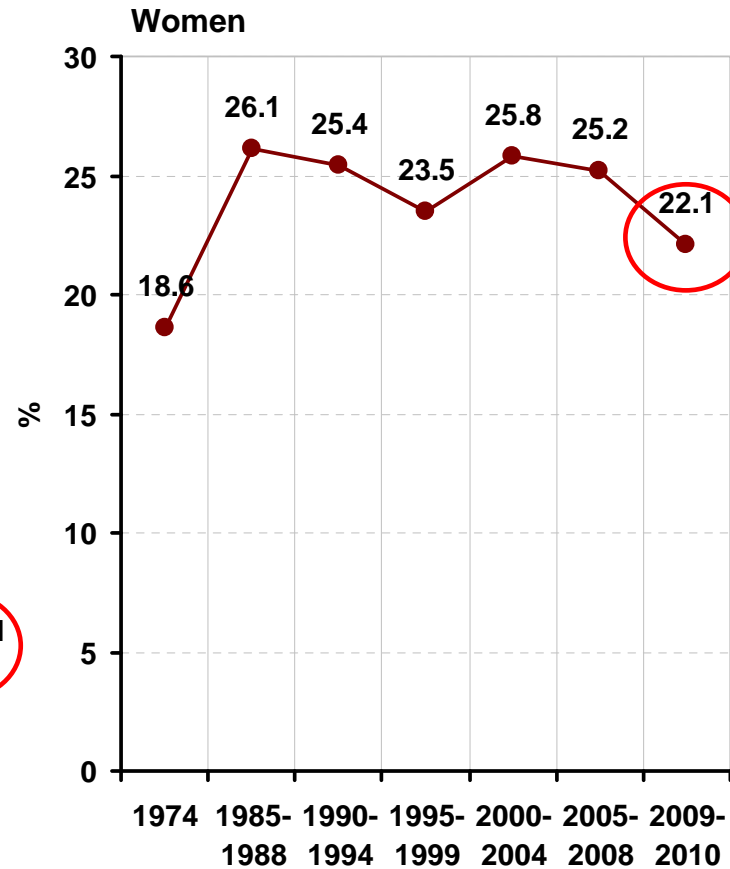
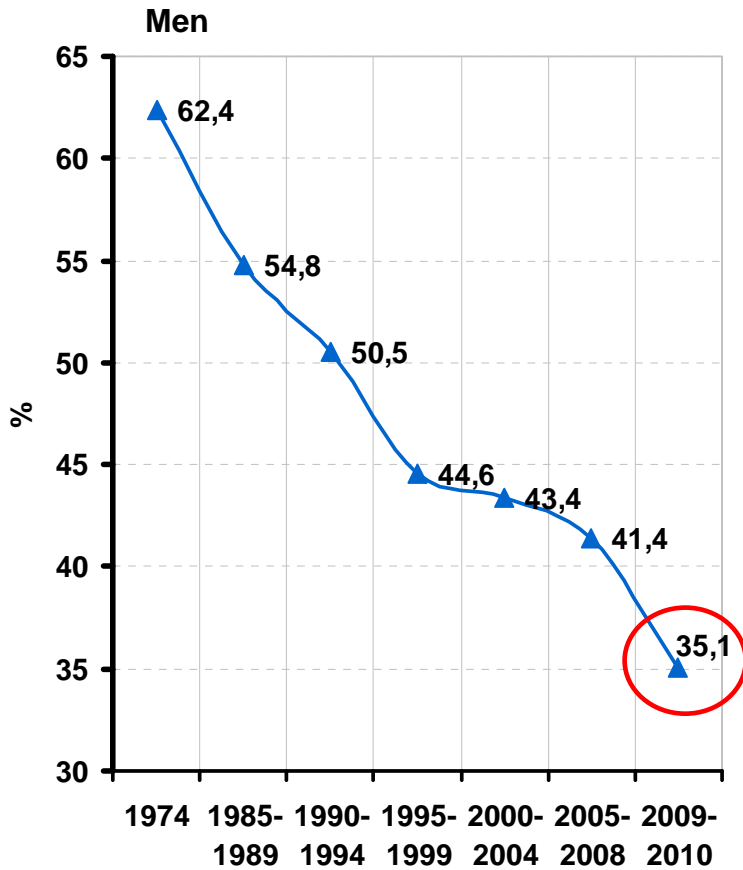
## Attitudes towards complete ban of smoking in various public places





# Smoking in Poland: Comparison of GATS with previous Polish surveys

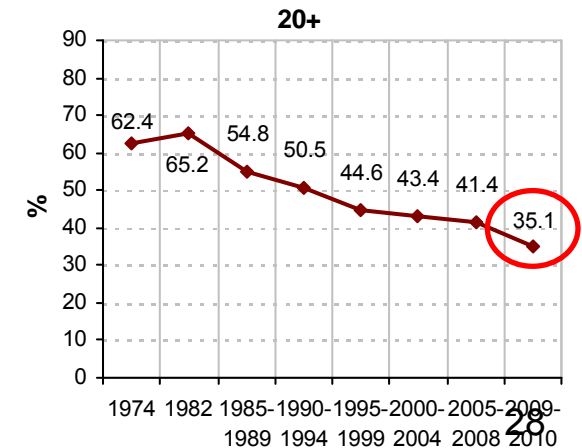
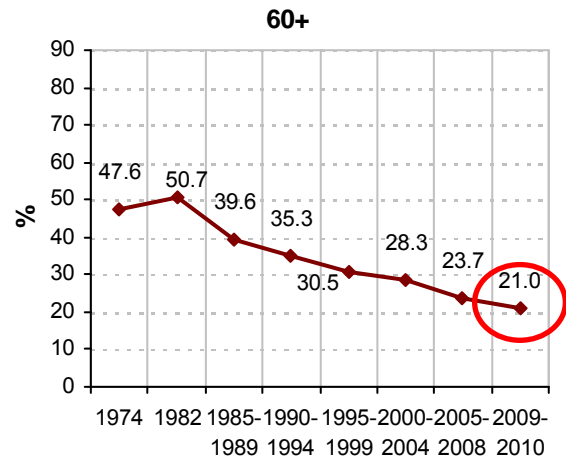
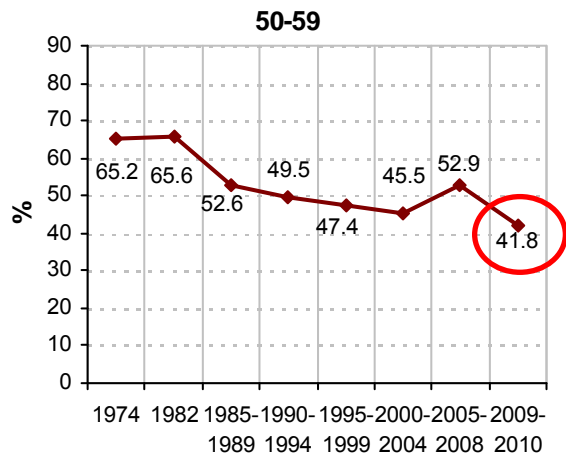
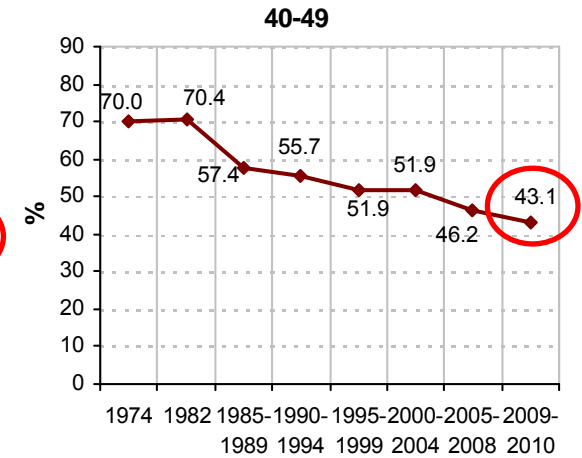
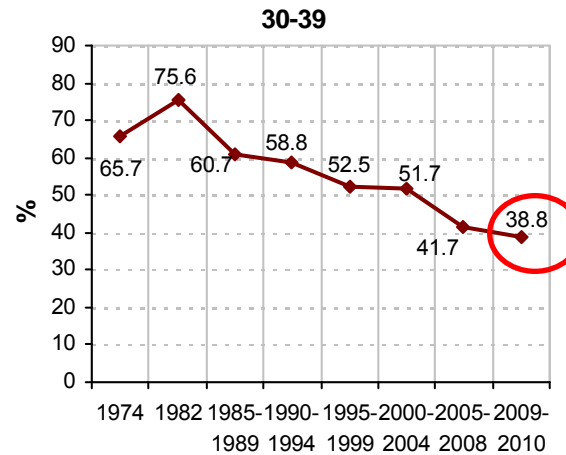
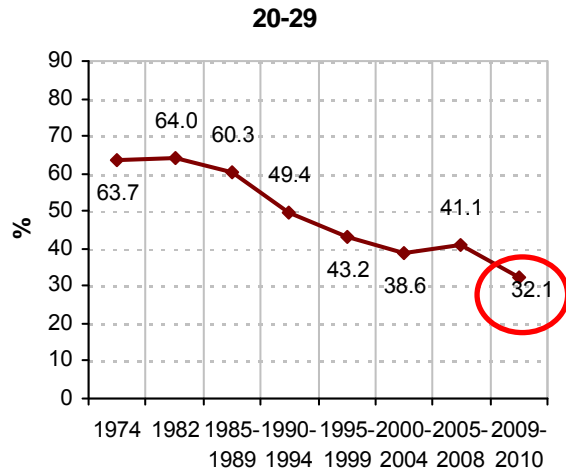
# Daily smoking in Poland (adults aged 20+), 1974-2010



Sources: The Maria Skłodowska-Curie Cancer Center and Institute of Oncology (1974-2008), GATS Poland (2009-2010)

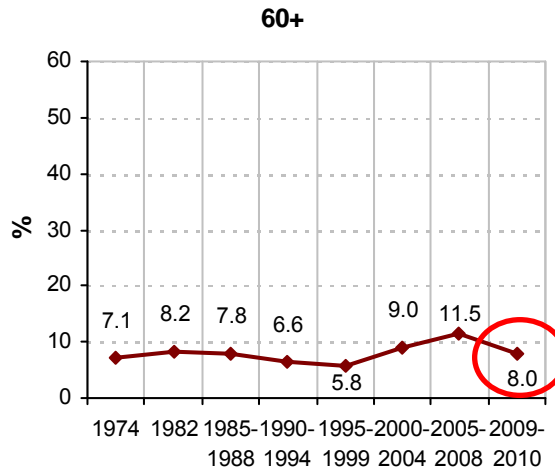
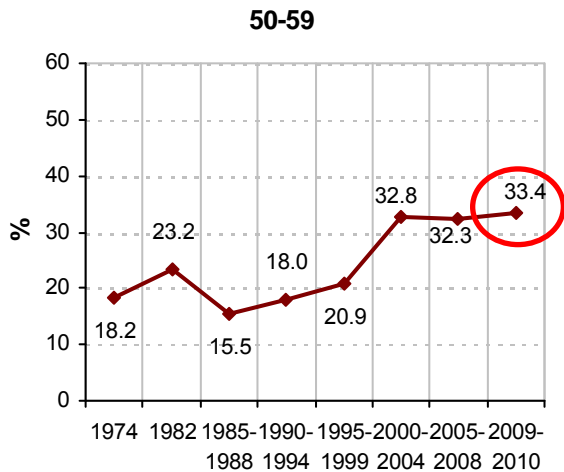
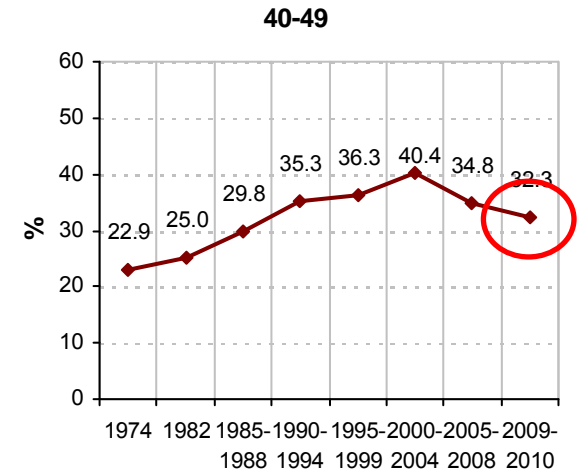
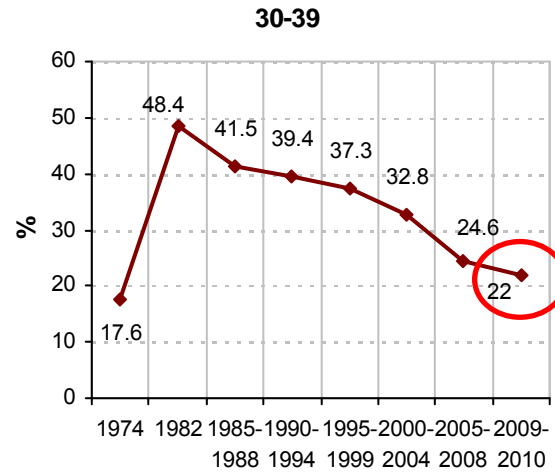
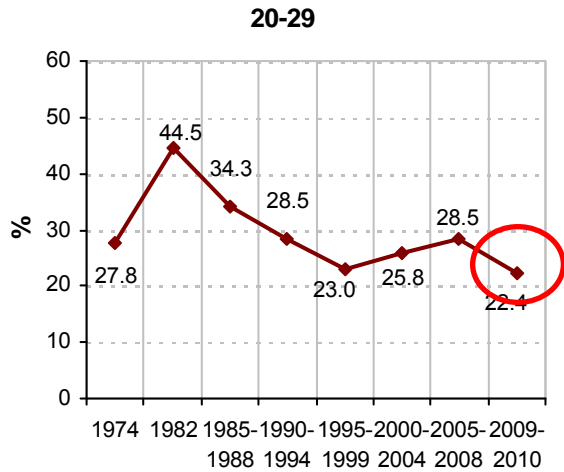


# Daily smoking in Poland by age, men (1974-2010)





# Daily smoking in Poland by age, women (1974-2010)





# Conclusions



- GATS Poland results confirm observations made over last three decades in other national tobacco surveys.
- While the prevalence rates of daily smoking continue to drop among all adult men, there is no substantial decline observed in overall adult female population.
- At present, approx. 9 millions of adults aged 15+ are daily smokers
- SHS exposure in non-smoking population is still high
- There are still gaps in knowledge on health effects of smoking.



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POLSKA 2009-2010



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# Thank you!