



SMOKING PREVALENCE IN ESTONIA

Tiiu Härm, MD


National Institute for Health Development

Expert on smoking prevention and smoking cessation services

Phone: +372 6 593 981

Fax: ?372 6 593 979

E-mail: tiiu.harm@tai.ee



Tobacco remains the leading preventable cause of heart diseases, COPD and cancer

All health care workers should play a leading role in tobacco control and smoking cessation. These obligations include not only a smoke-free environment, but also an active counselling and support for smokers in their quitting process, concerning patients, hospital staff and community population.



CODE OF PRACTICE ON TOBACCO CONTROL FOR HEALTH PROFESSIONAL ORGANIZATIONS



**BE A ROLE
MODEL**



ASSESS AND ADDRESS TOBACCO



DISCUSS TOBACCO TOO



EDUCATE ABOUT TOBACCO



ADVISE ON CESSATION



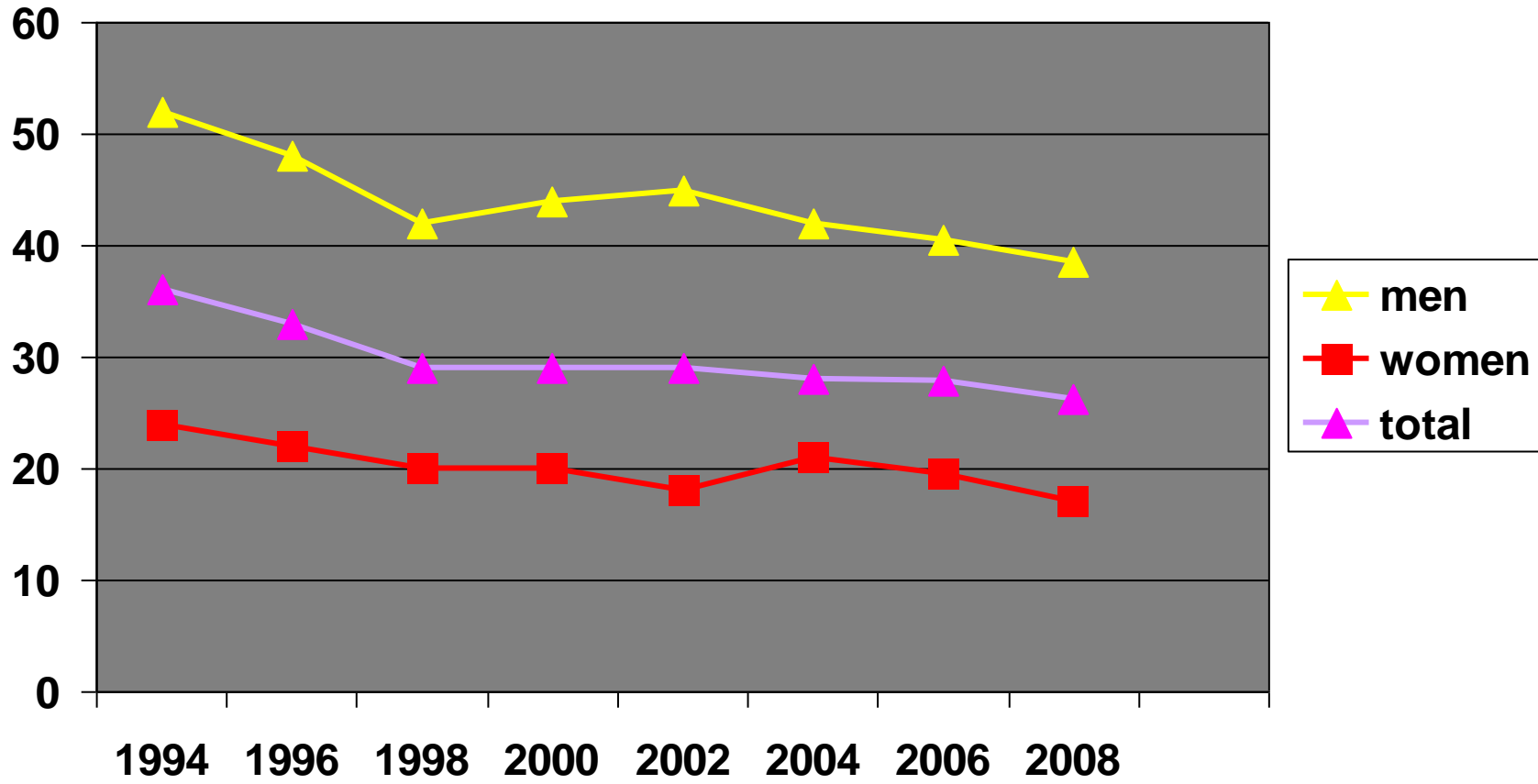
Prevalence of smoking in Estonia

Regular daily smoking is slowly decreasing from the end of 90-s. *According to Health Behavior Study among Estonian Adult Population, 2008*, there are 26,2% of 16-64 years old daily regularly smokers. In 2006 the percentage was 27,8 and 2004 32,8%.

Smoking behavior is strongly connected with the education level: 15,7% males with higher education are daily smokers, compared with 50% of males with basic education. Also 66,2% males unemployees are daily smokers.



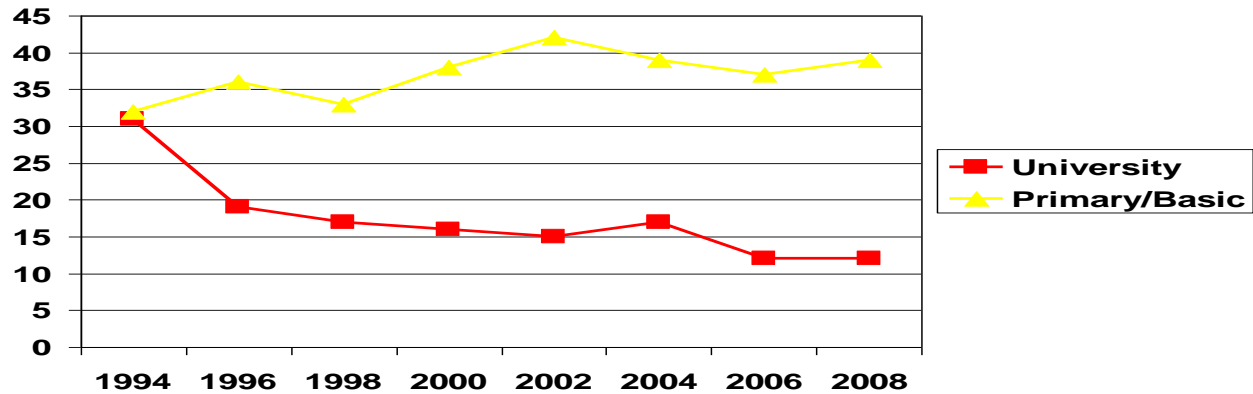
Daily smokers among Estonian adult population 16-24 age group



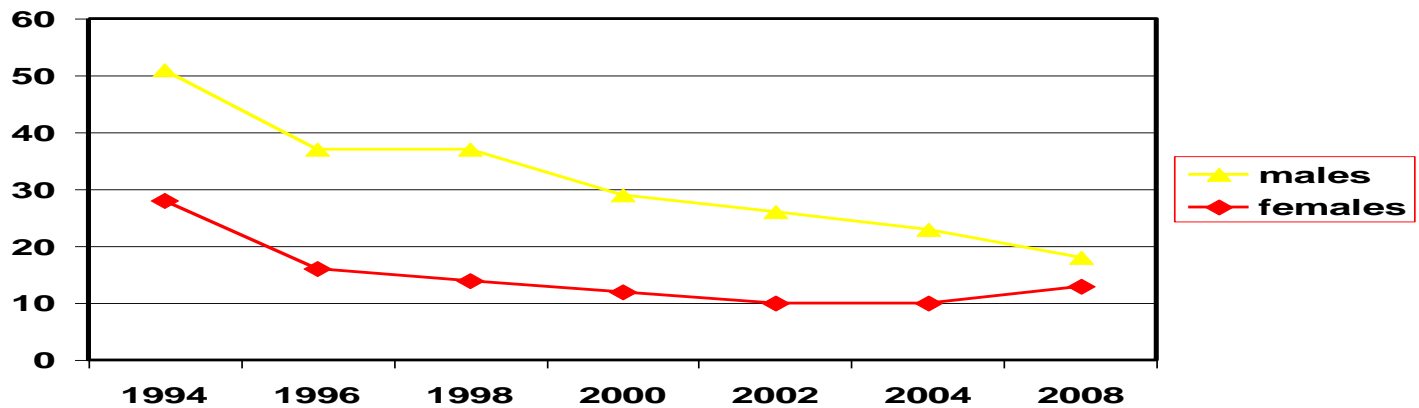
Health behaviour study among Estonian adult population, 2008

Daily smokers in Estonia by education

%



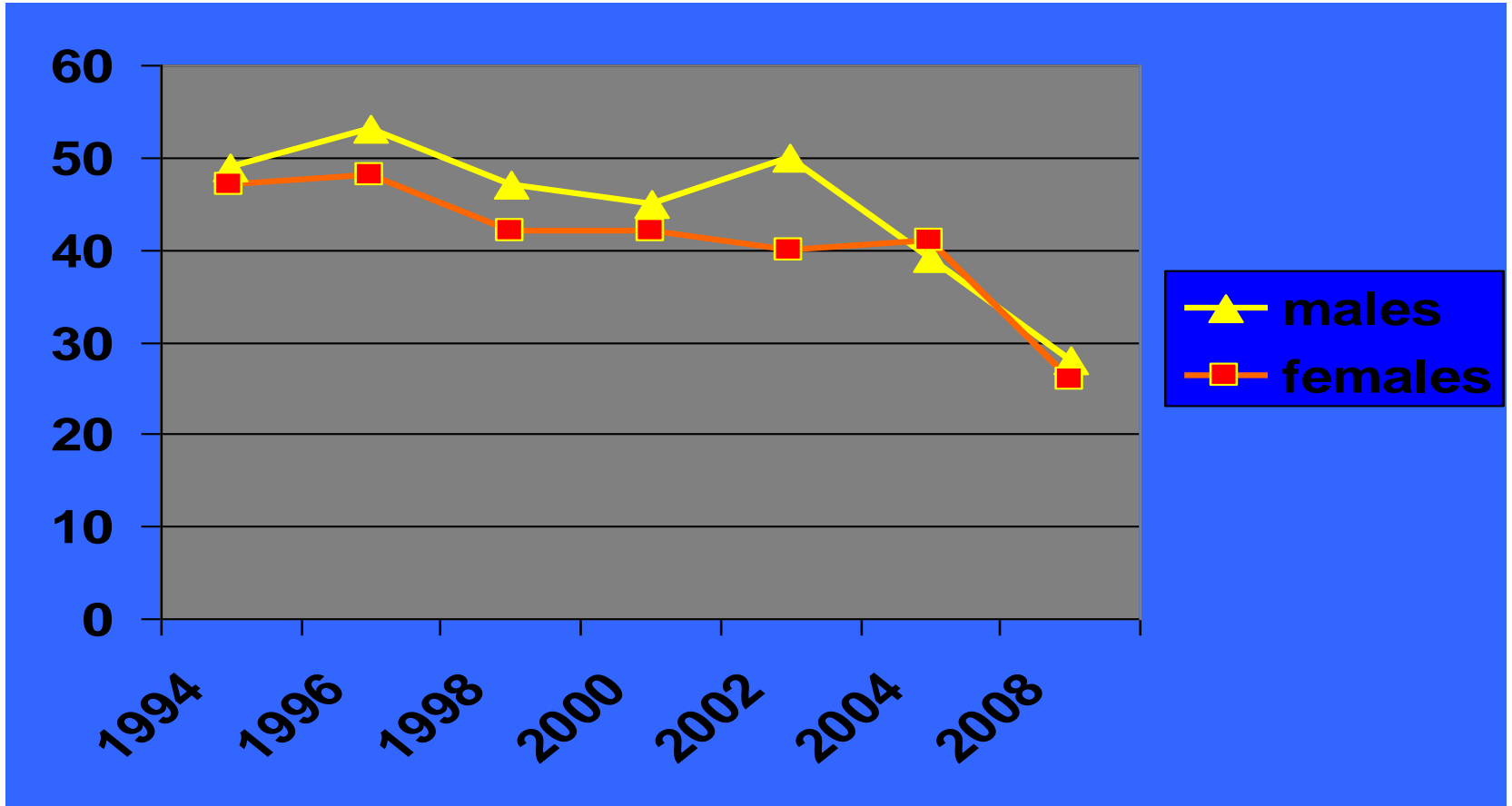
Exposed to tobacco smoke at work at least one hour



Source: Health Behaviour Study among Estonian adult population, 2008

Exposed to tobacco smoke at home

 %



Source: Health Behaviour Study among Estonian adult population, 2008



Vogue
SUPERSLIMS 100'S

ΔΕΣ...
ΝΙΩΣΕ...
ΓΕΥΣΟΥ ΤΗ ΔΙΑΦΟΡΑ

Το Υπουργείο Υγείας προειδοποιεί:
**ΤΟ ΚΑΠΝΙΣΜΑ ΒΛΑΠΤΕΙ
ΣΟΒΑΡΑ ΤΗΝ ΥΓΕΙΑ.**

R1 Long Line.
Die aufregendste Art
zu rauchen.

Die EU-Gesundheitsminister: Rauchen gefährdet die Gesundheit. Der Rauch einer Zigarette dieser Marke enthält 0,1 mg Nikotin und 1 mg Kohlenstoff (Teer). (Durchschnittswerte nach ISO.)



Tervise Arengu Instituut

National Institute for Health De

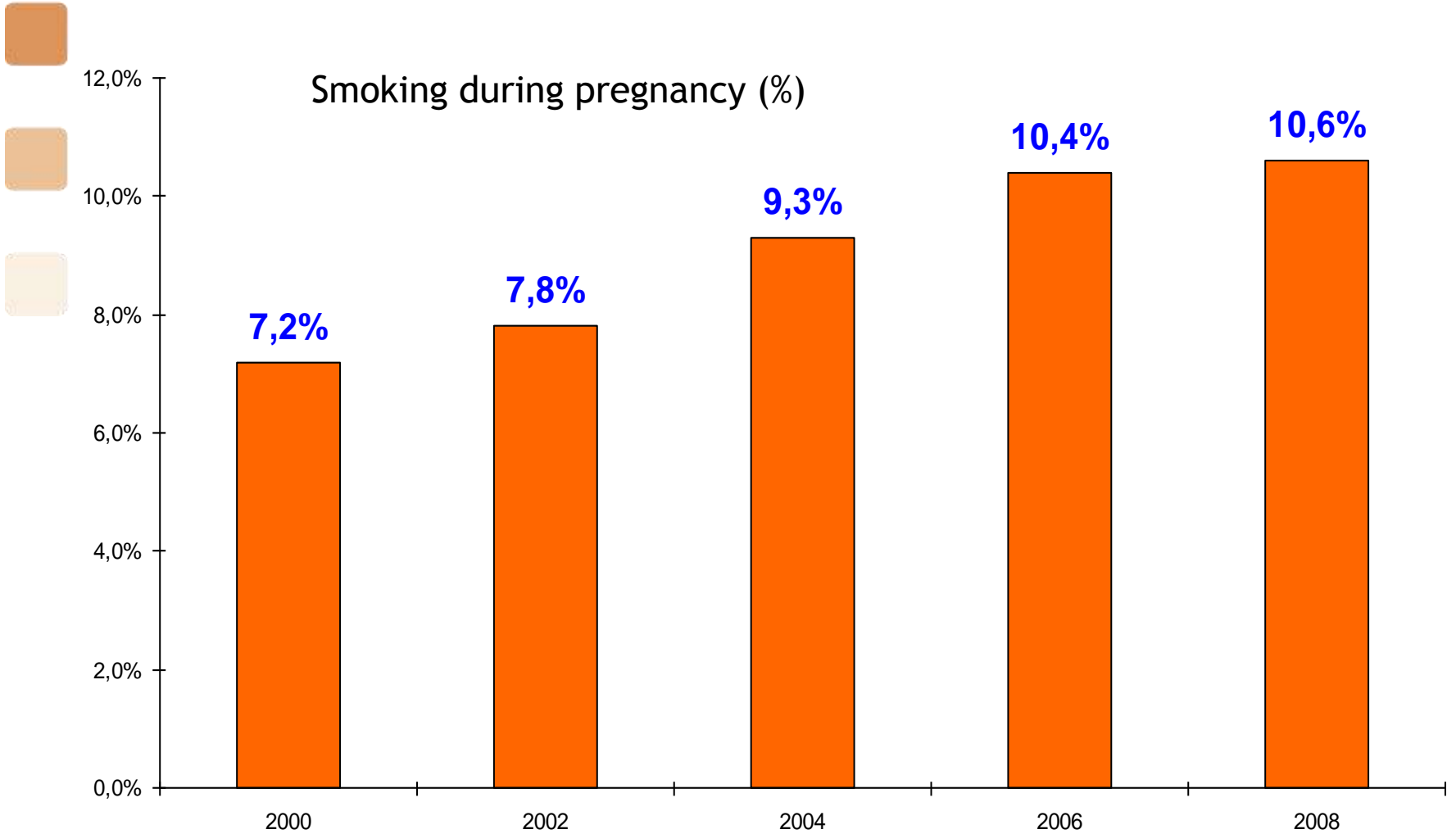


A KARCSÚ FORMA
ÉS A VÁLOGATOTT
DOHÁNYFAJTÁK HARMÓNIAJA



LIGHT AND SLIM

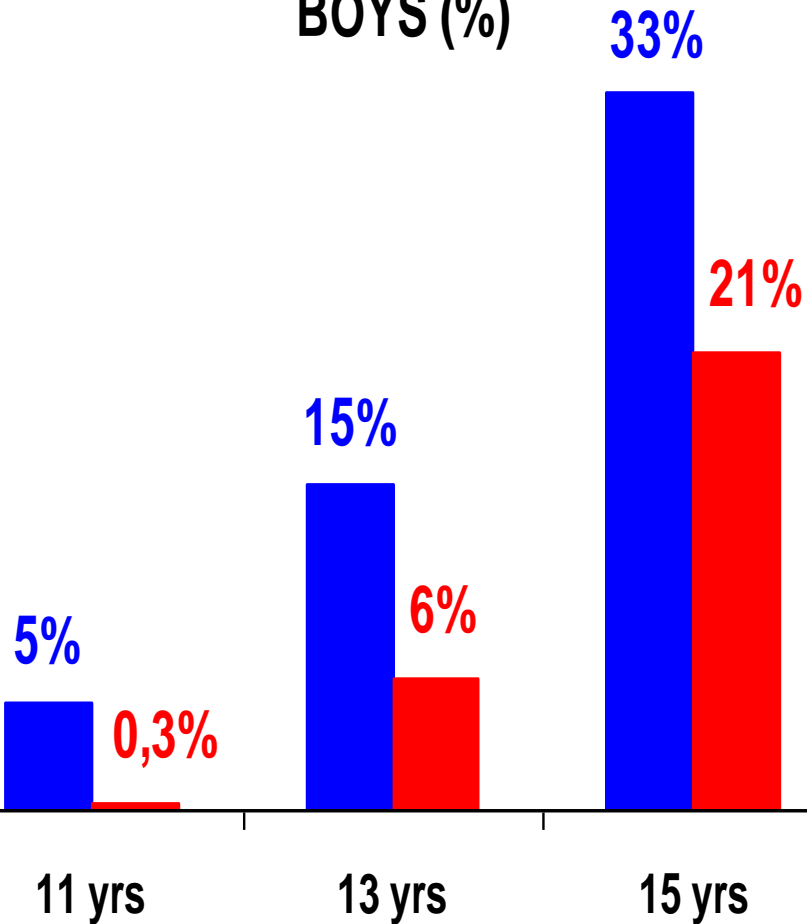
A DOHÁNYZÁS KÁROS AZ EGÉSZSÉGRE!



Source: Estonian Medical Birth Registry 2008

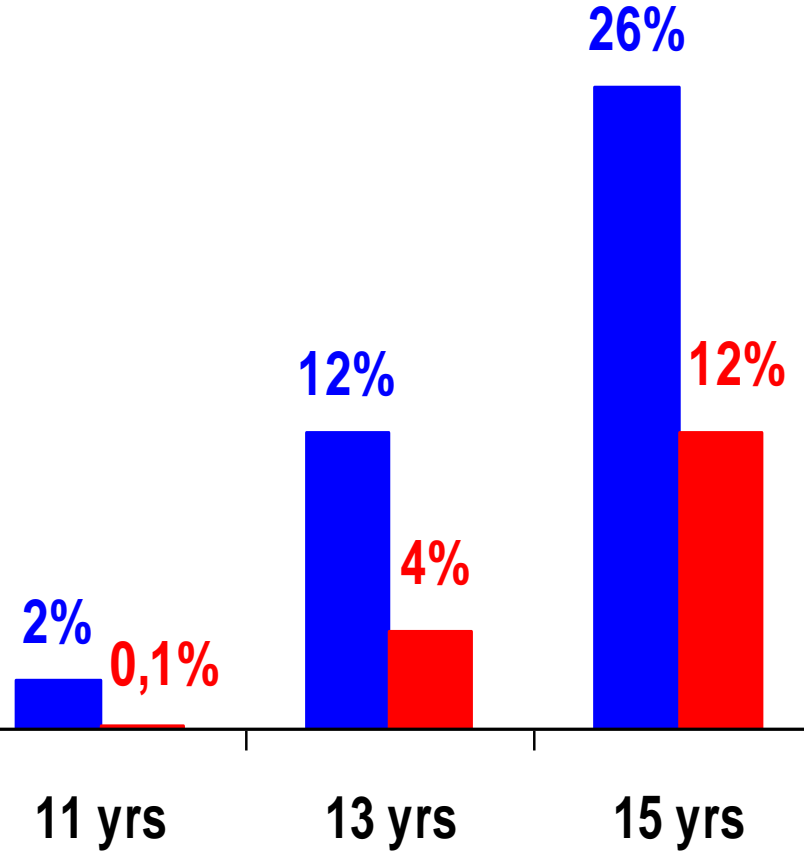
Smoking among adolescents HBSC 2005-2006

BOYS (%)



■ Smoking ■ incl every day

GIRLS (%)



■ Smoking ■ incl every day



Global Youth Tobacco Survey (GYTS)



**Estonian school-based survey of students in
13-15 age, 2007**



PREVALENCE

- 31,1% currently smoke cigarettes (Boys = 31,5% and Girls = 30,1%)
- 35,1% ever smokers initiated smoking before age ten
- 28,2% of never smokers are likely to initiate smoking next year (Boys =22,0% and Girls = 33,2%)



Environmental tobacco smoke Estonian GYTS 2007

- 42,8% live in homes where others smoke in their presence
- 71,5% are around others who smoke in places outside their home
- 80,5% think smoking should be banned from public places
- 54,3% have one or more parents who smoke
- 29,0% have most or all friends who smoke



Cessation - Current Smokers Estonian GYTS 2007

- 70,2% want to stop smoking
- 68,9% tried to stop smoking during the past year
- 57,1% have received help to stop smoking
- 11,2% always have or feel like having a cigarette first thing in the morning



Smoke-free Class Competition in Estonia (ENYPAT)

Smoke-free class competition is an international ENYPAT smoking prevention programme with the main goals:
delay or prevent the onset of smoking,
motivate pupils who already smoke to quit,
establish non-smoking as the normal behaviour for pupils.

Experiences from Finland, Germany, Estonia etc indicate that the Smoke-free Class Competition is an effective tool in delaying the onset of smoking and deserve more dissemination.



The Smoke-free Class Competiton in Estonia (ENYPAT)

Duration of competition:

12th October 2009 - 12th April 2010.

- 14952 students from 222 schools and 840 classes joined the competition in 2009
- Students and their class teachers signed an agreement to be a non-smoking class for a period of 6 months.
- 78,5% of participating classes stayed smoke-free.
- The local governments, state and private companies have given different prizes to the participants in order to raise their motivation to be and stay smoke-free.



Estonian Health Promoting Hospitals Network and Estonian Smoke Free Hospitals Network collaboration

Estonian HPH Network was established in 2000.



The network comprises 24 hospitals (50% of common hospitals' data).

The network has several collaborating institutions/ the potential joiners (hospitals, health care centres, medical schools).

HPH movement is ongoing process in all 15 counties of Estonia.



The implementation of smoke-free hospitals' strategies in health promoting hospitals

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- Estonian HPH Network joined the European Network of Smoke-Free Hospitals in 2005.
 - In the framework of ***National Strategy for Prevention of Cardiovascular Diseases 2005-2020*** and ***National Cancer Strategy 2007-2015*** was established in 2005-2008 the setting of 21 smoking cessation counselling clinics to provide the supportive help for smokers in all age groups through Estonia.
 - In 2008 were opened 2 new smoking cessation counselling clinics for children and adolescents and 2 for pregnant women.



The implementation of smoke-free hospitals' strategies in HP hospitals

- 190 counsellors were trained as trainers for smoking cessation services in HP hospitals.
- 8760 smokers were counselled about 16805 times and supported in their quitting process in 2005-2009.
- On average, 16% of the quitters are staying as non-smokers after 1 year.



Thank you!