

# SMOKING PREVALENCE AND RELATIVE FACTORS IN MALES:

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### ABSTRACT

**Introduction:** Smoking is one of the sanitary problems in world today. Increasing smoking of cigarette and other tobacco products has concerned health managers and community responsible. In recent decades, smoking has increased specially in developing countries and the smokers are adding every year.

**Method:** This is cross-sectional study that has done on men with at least 15 years old in Isfahan. Data was collected by a questionnaire at homes on summer, 2002. The samples were 1600 and the variables included: age, marriage status, level of education, job, smoking status (king and quanta), and age of beginning to smoke and precedence of smoking.

**Results:** Data showed that 21.5% of individuals were smoking cigarette; 10.4% hooka and 1.5% pipe. The age of beginning to smoke cigarette was under 20 years in 67.6% of cases. Smoking was more prevalent in adults. Workers with 32.7% were smoking more and students with 5% and scholars with 6.7% were smoking less than others. Smoking was relative to level of education. Marriage men smoked 2.5 times more than singles.

**Discussion:** The results showed that in comparison with other areas in Iran, Isfahan men are smoking further especially for hooka and pipe. Also it has become a new problem that the younger smoke hooka and pipe more than past, because the people thinks that those are less harmful that cigarette.

**Keyword:** Prevalence, Cigarette Smoking, Hooka, Pipe and Isfahan

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### INTRODUCTION

Smoking is one of the worlds' health problem. One person is died in every three seconds because of smoking<sup>1</sup>. Among three millions deaths arising cigarette, one million has lived in developing countries. Also addiction to smoking cigarette is increasing in these countries. For example, only in Iran, near 12 millions persons are smoking cigarettes<sup>1,2</sup>. About 20 billions cigarettes are smoked in the world every day It dissipates 200 billions dollars in a year. Iranian smokers buy cigarettes 365 billions rails in year<sup>1</sup>. The cigarette is addictive and freedom of it is difficult. The probability of returning to addition is 75% in the best therapeutic centers and this leads the importance of prevention of smoking<sup>3</sup>. For this reason, WHO and other sanitary

organizations have performed their programs through prevention from 1970. To prevent of smoking multipartite actions is necessary. One of the most important ways is to inform the people and to make a negative attitude in them<sup>4</sup>.

Nowadays, many researches are done about smoking and its epidemiology in the world. The report of national plan in Iran advertised that the prevalence of smoking cigarette had been 14.6% in Iranian men with 15- 69 years old in 1997<sup>5</sup>.

In 1998, a study on Sizardah-Aban Avenue in Tehran showed that 32.9% of men and 8.7% of women over than 20 years old had smoked cigarette<sup>6</sup>. Another study indicated that 19.7% of cases had smoked in the urban and rural areas in Fars province in 1999<sup>7</sup>. In this study, researches have attempted to determine the prevalence of smoking cigarette, hooka and pipe. Also to determine the age of first smoking and a few relative factors has been the study objectives.

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**Table 1.** Prevalence of Cigarette Smoking by Isfahanian over 15 Years Old Men based on Age Groups

Smoker	Age					Sum
	15-27	28-40	41-53	54-66	67-92	
Yes	74 (11.2%)	95 (25.5%)	109 (34.2%)	44 (27.7%)	22 (22.7%)	344 (21.5%)
No	579 (88.8%)	279 (74.5%)	210 (65.8%)	116 (72.3%)	75 (77.3%)	1256(78.5%)
Sum	653	374	319	160	97	1600

## METHOD

The target population was the men over than 15 years old that had lived in Isfahan.1600 men were selected from 16 clusters.

The data was collected by a questionnaire at home. The variable included: age, level of education, job, marriage status, and smoking of cigarette, hooka and pipe, age of beginning to smoke and the times of smoking. For testing of hypothesis, binary logistic, Pearson chi-square and fisher test were used and all of analyses were done through statistical package for social sciences.

## RESULTS

The results showed that prevalence of smoking was 21.5% for cigarette, 10.4% for hooka and 1.5% for pipe in men over 15 years old lived in Isfahan. Beginning smoking before 20 years old was 67.6% for cigarette, 62.2% for hooka and 52.2% for pipe.

The results indicated that the studied population smoked  $12.1 \pm 10.6$  cigarettes on a day. Testing of hypothesis showed that when the age was rising, the percentage of smokers increased and than decreased ( $P < 0.001$ ). The maximum prevalence of smoking was seen in 41 to 53 years old age group (Table 1).

Also, with rising of age, using of hooka was reduced ( $p < 0.001$ ).The most smokers were among workers (32.7%) and joblessness (26.4%) and the least of them were among students (5%) and scholars (6.7%) ( $P < 0.001$ ). Use of hooka in the scholars with 18.9%, in the joblessness with 17% and in the students with 11.7% was more and also in the workers with 3.8% and in the retired with 1.5% was less than rests ( $P < 0.001$ ). Other results have indicated that with rising of education level, the number of smokers was reduced ( $P < 0.001$ ). The smoker marriage men were 27.2% and singles of them were 11.8% ( $P < 0.001$ ).

But the singles used hooka and pipe more than marriages ( $P < 0.05$ ), 13.9% of singles and 7.9% of marriages used hooka. Also, 2.1% of singles and 0.9% of marriage used pipe. There wasn't any relation between smoking and rest variables.

## DISCUSSION

The prevalence of smoking in Isfahan (21.5%) seems to be less in comparison with rest areas of Iran. National plan report advertised the prevalence of smoking 14.6% in population of country (ages between 15-69 years in 1997) <sup>5</sup>. A study showed that the prevalence of smoking had been 19.7% in persons over than 15 years old in fears province in 1999 <sup>6</sup>. Those percentages reported without separating of sex. Also, the results of Sizardh-Aban Avenue research in Tehran showed that the prevalence of smoking in men aged over 20 years had been 32.9% <sup>7</sup>. It seems that Isfahan has more suitable situation than other areas and the country and prevalence of smoking in lower.

The rest results indicated that the men especially youngest had leaned to use hooka. Many of Iranian people believe that hooka is less harmful that cigarette, so that many of youths particularly students and scholars interest to use it.

Against the contrary relationship between cigarette smoking and level of education, there was no significant relation between use of hooka and pipe with level of education. This is because of official and social limits for educated to smoke. Also using of hooka and pipe has fewer limits and sometimes provide social prestige for them.

Finally, like other studies, the results of this one indicated that the marriages men had smoked much more than singles. But singles, often included students, scholars or joblessness interested to use hooka and pipe more than marriages .It seems that to use hooka specially for youths becomes a kind of fun in these days. Researchers convince that increasing of smoking cigarette particularly in young's can be an important warning for responsible and families.

It seems that followings can affect on eradication of smoking tobacco products: perfect restriction of smoking in all public localities, to provide occupation and marriage facilities for young's, to avail a hearty environment with their families, and most important, to education the people

about the harms and social, economical, political and sanitary problems of tobacco products.

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