Introduction

Smoking is a significant risk factor for several diseases. Social inequalities have been described for both tobacco consumption and, though to a lesser extend, for tobacco cessation. Previous works had shown that less affluent classes are more prone to smoke and less to quit smoking. These results have been observed for both men and women, in several European countries.1, 2

Aims

This study aims to describe socio-demographic factors associated with tobacco consumption and cessation in Portugal.

Methods

Data from the 2005/2006 Portuguese National Health Interview Survey was analyzed. A multinomial log-linear model was fitted considering 3 groups of reported tobacco consumption:

- Present smokers – Those who have claimed to smoke during the last 15 days;
- Former smokers – Those who have reported to smoke but not in the last 15 days;
- Never smokers – Those who have claimed never had smoke.

Data was analyzed with the R software version 2.15.3 (package nnet).3, 4 Analysis was run separately for men and women and adjusted for age. Relative Risk Ratios (RRR) were obtained:

- Present smokers to never smokers;
- Former smokers to present smokers.

Results

Analysis from RRR of former smokers comparatively to present smokers and of present smokers comparatively to never smokers shows that classes of higher tobacco consumption are, in general, those of lower cessation. For men this classes are divorcees, unemployed, men with lower secondary education and from Azores [respectively RRR (95% Confidence Intervals (95CI)): 0.50 (0.41, 0.61) and 2.01 (1.64, 2.46); RRR (95CI): 0.16 (0.13, 0.20) and 6.29 (5.00, 7.91); RRR (95CI): 0.65 (0.56, 0.77) and 1.53 (1.30, 1.79); RRR (95CI) 0.53 (0.46, 0.61) and 1.89 (1.64, 2.18)].

Conclusion

Unfavourable socio-demographic characteristics are associated with higher prevalence of being a current smoker and lower of being an ex-smoker. Different and further cessation measures are needed in these less prone to quit group of individuals, namely men from Azores, divorced, unemployed and with lower secondary education. In women divorced, unemployed and those with higher and pos-secondaire should be targeted.

Bibliography

3. European Congress of Epidemiology – August 12-13, 2013 – Aarhus, Denmark