

Patterns and trends of tobacco consumption in the Portuguese population: National Health Surveys 1987; 1995; 1998; 2005

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Introduction

- Smoking is a significant risk factor for many diseases, particularly respiratory, cardiovascular and cancer.
- There is considerable scientific evidence that smoking patterns differ substantially between genders:
 - Men have higher prevalence of tobacco consumption
 - Socio-demographic characteristics associated with consumption are also different in men and women
- Describing smoking patterns and trends, by gender, in the Portuguese population is important for improving the effectiveness of preventive strategies, monitoring, and evaluation.

Aim and Objectives

- Aim:
 - Contribute to the epidemiological knowledge of smoking in Portugal
- Objectives:
 - Describe trends in smoking prevalence by gender between 1987 and 2005
 - Characterize socio-demographic factors associated with smoking between 1987 and 2005

Methods

- National Health Surveys – 1987, 1995/96, 1998/99 and 2005/06 (sample data)

Tobacco consumption

- Daily consumption during the 2 weeks before the data collection

Socio-demographic variables

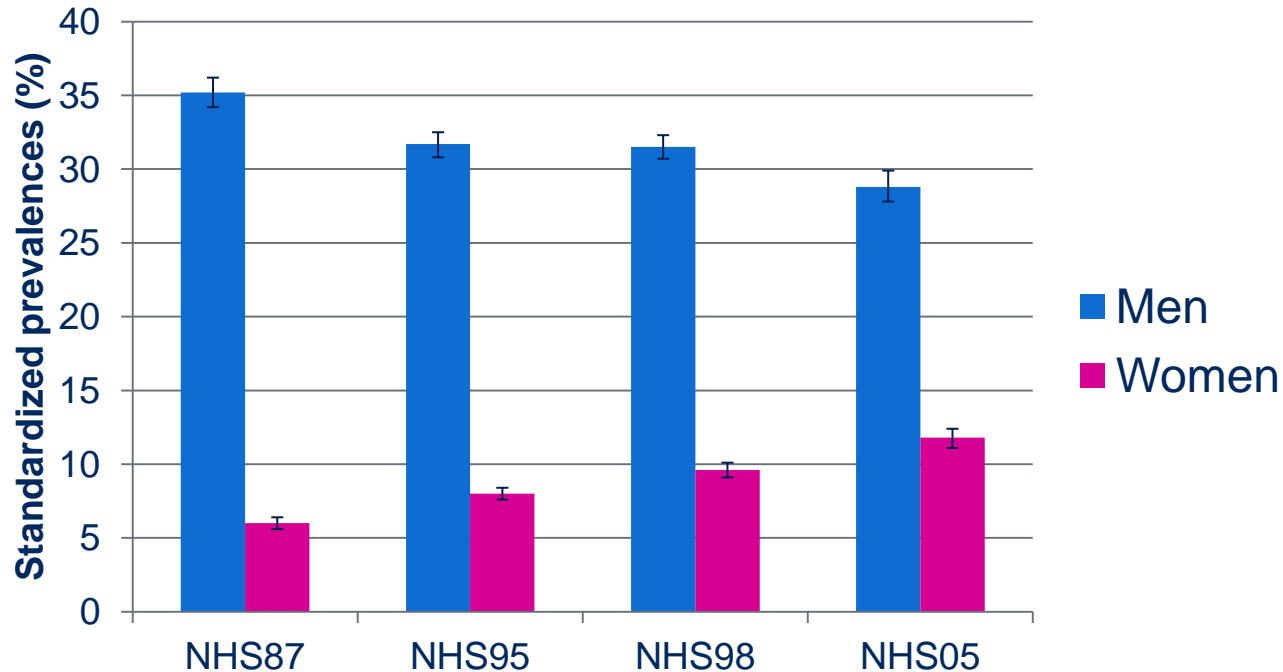
- Age
- Marital status
- Administrative Region
- Educational level
- Professional status/Professional group

- Stratified prevalences (Standardized, Direct method, european population)

- Logistic regression model for each survey

During all the analysis each gender was considered separately

Smoking prevalence



- Different trends for men and women: men prevalence is decreasing, while women is increasing
- Women prevalence is still lower than men's

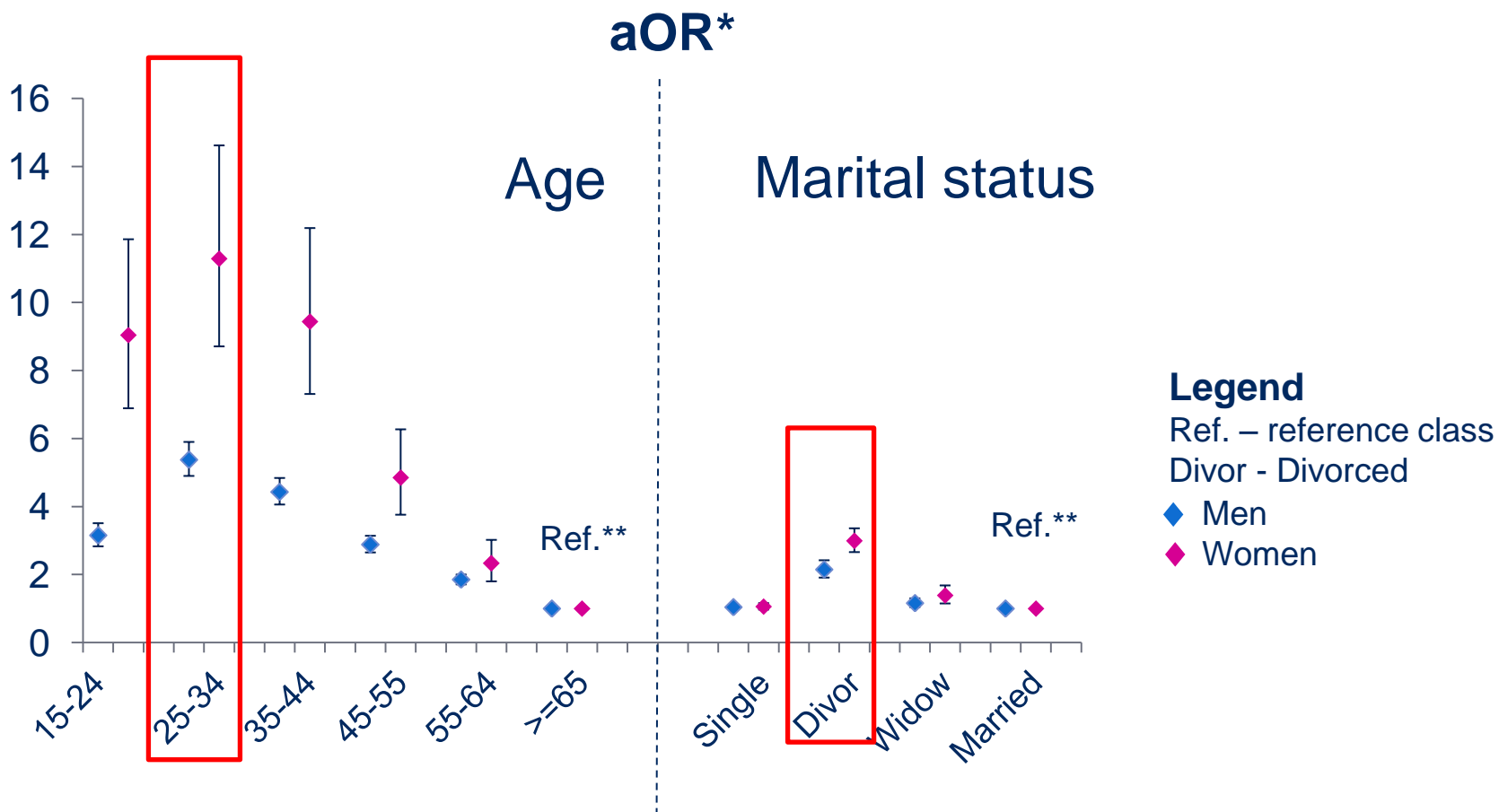
OR of smoking over the years

Adjusted OR* of smoking for each survey

Survey	Men	Women
1987	1	1
1995	0.76 (0.72,0.8)	1.08 (0.98,1.18)
1998	0.77 (0.74,0.81)	1.21 (1.11,1.33)
2005	0.62 (0.59,0.66)	1.17 (1.05,1.30)

* Adjusted for: year, age group, education, marital status, occupation – professions, region by logistic regression

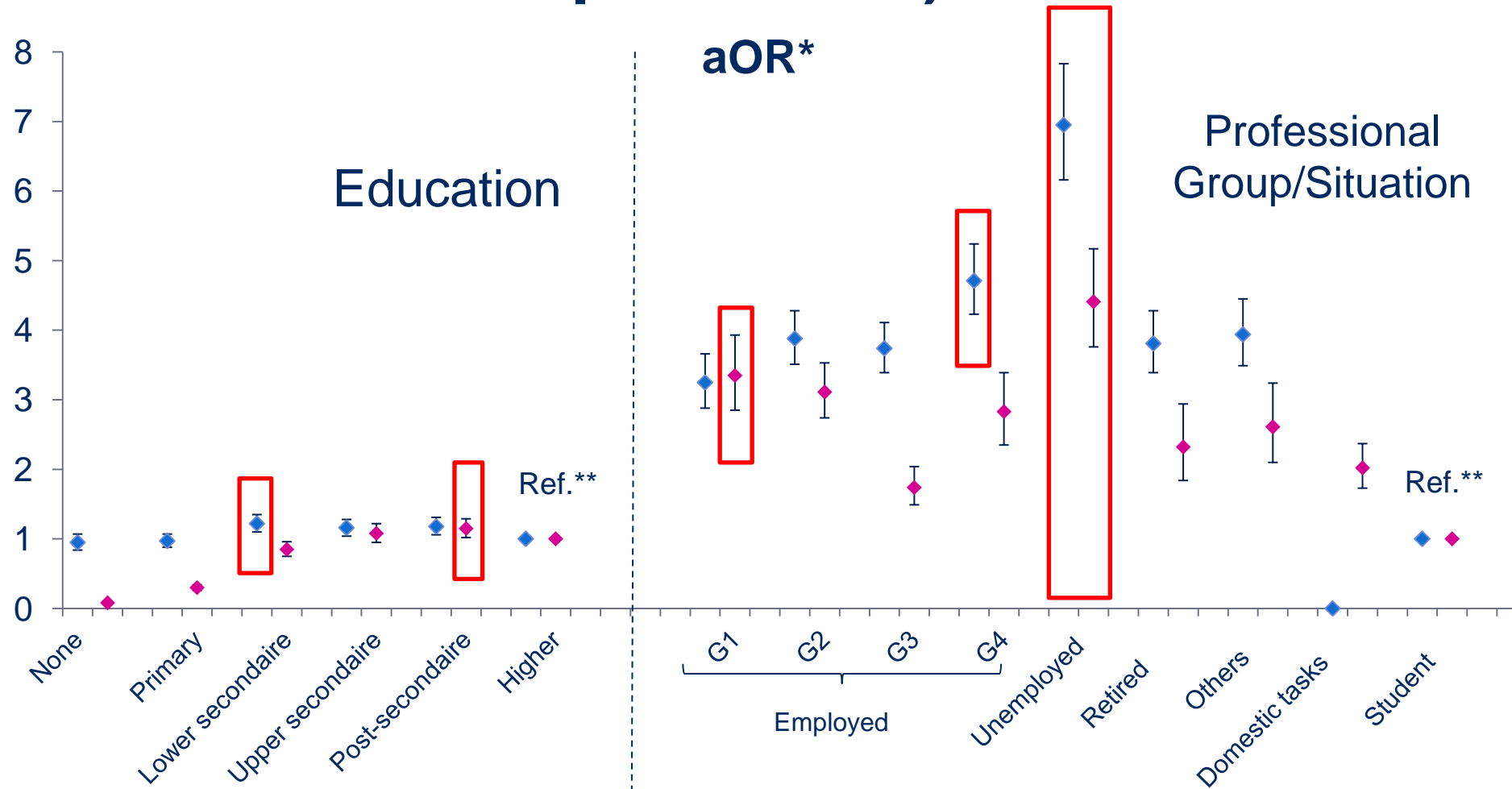
OR of smoking (age and marital status)



* Adjusted for: year, education, marital status, occupation – professions, region by logistic regression

** Reference class

OR of smoking (education and occupation-profession)



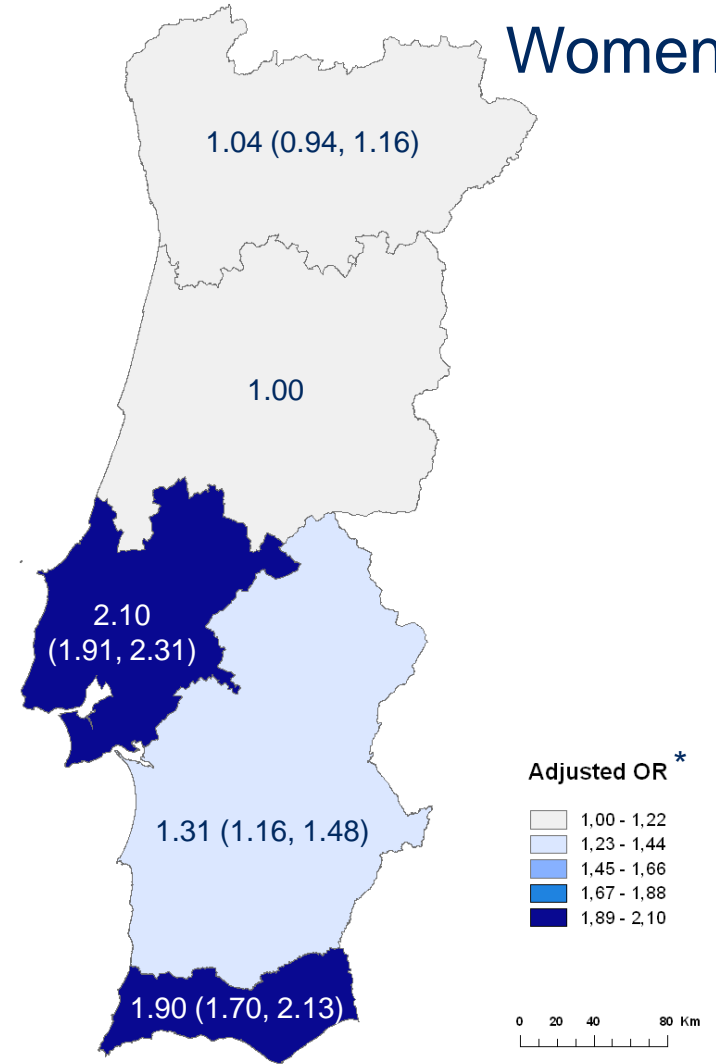
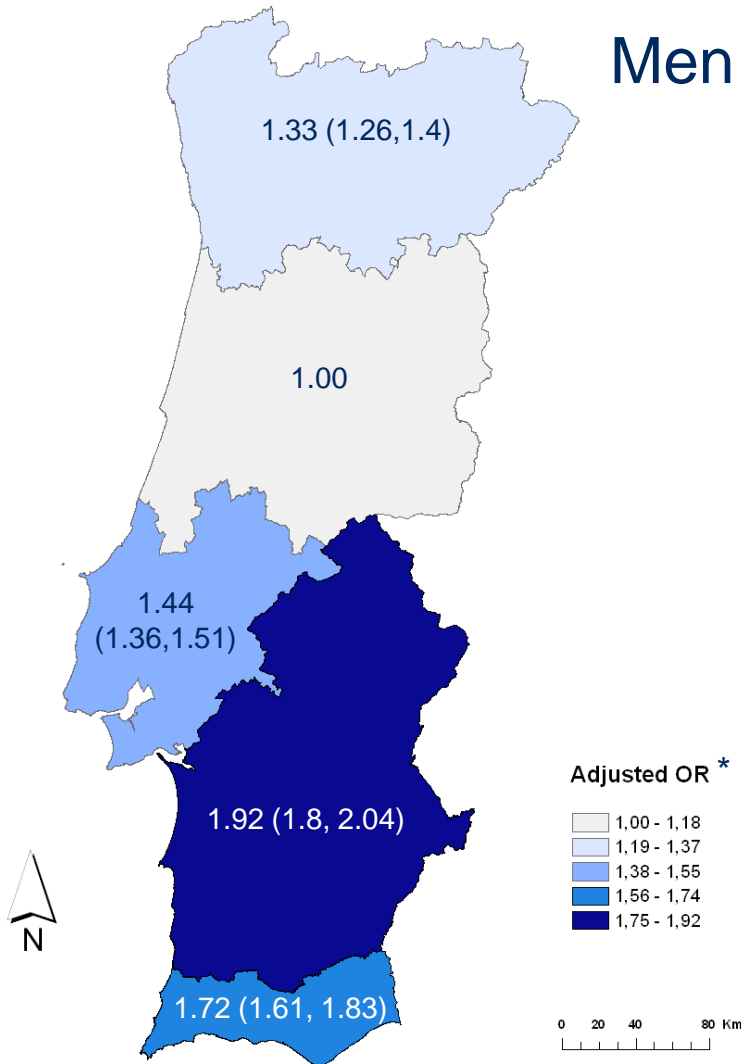
* Adjusted for: year, education, marital status, occupation – professions, region by logistic regression

** Reference class

OR of smoking according to Region

Men

Women



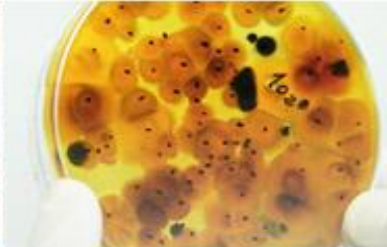
* Adjusted for: year, education, marital status, occupation – professions, region by logistic regression

Discussion

- Men and women have different evolutions in smoking prevalence
- Highest tobacco consumption categories (that differ between gender):
 - **Education:** Lower for men and higher for women
 - **Professional group:** Less qualified for men and more qualified for women
 - **Region:** Alentejo for men and Lisbon for women
- Highest tobacco consumption categories (similar between gender):
 - **Age:** Younger (even though women have a larger effect)
 - **Marital status:** Divorced
 - **Professional status:** Unemployed
- Study limitations

Conclusion

- Smoking prevalence and socio-demographic characteristics
 - Differ between men and women as expected by the epidemic model and previous studies;
 - For women, educational status seems to be associated differently than in other countries: higher educated and more qualified have an higher risk
- Preventive strategies should be adapted:
 - Targeting more deprived groups among men and more affluent among women;
- Ex-smokers should be studied to understand differential characteristics that led to smoking cessation.



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Thank you

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