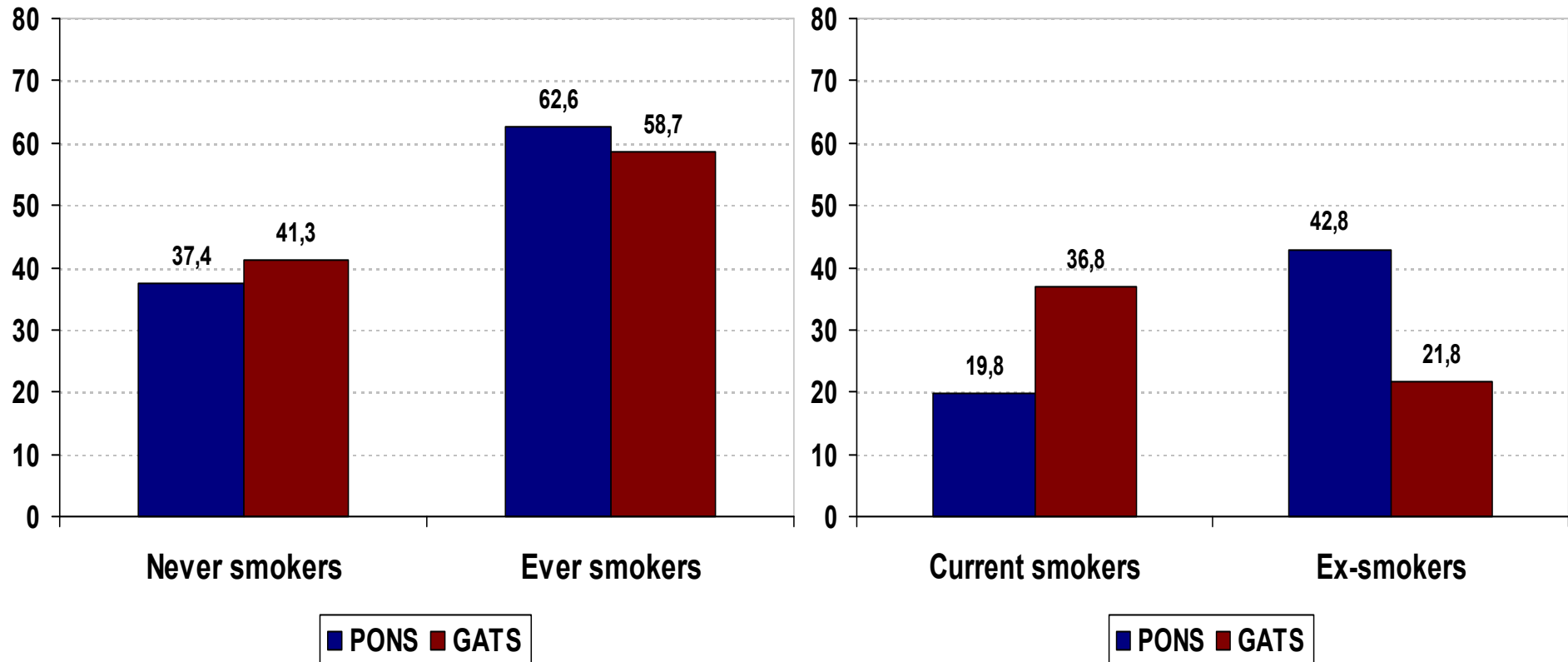


Health differences in Polish population
29 September – 1 October 2011
Warsaw, Poland

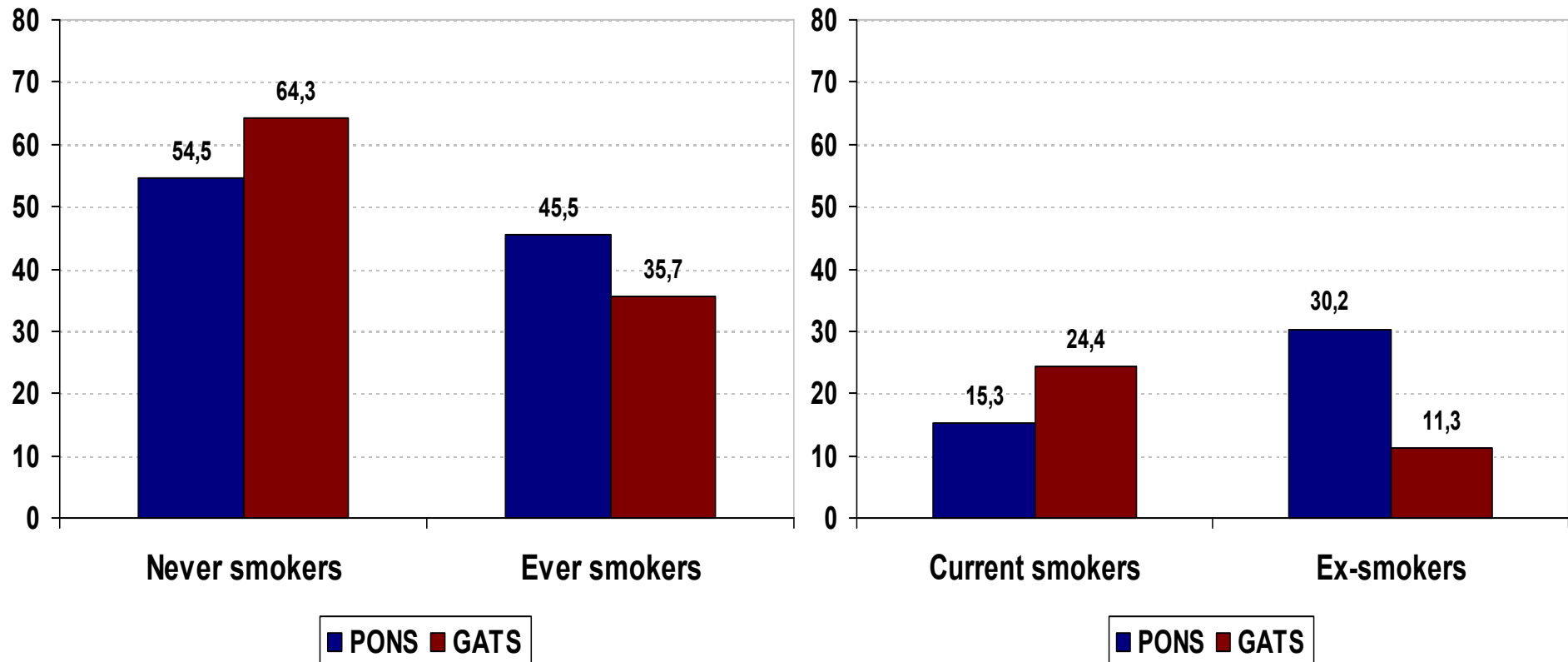
Smoking among middle-aged Poles: a baseline assessment of PONS study

**Krzysztof Przewoźniak, Jakub Łobaszewski,
Magdalena Cedzyńska and the PONS study team**

Smoking behaviors, among males, PONS vs GATS



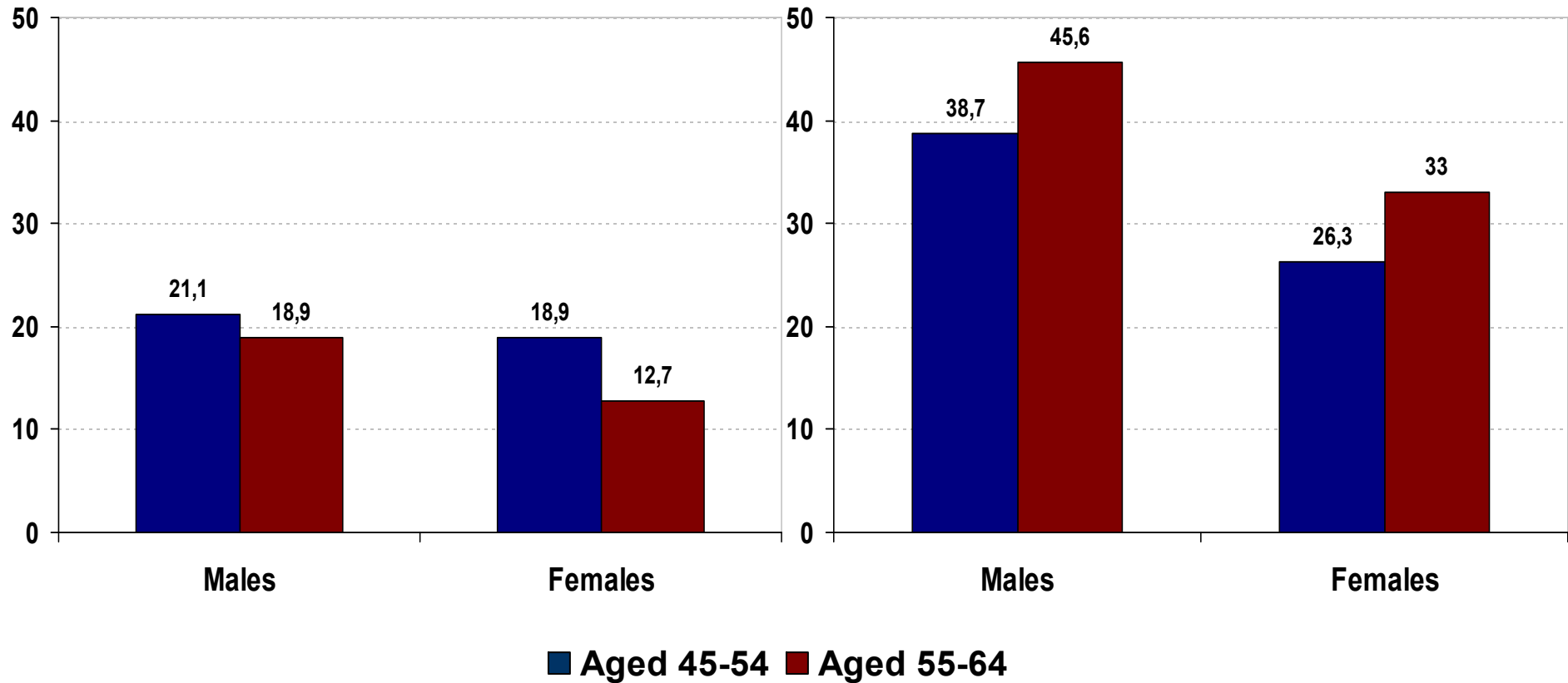
Smoking behaviors among females, PONS vs GATS



Current and ex-smokers by age and gender

Current smokers

Ex-smokers



Characteristics of smoking habit

	Males	Females
■ Average no.of cigarettes a day	16.8	14.3
■ Average age at starting smoking	19.1	21.0
■ Average age at stopping smoking	39.9	39.9
Among aged 45-54	36.2	36.6
Among aged 54-65	41.9	41.8
■ Average duration of smoking	25.6	23.8
■ Stop smoking ratio*	69.0%	67.6%

*Proportion of former daily smokers among ever daily smokers

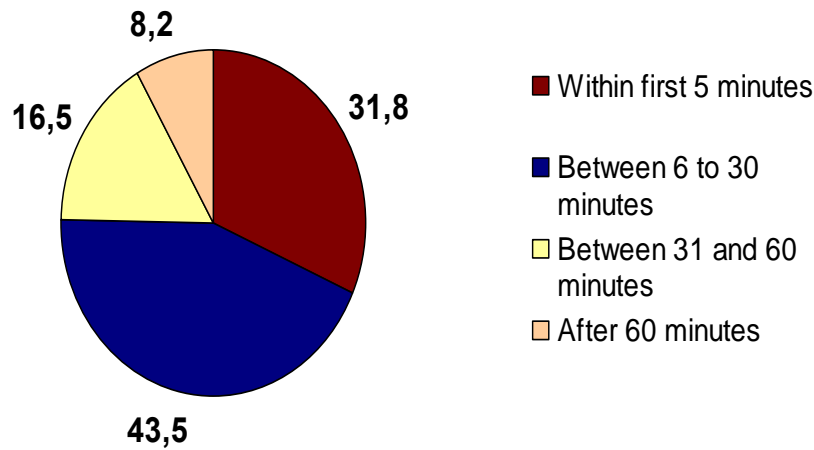
Tobacco dependence indicators

	Males	Females
■ First cigarette after waking up*		
5 min.	15.4%	15.4%
6-30 min.	33.2%	26.5%
31-60 min.	21.3%	23.1%
>60 min.	30.0%	35.0%
■ Smoking at night	13.7%	12.8%

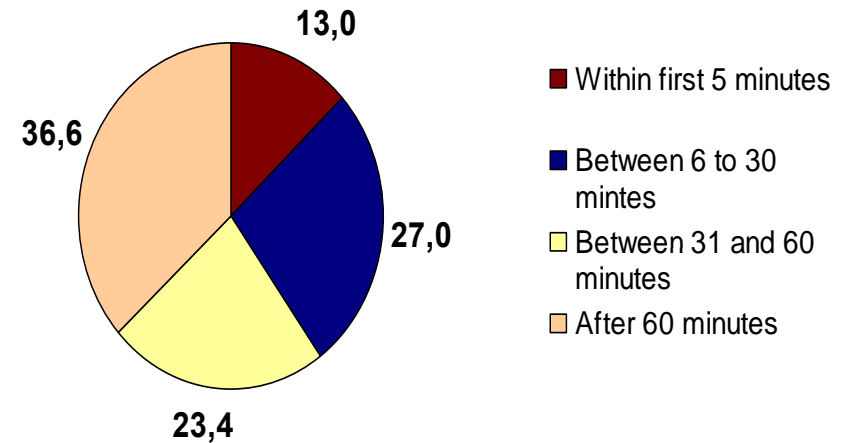
* Based on FTND questionnaire

Smoking at night and after waking up

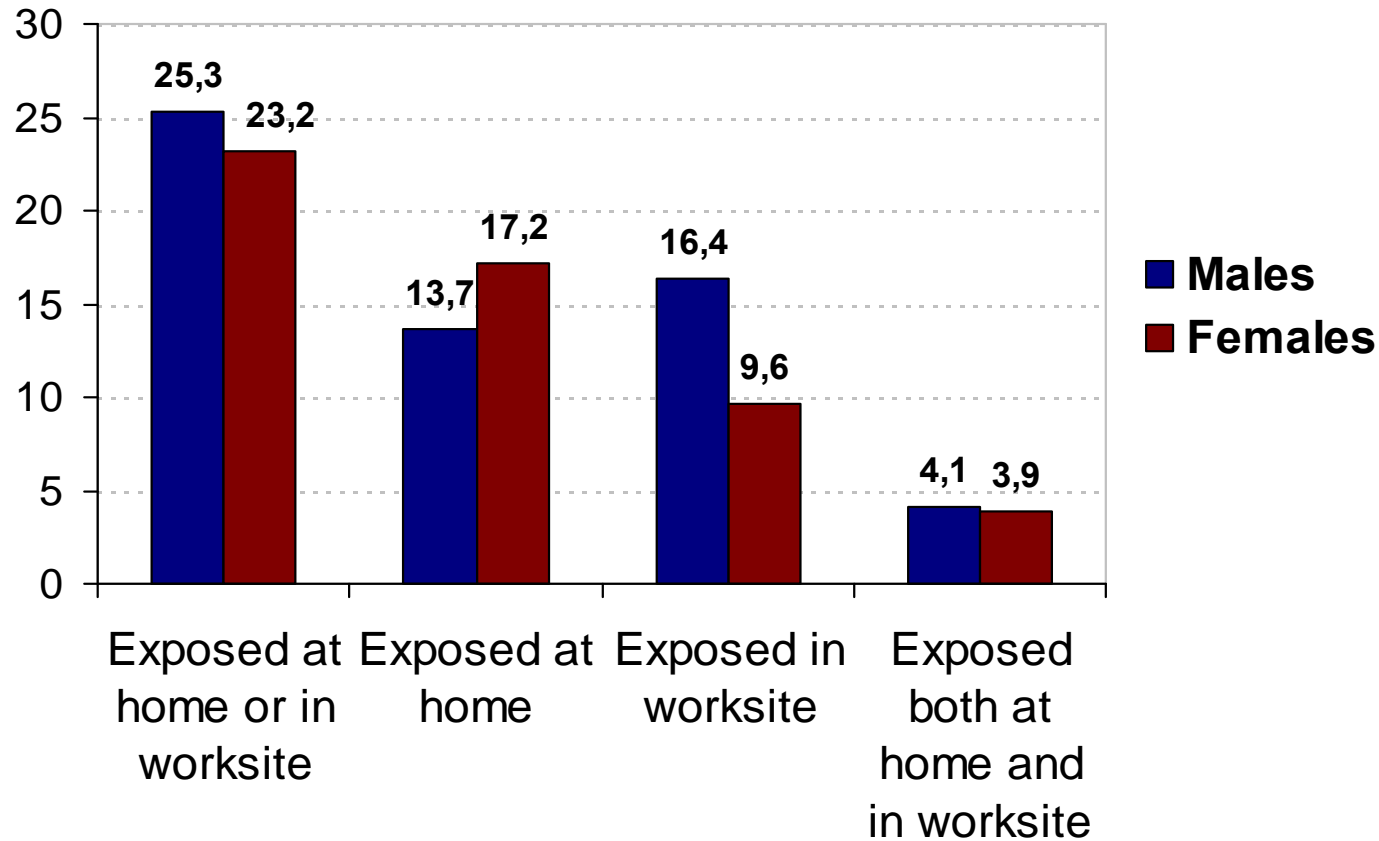
Smokes at night



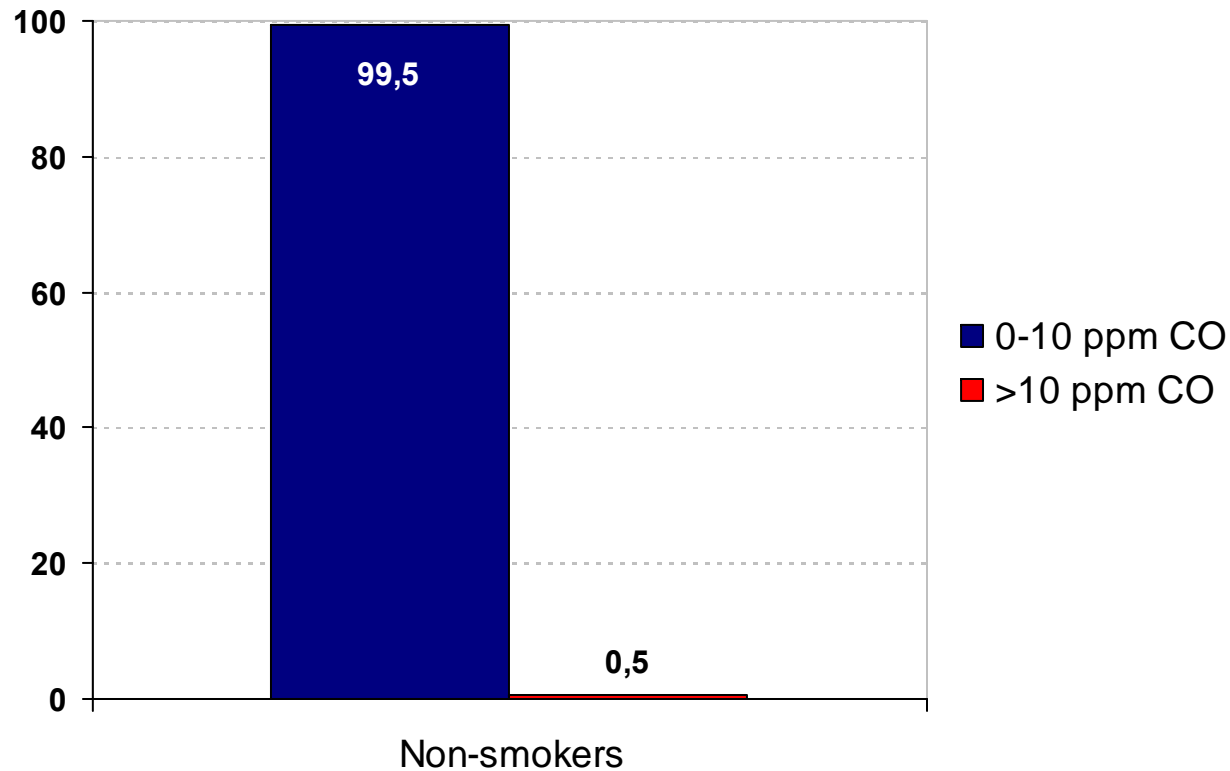
Does not smoke at night



Exposed to smoke at home and in worksite



CO assessment among non-smokers *



* CO assessment conducted by CO monitor; content of CO in the air exhaled from lungs; 0-10 ppm CO – norm (no exposure to tobacco smoke); >10 ppm CO – over the norm (it means exposure to tobacco smoke).

Observations and conclusions

- The patterns of ever and never smoking in PONS study population are consistent with those determined in GATS study. The ex-smokers are overrepresented in the PONS population, while current smokers are underrepresented.
- These differences are probably related with the specifics of studied sample of PONS population. Those respondents, who participated in the first phase of the study are probably more oriented onto health.
- Primary results of PONS study are valid as self-reported and more objective data (for example, collected by CO monitoring) are consistent.