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<th>Family smoking, home smoking ban and morning and heavier smoking in adolescent smokers</th>
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<td>Author(s)</td>
<td>Chen, J; Ho, SY; Wang, MP; Leung, LT; Lo, WS; Lam, TH</td>
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Family smoking, home smoking ban and morning and heavier smoking in adolescent smokers

Background

• Family smoking is associated with morning smoking and heavier smoking in adolescent smokers.
• It is unclear, however, whether such unfavourable association can be attenuated by home smoking ban.

Objectives

We investigated the association of the number of co-residing smokers with morning and heavier smoking in Hong Kong adolescent smokers with and without home smoking ban.

Methods

Study design
• Cross-sectional survey
• 75 randomly selected schools in Hong Kong
• Secondary 1 – 6 students
• Self-administered anonymous questionnaire

Measurements
• Morning smoking (Yes vs No)
  ➢ smoking or wanting to smoke first thing in the morning
• Heavier smoking (Continuous variable)
  ➢ the number of cigarettes consumed per day
• Current smoking (Yes vs No)
  ➢ smoking in the past 30 days
• Home smoking ban (Yes vs No)
• Number of co-residing smokers (0/1/2 or more)
• Socio-demographic characteristics
  ➢ Age
  ➢ Sex
  ➢ Highest parental education
  ➢ Housing type

Statistical analysis
• Regression analysis produced:
  ➢ adjusted prevalence ratios (PRs) for morning smoking &
  ➢ adjusted β-coefficients for heavier smoking with adjustment of age, sex, highest parental education, housing type and school clustering.
• The analysis was conducted in current smokers with and without home smoking ban separately.

Results

• 1694 current smokers (mean age 15.8, SD 1.8; 61.5% boys) was analysed.
• Of the current smokers:
  ➢ 21.4 % had home smoking ban
  ➢ 26.4%, 33.5%, 40.1% lived with no, one and two or more co-residing smokers, respectively
  ➢ 61.6% reported morning smoking
  ➢ the average number of cigarettes consumed per day was 7.1

Key message 1: Home smoking ban protects against morning smoking associated with co-residing smokers

Key message 2: Home smoking ban protects against heavier smoking associated with co-residing smokers

Conclusions

• Family smoking was significantly associated with morning and heavier smoking in Hong Kong adolescent smokers only in the absence of a home smoking ban.
• Establishing a home smoking ban may reduce morning and heavier smoking in adolescent smokers who live with other smokers.

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For additional information, please contact:
Mr Eric JJ Chen (chenjianjiu@gmail.com)