

CIGARETTE SMOKING AND RISK OF NICOTINE DEPENDENCE IN ADOLESCENTS 13 TO 18 YEARS IN THE PROVINCE OF VALLADOLID (SPAIN)

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INTRODUCTION.

Tobacco is one of the main problems of public health with important health, social, economic and environmental consequences. The adverse health effects of smoking affects directly to the pediatric population. International, national and regional studies are needed to investigate prevalence and factors related to tobacco use.

AIMS:

Study the prevalence and factors associated with the consumption of tobacco and risk of nicotine dependence in adolescents school of the province of Valladolid, Spain

METHODS

Descriptive, cross-sectional study survey limited to a sample of 2412 adolescents aged 13 to 18 years of Valladolid. The nicotine dependence was assessed with the version adapted to adolescents of the Fagerstrom test.

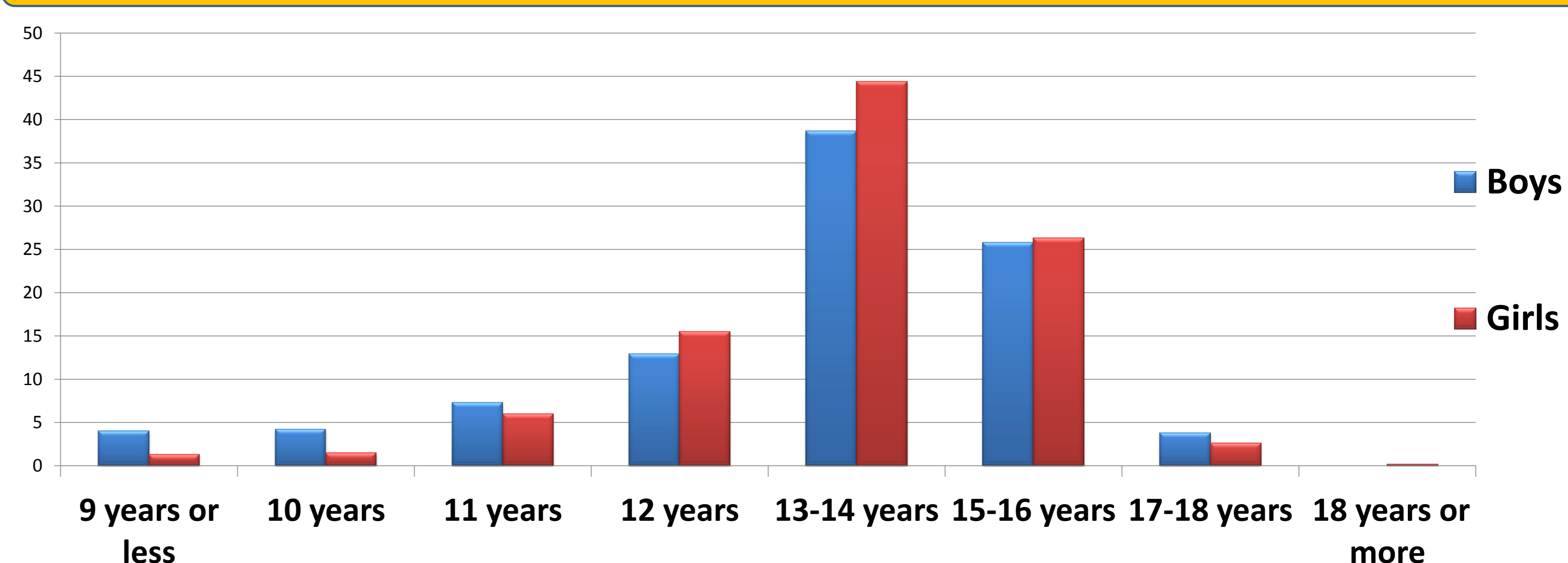
RESULTS

- 36.7% have experimented with tobacco. Table 1
- Most (41.6%) begin in smoking between 13 and 14 years old. Graph.1
- A 26,2% start smoking before the age of 12, this percentage higher in boys (p=0,025).
- 49.1% of 2nd ESO students began smoking with 12 years or less vs 11.3% of the students of 2nd year of the Bachelor (p<0,001).
- The majority (42%) smoked between 2-5 cigarettes per day.
- They smoke more than 10 cigarettes day 7.7%, this percentage higher in boys.
- A 81.9% were raised to quit, only 52.6% have tried it. Tobacco use mainly performed it in the afternoon (87.3%).
- Most (96.7%) had a low-moderate nicotine dependence

Table 1. Smoking by sex and grade

	Total		Sex		Grade				
			Boys	Girls	2ºEso	3ºEso	4ºEso	1ºBach	2ºBach
	Sample	%	%	%	%	%	%	%	%
They have ever smoked	881	36,7%	34,0%	39,7%	26,8%	30,8%	45,1%	41,4%	47,9%
No smoke	1517	63,3%	66,0%	60,3%	73,2%	69,2%	54,9%	58,6%	52,1%
They have smoked in the past 30 days	587	24,5%	22,1%	26,9%	17,3%	19,1%	32,7%	25,1%	35%
They smoke daily	250	10,4%	9,7%	11,2%	6,2%	7,3%	14,1%	11,9%	16,7%
They smoke several times week	114	4,7%	4,2%	5,3%	3,9%	3,4%	8,4%	2,8%	6,0%
They smoke less than once a week	86	3,5%	3,6%	3,5%	2,3%	4,2%	2,4%	4,8%	4,6%

Graph 1. Age of starting tobacco consumption, according to sex



CONCLUSIONS

There is a higher consumption of tobacco in girls, however boys start first experimentation before. The first cigarette smoking begins increasingly at an earlier age. Consumption during free time and weekends are other factors to take into account in tobacco prevention programs being advisable to introduce them before the age of 10 in order to delay the first cigarette smoking and avoid the risk of a higher nicotine dependence and other drug use.

LITERATURE CITED:

- 1 Health Behaviour in School-aged Children (HBSC) study: international report from the 2009/2010 survey. Copenhagen, WHO Regional Office for Europe, 2012 (Health Policy for Children and Adolescents, No. 6). Disponible en: <http://www.hbsc.org/publications/international>
2. Galbe Sánchez-Ventura J. Prevención del tabaquismo en la adolescencia [internet]. PrevinFAD, Grupo de trabajo de la AEPap y PAPPs de la semFYC. 2006. [consultado el 24 de Noviembre de 2012]. Disponible en: http://www.aepap.org/previnfad/pdfs/previnfad_tabaco.pdf