

Fife Scottish Health Survey Results 2008-11: Smoking

1. Background

The Scottish Health Survey (SHeS) is designed to make a major contribution to the monitoring of health in Scotland by providing estimates of the prevalence of a range of health conditions, information on health related behaviours and data to monitor progress towards local and national health and wellbeing targets not available from other sources.¹

Since 2008 the SHeS has had a new continuous survey design with the sample being built up annually over a four year period. The core sample size and the addition of a locally funded boost provided Fife results for 2008-09 and 2010-11. It also enables us to have 2008-11 results for Fife analysed by sex, age group and Scottish Index of Multiple Deprivation (SIMD) quintiles and to present results for each CHP.

2. The Fife Sample

Data collection from the 2008-11 surveys produced results from **2,741 adults** in Fife. 57% of the sample were women and 43% were men. 37% of the sample were aged 16-44 and 26% were aged 65 and over.

3. Results

This brief topic report focuses on smoking. The SHeS collects information on the prevalence of current cigarette smoking, levels of smoking among current smokers and exposure to second-hand smoke.

3.1 Smoking Prevalence

In 2008-11, cigarette smoking prevalence among the Fife sample was 26.4%, 28.3% among men and 24.7% among women. This proportion was the joint second highest of all health boards and slightly higher than the 24.8% reported nationally.² A further 50% of Fife respondents reported that they had 'never smoked or smoked only occasionally' and 24% were 'ex regular smokers' (Table 1).

Table 1: Smoking status by sex: Fife and Scotland 2008-11

	Fife (%)			Scotland (%)		
	Total	Male	Female	Total	Male	Female
Current smoker	26.4	28.3	24.7	24.8	25.7	24.0
Ex regular smoker	23.9	24.0	23.9	22.3	23.9	20.9
Never smoked	49.7	47.7	51.5	52.8	50.4	55.1

Source: SHeS 08-11

In Fife smoking prevalence was highest among those aged 25-34 (36%) followed by those aged 35-44 (34%). Smoking prevalence decreased with age from 25-34 years and was lowest amongst those aged 65 and over but the proportion of those reporting they had never smoked in Fife was highest amongst those aged 16-24 (Table 2).

¹ The Scottish Health Survey (<http://www.scotland.gov.uk/Topics/Statistics/Browse/Health/scottish-health-survey>)

² Scottish Health Survey NHS Board results (<http://www.scotland.gov.uk/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/healthboard2011>)

Table 2: Smoking status by age group: Fife and Scotland 2008-11

	Current Smokers (%)					
	16-24	25-34	35-44	45-54	55-64	65+
Fife	27.4	36.1	33.7	30.6	24.9	11.2
Scotland	27.4	30.6	28.8	27.3	24.0	13.6
	Never Smoked (%)					
	16-24	25-34	35-44	45-54	55-64	65+
Fife	67.1	50.0	45.6	48.9	43.2	47.1
Scotland	67.4	55.0	53.5	51.4	46.5	47.1

Source: SHeS 08-11

Smoking prevalence among those living in the most deprived areas in Fife was more than double that of those living in the least deprived areas with smoking prevalence decreasing linearly with decreasing deprivation (Table 3). 40.8% of adults reported they were current smokers in the most deprived areas compared to 14.8% in the least deprived.

Table 3: Smoking prevalence by deprivation quintile; Fife 2008-11

	Most Deprived	Quintile 2	Quintile 3	Quintile 4	Least Deprived	Fife
	%					
Current smoker	40.8	30.2	26.6	17.8	14.8	26.4
Ex regular smoker	20.6	24.3	24.0	25.8	25.1	23.9
Never smoked	38.6	45.5	49.3	56.4	60.1	49.7

Source: SHeS 08-11

Of the three CHPs Kirkcaldy and Levenmouth had the highest smoking prevalence with 30% of adults reporting being a current smoker compared to 27% in Dunfermline and West Fife and 23% in Glenrothes and North East Fife. In Dunfermline and West Fife CHP smoking prevalence was slightly higher than among women than men but greater among men than women in the other two CHPs (Table 4).

Table 4: Smoking prevalence by sex; CHPs 2008-11

	DWF (%)			GNEF (%)			K&L (%)		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Current smoker	27.3	26.7	28.0	22.8	26.8	19.2	29.9	32.9	27.3
Ex regular smoker	22.8	23.0	22.5	24.8	24.1	25.5	24.4	25.3	23.6
Never smoked	49.9	50.2	49.6	52.4	49.1	55.3	45.7	41.9	49.0

Source: SHeS 08-11

In all of the three CHPs reports of current smoking were highest among those aged 16-44 and lowest among those aged 65 and over (Table 5). Reports of never having smoked were also highest among the youngest age group in each of the CHPs.

Table 5: Smoking prevalence by age group; CHPs 2008-11

	DWF (%)			GNEF (%)			K&L (%)		
	16-44	45-64	65+	16-44	45-64	65+	16-44	45-64	65+
Current smoker	33.6	28.8	9.0	28.2	23.9	10.7	36.9	31.4	14.6
Never smoked	51.9	46.6	50.4	57.8	47.7	48.6	50.2	43.9	40.7

Source: SHeS 08-11

3.2 Levels of smoking

Among current smokers in the Fife sample the average number of cigarettes smoked each day was 15.2 with 43% classifying themselves as moderate smokers and smoking between 10 and 20 cigarettes each day (Table 6). A greater proportion of respondents in the Fife sample categorised themselves as heavy smokers than nationally, 35% compared to 30%.

In Fife a greater proportion of respondents aged 65 and over (43%) classed themselves as heavy smokers than compared to other age groups and among the same age group nationally (34%). Men were also more likely to report being a heavy smoker than women, 38% compared to 31% (Table 6 and 7).

Table 6: Levels of daily smoking by sex; Fife and Scotland 2008-11

	Fife (%)			Scotland (%)		
	Total	Male	Female	Total	Male	Female
Light (< 10)	22.3	16.9	28.0	26.9	23.9	29.8
Moderate (10 to <20)	42.9	45.1	40.6	40.7	38.6	42.8
Heavy (20+)	34.7	37.7	31.4	29.9	33.5	26.4
Mean	15.2	16.4	13.9	14.2	15.0	13.4

Source: SHeS 08-11

Table 7: Levels of daily smoking by age group; Fife and Scotland 2008-11

	Fife (%)			Scotland (%)		
	16-44	45-64	65+	16-44	45-64	65+
Light (< 10)	25.2	18.0	21.7	33.5	17.2	25.4
Moderate (10 to <20)	45.8	40.6	34.8	42.2	39.1	38.8
Heavy (20+)	29.1	41.0	43.4	22.5	40.1	33.6
Mean	14.2	16.5	16.2	12.6	16.6	14.5

Source: SHeS 08-11

3.3 Passive smoking

Among the Fife sample 94% of respondents reported they were never exposed to passive smoking in a public place and 75% stated that they were never exposed within their own or others home. Proportions were similar within each of the CHPs and the most and least deprived areas for not being exposed to passive smoking in a public place but there was a difference by deprivation for exposure in own or others home (Table 8).

Table 8: Exposure to passive smoking; Fife, Scotland, CHPs and SIMD Q 2008-11

	Fife	Scotland	DWF	GNEF	K&L	Most Deprived	Least Deprived
	%						
Public Places - Never	93.7	92.6	95.1	93.4	92.1	92.6	92.6
Public Places - Exposed	6.3	7.4	4.9	6.6	7.9	7.4	7.4
Homes - Never	74.8	75.8	73.3	79.1	71.1	60.6	87.1
Homes - Exposed	25.2	24.2	26.7	20.9	28.9	39.4	12.9

Source: SHeS 08-11

4. Future results

The Fife 2010-11 data will be available at the end of March and will be used to compare progress against the 2008-09 figures. The possibility of producing sub Fife figures using rolling four year periods (10-13) will be explored after the publication of the 2012-13 data.