

Smoking in Hull 2014: Summary

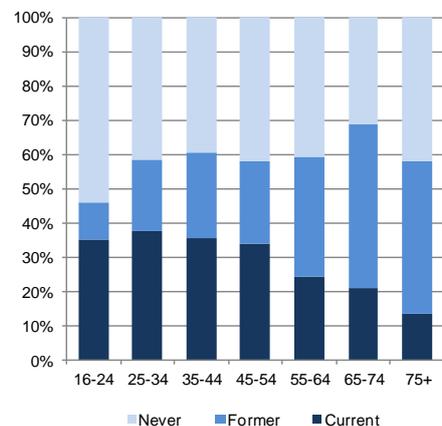
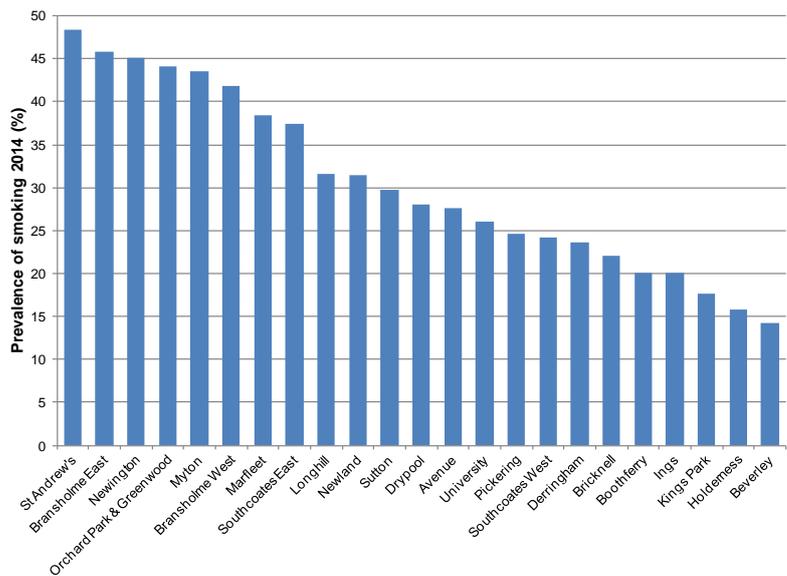
1. WHY IS SMOKING IMPORTANT?

- ❖ Around 40 deaths in Hull occur each month (more than one per day) which are directly attributable to smoking.
- ❖ It is estimated that the cost of smoking to Hull is £62 million each year mainly costs to the economy (lost productivity due to premature deaths, smoking breaks and days off sick), NHS and fire service, and costs due to additional social care needs. Additionally, it is estimated that residents in Hull could spend up to £120 million each year on buying tobacco.
- ❖ Smoking status at delivery (smoking in pregnancy) and smoking prevalence in adults are both performance indicators included in Hull's Health and Wellbeing Strategy 2014-2020.
- ❖ The prevalence of smoking among adults, among 15-year olds and in pregnancy are indicators within the Public Health Outcomes Framework.

2. KEY POINTS FROM HEALTH AND LIFESTYLE SURVEY 2014

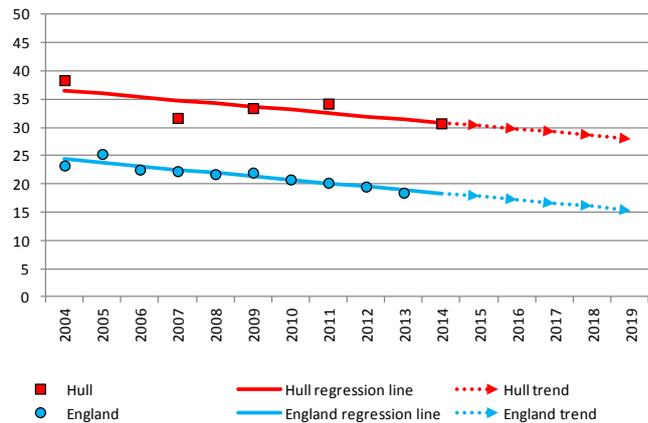
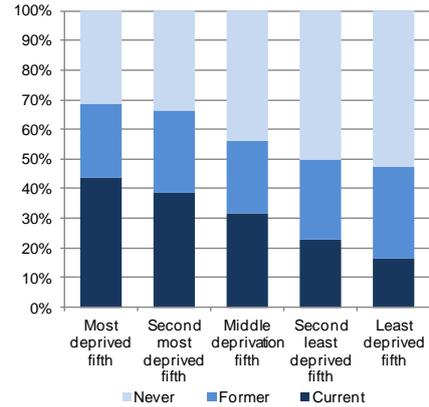
Over five thousand adults in Hull, representative of the population, were asked about lifestyle behaviours, including smoking, between September and December 2014.

- ❖ **Hull has the highest prevalence of smoking in England.** The smoking prevalence was 30.7%, slightly higher among men (32%) compared to women (29%). It is estimated that there are over 63,000 smokers in Hull (almost half of the smokers live in the eight most deprived wards where the prevalence of smoking ranges from 37% to 48% compared to 32% or lower for the remaining 15 wards).
- ❖ **The highest smoking rates were among those aged 16-54 years with older people less likely to smoke.** One-third or more smoked daily or occasionally among those aged 16-54 years, but the prevalence fell to 24% among those aged 55-64 years, 21% among those aged 65-74 years and 13% among those aged 75+ years.
- ❖ **Fewer young people in Hull are taking up smoking.** Among those aged 25+ years, 40% had never smoked but this was statistically significantly higher at 54% among those aged 16-24 years (who



would have been aged around 9-17 years on the 1st July 2007 when the ban on smoking in public places was introduced to England)*.

- ❖ **There were much higher rates of smoking in poorer areas of Hull.** In the most deprived fifth of areas of Hull, 44% smoked compared to 17% among those living in the least deprived fifth of areas. A higher percentage in the least deprived areas had also never smoked (53%) compared to the most deprived fifth (31%).
- ❖ **The prevalence of smoking in Hull has fallen in the last decade.** From the local surveys, it was estimated that the prevalence of smoking was 38.6% in 2003 and 2004 (two surveys combined). The estimated prevalence fell to 31.7% in 2007, but increased to 33.5% and 34.0% for the 2009 and 2011 surveys. However, in the current survey the estimated prevalence is now 30.7% which is considerably lower than a decade ago but nevertheless still around 50% higher than England.
- ❖ **Overall, 8.4% of people in Hull currently used e-cigarettes (3.7% every day).** Virtually all of current e-cigarette users were current or former tobacco / cigarettes smokers. The majority were using e-cigarettes to quit or cut down smoking tobacco / cigarettes.



3. WHAT DOES THIS MEAN FOR HULL?

- ❖ To reduce health inequalities in Hull, it is necessary to target the most deprived eight wards, which have the highest prevalence of smoking, to reduce the prevalence of smoking in these wards (St Andrew's, Bransholme East, Newington, Orchard Park and Greenwood, Myton, Bransholme West, Marfleet and Southcoates East).
- ❖ More than half of those aged 16-24 years had never smoked, so the smoking ban and acceptability of smoking may be starting to have an influence over some young people starting to smoke. Nevertheless over 35% of those aged 16-44 years smoke in Hull, and in many areas of Hull smoking is socially acceptable and considered to be the 'norm'.
- ❖ Smoking prevalence is estimated to be around 16% for boys and 27% for girls aged 15-16 years (from the Young People Health and Lifestyle Survey), so a relatively high number of young men start smoking after leaving secondary education whereas many young women who are smokers as young adults have already started smoking by the time they have left school. To reduce the numbers of young people starting to smoke, it is necessary to make smoke free the norm, and to target young men and women at different ages.
- ❖ There was no evidence that non-smokers were using e-cigarettes, and the majority of e-cigarette users found them useful to quit or cut down smoking tobacco / cigarettes.

* This is not surprising as some of these 16-24 year olds might in the future if they start to smoke, however, the percentage of never smokers has increased over time (37% in 2003-4 and around 50% in 2007, 2009 and 2011-12).