



## SMOKING PREVALENCE AMONG THE STAFF OF ESTONIAN HEALTH PROMOTING HOSPITALS (HPH)

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### BE A ROLE MODEL

2009, using a special questionnaire, coordinated by European Network of Smoke-free Hospitals and Health Services (ENSH).

Aim of the study was:

- to collect data about the current situation on the smoking habits of hospital staff,
- to highlight the importance of healthcare workers as key persons in tobacco control,
- to decrease the smoking rate of hospital staff,
- to improve the effectiveness of smoking cessation services etc.

The study comprised 23 HP hospitals, response rate was 75,4% (6818 respondents). Statistical analyze was done with SPSS for Windows package.

### Results:

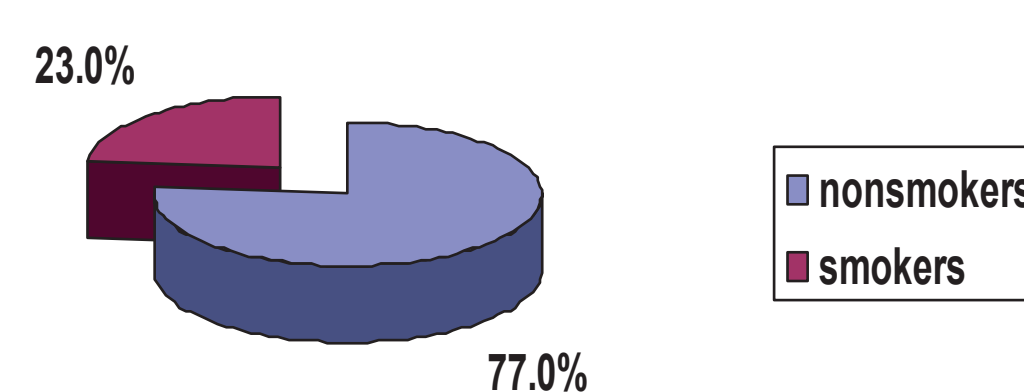
The distribution (%) respondents by smoking status and sex in Estonian HP hospitals was following:

among males were daily smokers 30,0% (33,3% smokers and 66,7% non-smokers);

among females - daily smokers 19,0% (22,2% smokers and 77,8% non-smokers).

Daily smokers in total (males+females) were 24,5%. According to Health Behaviour Study among Estonian Adult Population, 2008, there were 26,2% of daily smokers (38,6% among males and 17,1% among females) in general population.

Distribution of respondents by smoking status in Estonian HP hospitals, 2009



(28,4% smokers and 71,6% non-smokers).

The medium number of cigarettes smoked daily was 11. The medium age of beginning smoking among daily smokers was 18-20 years. The medium age of giving up smoking among ex-smokers was 31- 40 years.

Unfortunately, the smoking personnel of hospital staff is not really motivated to quit: 79% planned to stop smoking sometimes in the future; 44,4% of smokers tried to stop smoking 2-5 or more times; 60,2% of them didn't want to be counselled on cessation.

All health care workers of HP hospitals should play a leading role in tobacco control and smoking cessation. They should be role models as non-smokers, assess and address tobacco, discuss tobacco too, educate about tobacco, advise on cessation and support tobacco-free environment

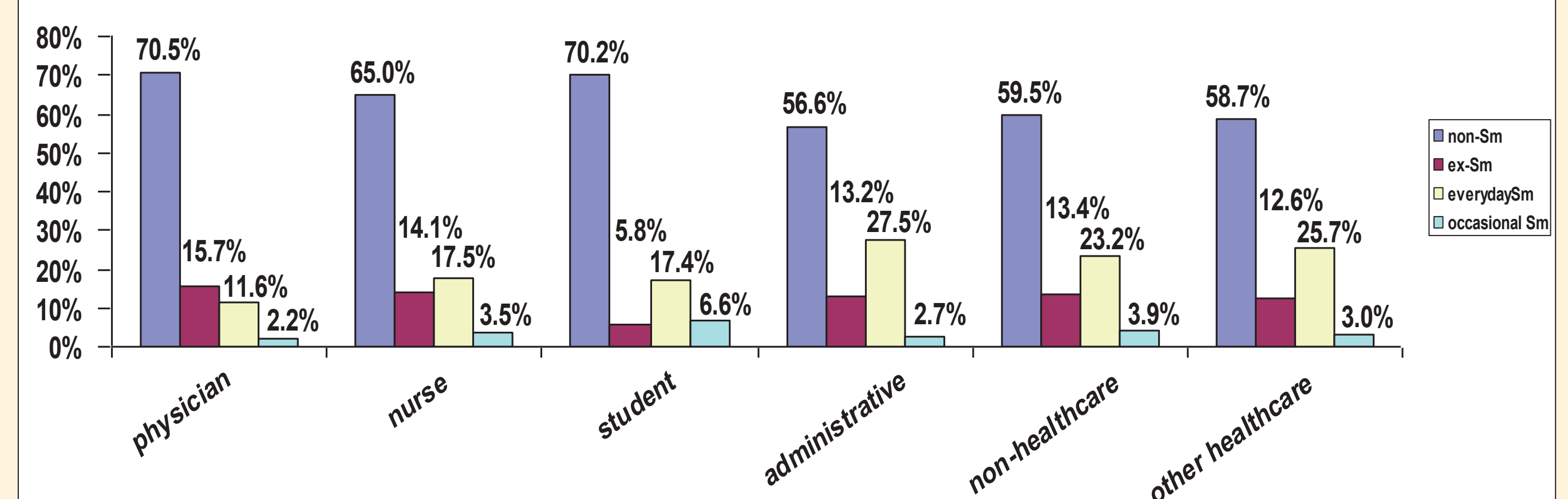
### Purpose / Methods:

The epidemiology survey of the smoking prevalence among the hospital staff of all Estonian HPH Network member-hospitals was provided in October-November

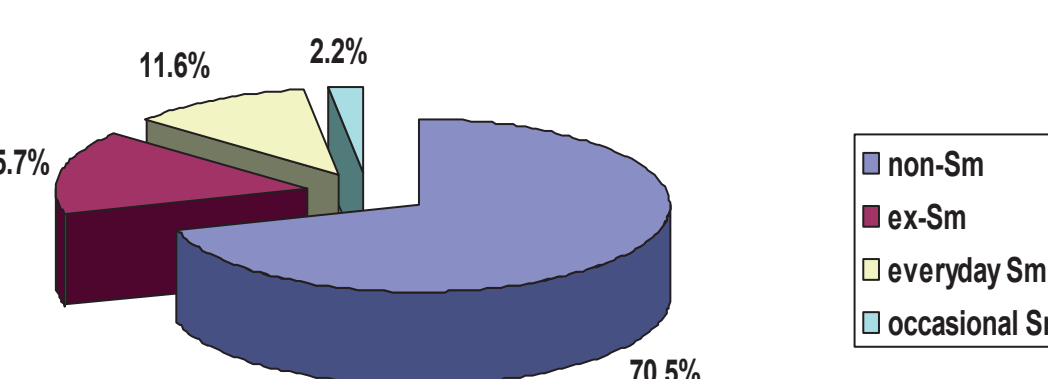
Study-visit to the Smoke-free Seinäjoki Hospital in Finland



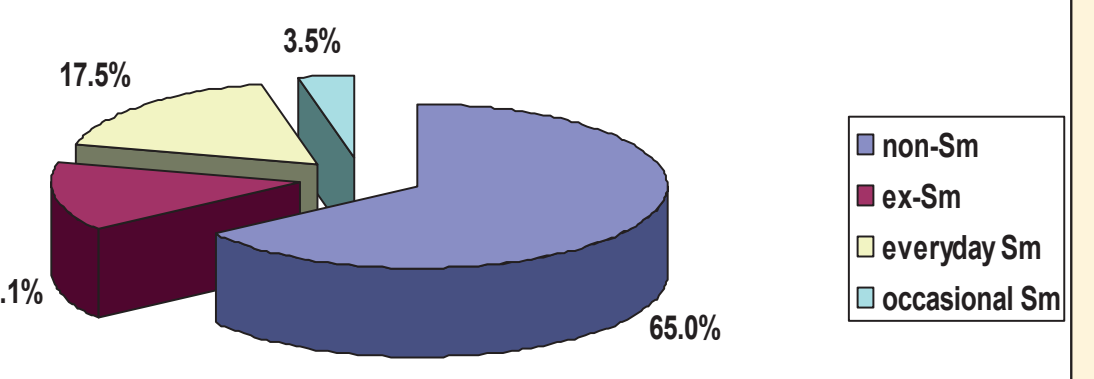
Smoking status by profession in Estonian HP hospitals, 2009



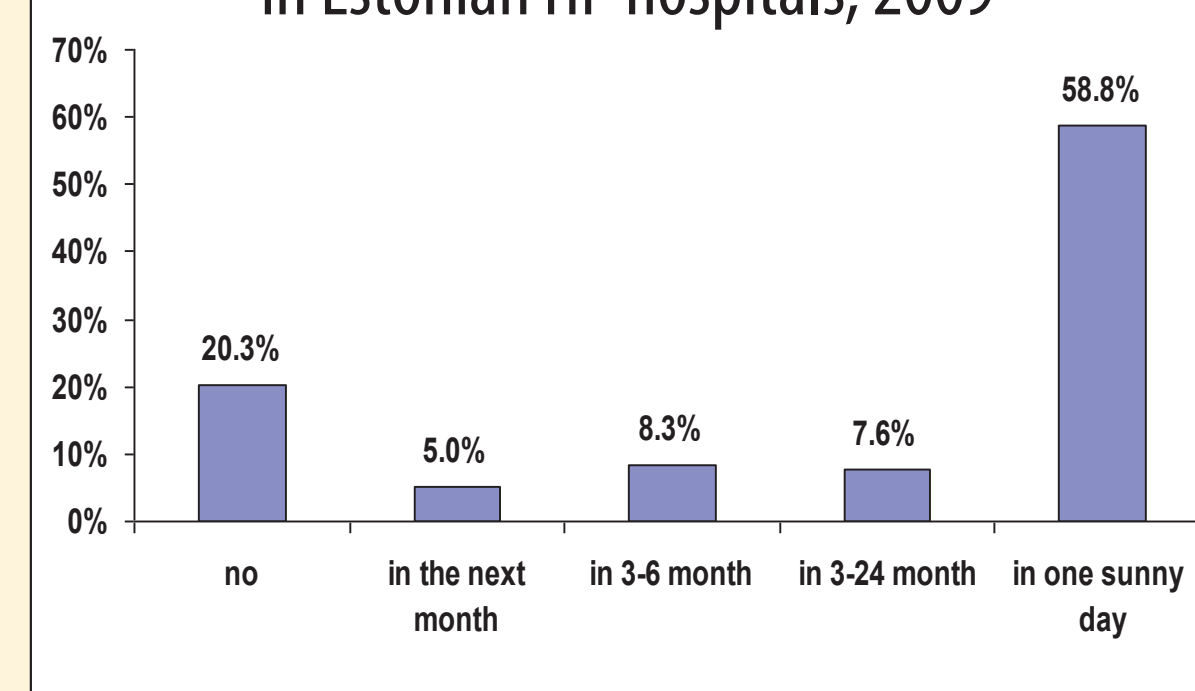
Smoking status among physicians in Estonian HP hospitals, 2009



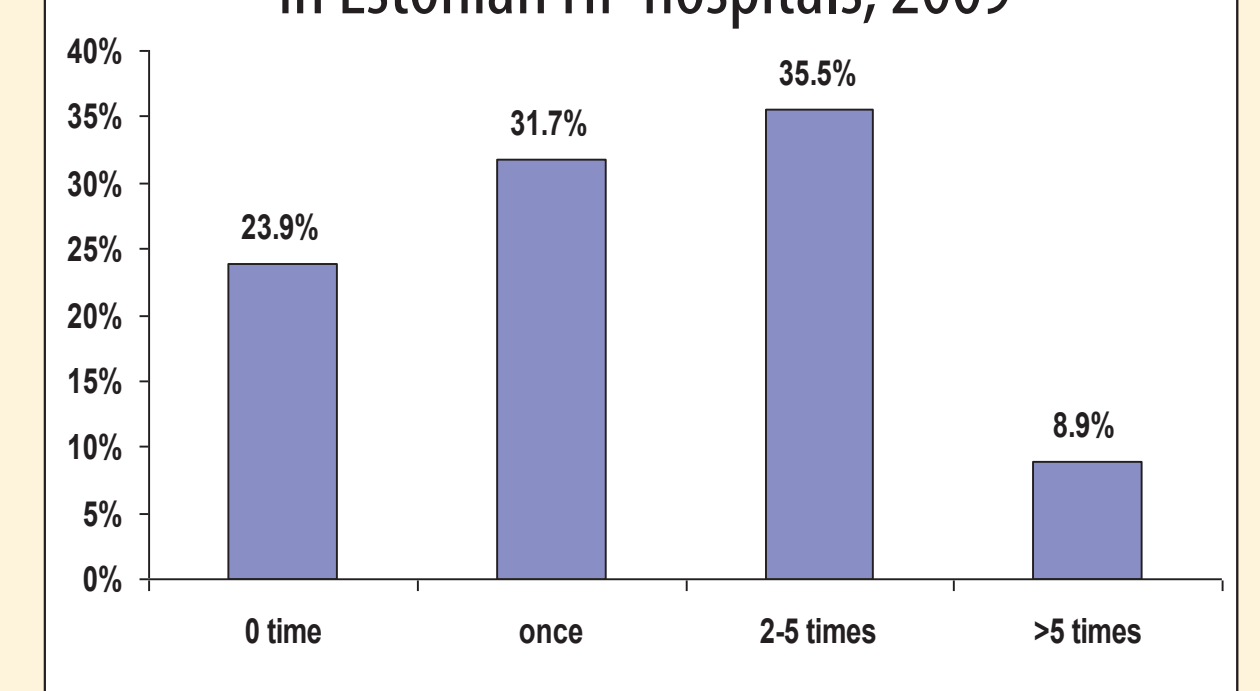
Smoking status among nurses in Estonian HP hospitals, 2009



The opinion of smokers about quitting in Estonian HP hospitals, 2009



Number of attempt to quit among the smokers in Estonian HP hospitals, 2009



When a health care worker gives advice on how to quit smoking, the proportion of smokers who manage to give up smoking increases.

The 2008 data show that only 21,8% of daily smokers, who visited an health-care institution over the last 12 months, got advice to quit smoking from physician; 5,5 % - from another healthcare worker and 7,4% from dentist.

### Conclusions:

The reduction of prevalence of tobacco consumption is a long-term priority (2005-2020) in Estonia.

Quitting of smoking has positive impact on medical personnel health and can rise the rate of counselling patients.

Health care professionals have a special role in smoking cessation and developing a smoke-free environment.