

Smoking cessation profile in Sharqia Governorate

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In a study of smoking trends in Sharqia Governorate, 3000 subjects were investigated using the questionnaire method involving entities dealing with smoking habit and related health problems including cessation methods and attitudes. It was found that smoking was more common among males, those with rural residence and low socioeconomic level, teachers and those aged 40-60 years. Cigarette smoking was the most prevalent type among the studied subjects. As regard smoking cessation, it was found that 79.4% of the studied subjects desired to stop smoking to avoid disease, while previous trials of cessation were found in 76% of the studied smokers and ex-smokers. Among all the studied occupations, well dependence was the most preferred method, while acupuncture and cigarettes with low tar content were preferred by students and physicians, respectively. Nonsmokers preferred smoking restriction in public areas as the most suitable legislative action to fight smoking.