

4. Smoking

Smoking increases the risk of CHD. The long-term risk of smoking to individuals has been quantified in a 50-year cohort study of British doctors. The study found that mortality from CHD was around 60% higher in smokers (and 80% higher in heavy smokers) than in non-smokers. Observing deaths in smokers and non-smokers over a 50-year period, the study concluded “about half of all regular smokers will eventually be killed by their habit”¹.

Second hand smoke (smoke that has been exhaled by a smoker) is also harmful to cardiovascular health. Regular exposure to second hand smoke increases the risk of CHD by around 25%²⁻⁴.

It is estimated that smoking caused about 25,000 deaths from CVD in 2000 in the UK. Overall, around one in five deaths from CVD were attributable to smoking. For men, the proportion of CVD deaths attributable to smoking fell between 1995 and 2005, from 16% to 11% in England and Wales, and from 22% to 16% in Scotland. For women, the proportion of CVD deaths attributable to smoking remained the same between 1995 and 2005 (12%) in England and Wales, and fell from 19% to 18% in Scotland (Table 4.2). A higher proportion of premature deaths from CVD, around one in five, were attributable to smoking⁵.

Research from the World Health Organization has estimated the impact of smoking on total disease burden (both mortality and morbidity) in terms of disability-adjusted life years (DALYs) lost. The World Health Report 2002 estimated that in developed countries around 12% of all disease burden and over 20% of CVD was due to smoking⁶.

More recently the INTERHEART case-control study estimated that 29% of heart attacks in Western Europe were due to smoking, and that smokers and former smokers were at almost twice the risk of a heart attack compared to never smokers⁷.

A systematic review of the evidence on smoking cessation in patients with CHD concluded that quitting smoking reduces the risk of dying from CHD by 36%⁸.

Public health targets

In England, new targets for smoking were announced in 1998⁹ which were less ambitious than the Health of the Nation targets they replaced¹⁰ (Table 4.1). The Smoking Kills targets for smoking among adults are to reduce rates to 26% by 2005, and 21% by 2010.

The most recent data suggest the 2005 milestone has been met in both men and women, with overall smoking prevalence falling to 23% in 2006. Women have already achieved the 2010 target of 21% (Figure 4.1a)¹¹.

The 2005 target for smoking in children has already been met and boys have already achieved the 2010 target (Figure 4.1b)¹².

In 2000, an inequalities target was added to the general smoking targets in England¹³. This aims to reduce smoking rates among manual groups from 32% in 1998 to 26% in 2010. The latest

smoking figures indicate some progress towards this target, although 29% of men and 27% of women in manual groups currently smoke (Table 4.7). Scotland appears to be making progress towards the target of a reduction in the proportion of adults smoking to 22% by 2010. Smoking prevalence among Scottish adults has reduced from 35% in 1998 to 25% in 2006 (Table 4.6).

Overall prevalence of smoking

In 2006, 23% of men and 21% of women smoked cigarettes in Great Britain (Table 4.3). From the age-specific smoking rates in Table 4.3, we estimate that there are over 12 million adult cigarette smokers in the UK today

Overall, smoking prevalence in 2006 was higher among men than women for all age groups except 16 to 19 years. The greatest difference was found in those aged 25 to 34 years where smoking rates were 33% for men and 26% for women (Table 4.3 and Figure 4.3a).

In both men and women, the percentage of adults who smoked was highest in those aged 20 to 34 years. Rates declined steadily with age and were lowest in those aged 60 and above (13% in men and 12% in women) (Table 4.3). This pattern has only emerged since the mid-1980s – prior to that, smoking prevalence was similar in all but the youngest and oldest age groups. This change reflects an increase in the number of men and women aged 35 and over who have given up smoking.

Young people and smoking

In 2006, just under one in ten young people aged 11 to 15 in England were regular smokers (defined as usually smoking at least one cigarette per week) (Table 4.4). As in previous years, girls were more likely to be regular smokers than boys (10% of girls compared to 7% of boys). The proportion of regular smokers increased sharply with age in young people: 1% of 11 year olds in England smoked regularly compared with 21% of 15 year olds¹⁴. From the age-specific rates in England, we estimate there are over 300,000 regular smokers aged 11 to 15 in the UK today.

Temporal trends

The highest recorded level of smoking among men in the UK was 82%, found in the first national survey of smoking behaviour in 1948. Among women, smoking prevalence remained fairly constant between 1948 and 1970, peaking at 45% in 1966¹⁵.

The 1970s and early 1980s saw a substantial fall in the proportion of adult smokers in Great Britain. This decline in smoking prevalence continued at a slower rate for another decade. Results from the General Household Survey (GHS) show that since the early 1990s the decline in smoking prevalence has levelled off and smoking rates have remained relatively stable. From 2000 to 2006, the rate in men declined from 29% to 23%, and in women from 25% to 21% (Figure 4.1a).

The decline in smoking rates over the last 30 years has been faster in men than in women, resulting in a major narrowing of the gap between the proportions of men and women who smoke cigarettes (Table 4.3 and Figures 4.3a and 4.3b). In 1974, for example, men were much more likely to be smokers than women (51% of men compared to 41% of women). By 1990 the difference in smoking prevalence had reduced to just two percentage points (31% men compared to 29% of women), and since then there has been an excess in male smoking rates of between 1 and 4 percentage points.

The decline in smoking prevalence since the 1970s has not occurred equally across all age groups. Smoking rates have declined most in those aged over 35 and least in younger age groups (Table 4.3).

As well as a decline in the numbers of adults smoking cigarettes there has been an overall decline in the average number of cigarettes smoked by men. This fall in cigarette consumption has occurred mainly in younger smokers. The number of cigarettes smoked by those aged 50 years and over has changed very little since the mid 1970s (Table 4.5).

In teenagers, particularly girls, rates of smoking increased in England during the 1990s, peaking in 1996 (Figure 4.1b). The most recent survey data show the prevalence of regular smoking in young people in England in 2006 was 9%, unchanged from 2003, and down from 10% in 2002 (Table 4.4). In Scotland, the percentage of boys who smoke has declined from 11% in 2002 to 8% in 2006. The percentage of Scottish girls who smoke has declined from 16% in 2002 to 11% in 2006. The most recent data from Northern Ireland show a decline in smoking prevalence in both boys and girls (Table 4.4).

National and regional differences

In 2006, 25% of men and women in Scotland smoked, compared to 27% of men and 25% of women in Northern Ireland, 23% of men and 21% of women in England, and 19% of men and 20% of women in Wales (2004/05). Smoking rates have been consistently higher in Scotland than in the UK for over 25 years (Table 4.6).

Within England, smoking prevalence rates are generally higher in the north of the country, although this pattern is more marked in women than men (Figures 4.6a and 4.6b). In 2006, among men, the highest proportion of smokers was found in the North West (26%) and the lowest in the East Midlands and the South East (21%). Among women, smoking prevalence was highest in the North East (25%) and lowest in the East of England (17%) (Table 4.6 and Figure 4.6).

Socio-economic differences

There is a strong association between cigarette smoking and socio-economic position. Cigarette smoking is more prevalent among manual social groups than among non-manual groups (Table 4.7), and is lowest among higher managerial and professional classes (Table 4.8 and Figure 4.8). In 2006, 29% of men and 27% of women in manual households smoked compared to 18% of men and 16% of women in non-manual households (Table 4.7). This class difference has persisted since the 1990s, and recent data suggest no narrowing of the gap¹⁶.

Ethnic differences

Smoking rates vary considerably between ethnic groups in the UK. In 2004, the rates for men were particularly high in the Bangladeshi communities (40% current smokers). With the exception of Black Caribbean (24%) and Irish women (26%) who had similar rates to women in the general population (23%), smoking rates in ethnic minority women were very low (10% and below) (Table 4.9 and Figure 4.9).

Chewing tobacco is consumed more often among the Bangladeshi community where 16% of Bangladeshi women use this form of tobacco¹⁷.

International differences

Tobacco is used across the world in many forms including cigarettes, chewing tobacco and snuff. In many countries, cigarette smoking is only a small part of tobacco use, and comparable data on tobacco use are not widely available. Recent data from the World Health Organization show the known prevalence of adult smoking varies among men from 65% in Kazakhstan and the Republic of Korea to 6% in Ethiopia, and among women from 57% in Lebanon to less than 1% in Algeria, Ethiopia, Egypt and Morocco (Table 4.10). Smoking rates in the UK are, by international standards, relatively low in men (within the second lowest quintile) and relatively high in women (within the highest quintile) (Figures 4.10a and 4.10b).

Data from the World Health Organization's Europe Region "Health for All Database" show that, in 2004, the overall UK adult smoking rate of 25% was below the average for the European Union (EU-25 30%) and for Europe (2002) as a whole (29%). The decline in smoking prevalence in the UK since the mid 1990s has been slight (2%). Cyprus, Denmark, Kazakhstan, Kyrgyzstan and Switzerland all showed a decline of 10% or more (Table 4.11 and Figure 4.11).

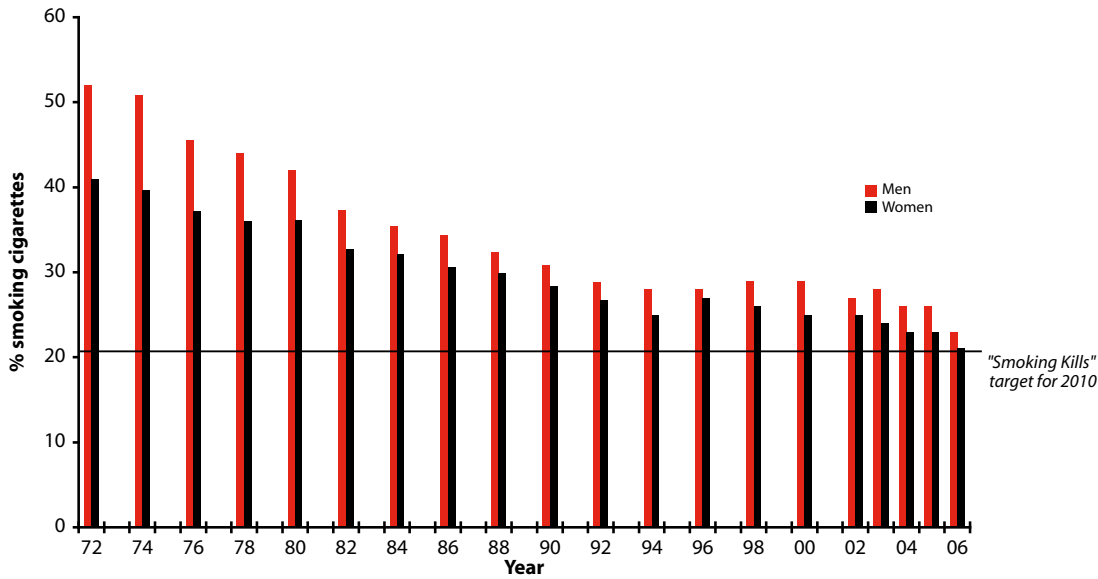
1. Doll R, Peto R, Boreham J, Sutherland I (2004) Mortality in relation to smoking: 50 years' observations on male British doctors. *BMJ*; 328: 1519-27.
2. Law MR, Morris JK, Wald NJ (1997) Environmental tobacco smoke exposure and ischaemic heart disease: an evaluation of the evidence. *BMJ*; 315:973-80.
3. He J, Vupputuri S, Allen K, Prerost M, Hughes J, Whelton P (1999) Passive smoking and the risk of Coronary Heart Disease – a Meta-Analysis of Epidemiological Studies. *New England J Med*; 340: 920-26.
4. For more information and statistics on secondhand smoke, see Chapter 3 in Petersen S and Peto V (2004) *Smoking statistics*. British Heart Foundation: London (also available at www.heartstats.org/smokingstatistics).
5. Data available at www.ctsu.ox.ac.uk/~tobacco. See Table 1.3 in Petersen S and Peto V (2004) *Smoking statistics*. British Heart Foundation: London (also available at www.heartstats.org/smokingstatistics).
6. World Health Organization (2002) *The World Health Report 2002. Reducing Risks, Promoting Healthy Life*. World Health Organization: Geneva.
7. Yusuf S, Hawken S, Ounpuu S, Dans T, Avezum A, Lanas F, McQueen M, Budaj A, Pais P, Varigo J, Lisheng A, on behalf of the INTERHEART Study Investigators (2004) Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries (the INTERHEART Study): case-control study. *The Lancet*; 364: 937-952.
8. Critchley J, Capewell S (2003) Mortality Risk Reduction Associated With Smoking Cessation in Patients With Coronary Heart Disease: A Systematic Review. *JAMA*; 290: 86-97.
9. Department of Health (1998) *Smoking Kills: A White paper on Tobacco*. The Stationery Office: London.
10. *The Health of the Nation outlined four smoking targets: to reduce the prevalence of smoking in adults to 20% by the year 2000 (from a prevalence in 1990 of 31% in men and 28% in women); to reduce the consumption of cigarettes by at least 40% by the year 2000 (from 98 billion manufactured cigarettes per year in 1990 to 59 billion); to reduce smoking prevalence among 11-15 year olds by at least 33% by 1994 (from 8% in 1988 to less than 6%) and for at least a third of women smokers to stop smoking at the start of their pregnancy by the year 2000*. Department of Health (1992) *The Health of the Nation*. HMSO: London.
11. *Smoking Kills targets were based on un-weighted GHS baseline data, but are currently monitored using weighted data. Because of this methodological change it has been suggested by the Office for National Statistics that these targets be revised upwards by one percentage point*.
12. *Smoking prevalence in pregnant women is measured every five years in the Infant Feeding Survey. The latest data show the prevalence of smoking in pregnant women fell from 23% in 1995 to 20% in 2000. If this rate of decline continues the Smoking Kills targets for smoking in pregnant women (18% by 2005 and 15% by 2010) should be met*. See www.dh.gov.uk/PublicationsAndStatistics
13. Department of Health (2000) *The NHS Cancer Plan*. Department of Health: London.
14. Department of Health (2005) *Smoking, drinking and drug use among young people in England in 2004: Headline Figures*. See www.dh.gov.uk
15. Wald N and Nicolaidis-Bouman A (1991) *UK Smoking Statistics*. 2nd Edition. Oxford University Press: Oxford.
16. *Smoking prevalence is also measured in the ONS Omnibus Survey. The most recent data from this source show no narrowing between 2001 and 2002 of the gap between manual and non-manual classes*. Office for National Statistics (2004) *Smoking Related Behaviour and Attitudes, 2003*. The Stationery Office: London.
17. Department of Health (2005) *Health Survey for England 2004. The Health of Minority Ethnic Groups - headline tables*. NHS Health and Social Care Information Centre.

Table 4.1 Smoking targets for the United Kingdom

England^{1,2,3,4}	
Adults	To reduce adult smoking in all social classes so that the overall rate falls from 28% in 1996 to 21% or less by the year 2010
Pregnant women	To reduce the percentage of women who smoke during pregnancy from 23% in 1995 to 15% by the year 2010
Children	To reduce smoking among children from 13% in 1996 to 9% or less by the year 2010
Inequalities target	To reduce smoking rates among manual groups from 32% in 1998 to 26% by 2010, in order to narrow the health gap
Scotland^{5,6,7}	
Adults	
- Target	To reduce the rate of smoking among adults aged 16+ from 26.5% in 2004 to 22.0% in 2010
- Inequalities target	To reduce the rate of smoking among adults aged 16+, for the most deprived areas of Scotland, from 37.3% in 2004 to 33.2% in 2008
Pregnant women	
- Target	To reduce the proportion of women who smoke during pregnancy from 29% to 23% between 1995 and 2005 and to 20% by 2010
- Inequalities target	To reduce the rate of smoking during pregnancy, for the most deprived communities, from 35.8% in 2003 to 32.2% in 2008
Young people	
- Target	To reduce smoking among young people aged 12-15 years, from 14% to 12% between 1995 and 2005 and to 11% by 2010
Wales⁸	No target set
Northern Ireland⁹	
Adults	To increase the proportion of the adults who do not smoke cigarettes from 73% in 2000/01 to 75% by the year 2006/07
Pregnant women	To increase the proportion of pregnant women who do not smoke from 78% in 2000 to 82% by the year 2005
Children	To increase the proportion of the population aged 11-16 who do not smoke cigarettes from 86.5% in 2000 to 89% by the year 2006
Inequalities target	To increase the proportion of non-smokers in manual groups from 65% in 2000/01 to 69% in 2006/07

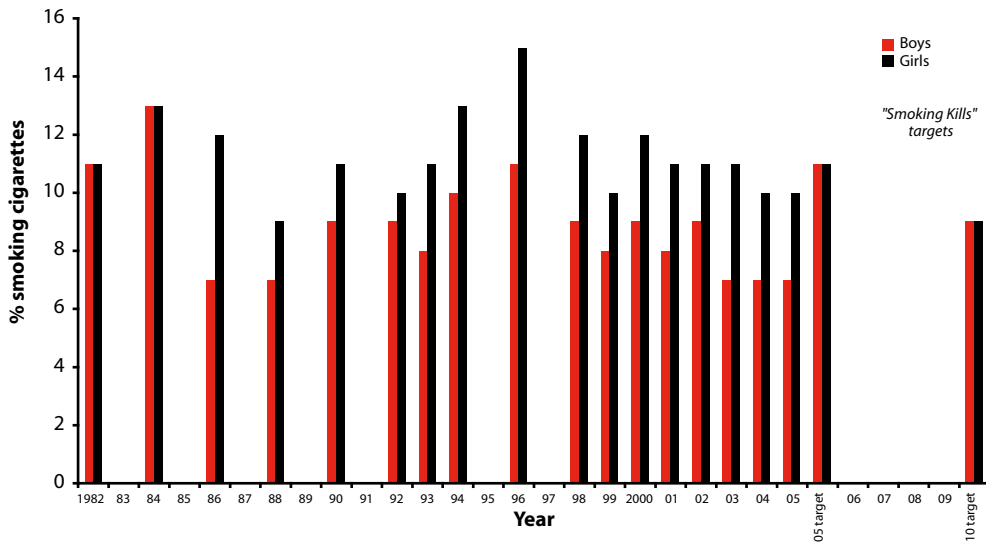
1. HM Treasury (2004) *Spending Review : Chapter Three*. http://www.hm-treasury.gov.uk/spending_review/
2. Department of Health (1998) *Smoking Kills: A White Paper on Tobacco*. HMSO: London.
3. Department of Health (2000) *The NHS Cancer Plan*. Department of Health: London.
4. Department of Health *Public Service Agreement (2004)* <http://www.dh.gov.uk/>
5. Scottish Executive (2004) *Building a Better Scotland. Spending Proposals 2005-2008: Enterprise, Opportunity and, Fairness*. The Scottish Executive: Edinburgh
6. Scottish Executive (2004) *A Breath of Fresh Air for Scotland. Improving Scotland's Health: the challenge tobacco control action plan*. The Scottish Executive: Edinburgh
7. The Scottish Executive (2008). *Spending Review 2007*. The Scottish Executive: Edinburgh <http://www.scotland.gov.uk/>
8. The Welsh Assembly Government is currently developing new determinants of health indicators. The first stage of this work is underway and includes a focus on CHD. See the Chief Medical Officer Wales website www.cmo.wales.gov.uk/content/work/health-gain-targets/determinants-of-health-e.htm
9. DHSSPSNI (2002) *Investing for Health. A five year tobacco action plan: consultation document*. http://www.dbsspsni.gov.uk/publications/2002/tobacco_plan.pdf

Figure 4.1a Cigarette smoking by sex, adults aged 16 and over, 1972 to 2006, England with “Smoking Kills” national targets



Source: Office for National Statistics (2006) Results from the 2005 General Household Survey. The Stationery Office: London and previous editions.

Figure 4.1b Cigarette smoking by sex, children aged 11 to 15, 1982 to 2005 England, with “Smoking Kills” national targets



Source: Office for National Statistics (2006) Smoking, drinking and drug use among young people in England in 2005. The Stationery Office: London and previous editions.

Table 4.2 *Smoking-attributed deaths by cause, sex and age, 1995 to 2005, England and Wales, and Scotland*

YEAR	AGE	Males			Females		
		All causes %	All cancers %	Vascular disease %	All causes %	All cancers %	Vascular disease %
England and Wales							
1995	35-69	29	40	23	21	18	22
	70+	24	39	14	14	20	10
	Any age	25	39	16	15	19	12
2000	35-69	25	36	19	20	18	20
	70+	21	36	12	15	21	10
	Any age	21	35	13	15	20	11
2005	35-69	23	33	17	20	18	19
	70+	19	32	9	16	22	11
	Any age	19	32	11	17	21	12
Scotland							
1995	35-69	36	50	31	29	26	31
	70+	29	47	18	21	29	16
	Any age	30	48	22	22	28	19
2000	35-69	30	43	25	29	28	30
	70+	25	42	15	22	29	16
	Any age	26	42	18	23	28	18
2005	35-69	28	43	23	28	27	29
	70+	24	40	13	23	31	17
	Any age	25	41	16	24	30	18

Notes: To be conservative, no deaths before age 35 were attributed to smoking

Source: Personal communication 2008. Clinical Trial Service Unit, Oxford, and www.ctsu.ox.ac.uk/~tobacco.

Table 4.3 Cigarette smoking by sex and age, 1972 to 2006, Great Britain

	1972	1974	1976	1978	1980	1982	1984	1986	1988	1990	1992	1994	1996	1998	2000	2001	2002	2003	2004	2005	2006
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
MEN																					
16-19	43	42	39	35	32	31	29	30	28	28	29	28	26	30	30	25	22	27	23	23	20
20-24	55	52	47	45	44	41	40	41	37	38	39	40	43	42	35	40	37	38	36	34	33
25-34	56	56	48	48	47	40	40	37	37	36	34	34	38	37	39	38	36	38	35	34	33
35-49	55	55	50	48	45	40	39	37	37	34	32	31	30	32	31	31	29	32	31	29	26
50-59	54	53	49	48	47	42	39	35	33	28	28	27	28	27	27	26	27	26	26	25	23
60+	47	44	40	38	36	33	30	29	26	24	21	18	18	16	16	16	17	16	15	14	13
All men	52	51	46	45	42	38	36	35	33	31	29	28	29	28	29	28	27	28	26	25	23
Unweighted base	10,351	9,852	10,888	10,480	10,454	9,199	8,417	8,874	8,673	8,106	8,417	7,642	7,172	6,579	6,593	7,055	6,837	8,097	6,868	10,038	7,677
Weighted base (000s)															20,350	19,913	19,561	19,187	19,561	19,496	19,918
WOMEN																					
16-19	39	38	34	33	32	30	32	30	28	32	25	27	32	31	28	31	29	25	25	26	20
20-24	48	44	45	43	40	40	36	38	37	39	37	38	36	39	35	35	38	34	29	30	29
25-34	49	46	43	42	44	37	36	35	35	34	34	30	34	33	32	31	33	31	28	29	26
35-49	48	49	45	43	43	38	36	34	35	33	30	28	30	28	27	28	27	28	28	26	25
50-59	47	48	46	42	44	40	39	35	34	29	29	26	26	27	28	25	24	23	22	23	22
60+	25	26	24	24	24	23	23	22	21	20	19	17	19	16	15	17	14	14	14	13	12
All women	41	41	38	37	37	33	32	31	30	29	28	26	28	26	25	26	25	24	23	23	21
Unweighted base	12,143	11,480	12,554	12,156	12,100	10,641	9,788	10,304	10,122	9,445	9,764	9,108	8,501	7,830	7,496	8,299	7,951	9,327	8,029	11,627	9,005
Weighted base (000s)															22,044	21,987	22,236	21,842	22,396	22,315	22,721
TOTAL																					
16-19	41	40	37	34	32	30	31	30	28	30	27	27	29	31	29	28	25	26	24	24	20
20-24	51	48	46	44	42	40	38	39	37	38	38	39	39	40	35	37	38	36	32	32	31
25-34	52	51	46	45	45	38	38	36	36	35	34	32	36	35	35	34	34	34	31	31	30
35-49	51	52	47	45	44	39	37	36	36	34	31	30	30	30	29	29	28	30	29	27	25
50-59	50	51	47	45	45	41	39	35	33	29	29	27	27	27	27	26	26	25	24	24	22
60+	34	34	31	30	29	27	26	25	23	21	20	17	18	16	16	17	15	15	14	14	12
All adults	46	45	42	40	39	35	34	33	32	30	28	27	28	27	27	27	26	26	25	24	22
Unweighted base	22,494	21,332	23,442	22,636	22,554	19,840	18,205	19,178	18,795	17,551	18,181	16,750	15,673	14,409	14,089	15,354	14,788	17,424	14,897	21,665	16,682
Weighted base (000s)															42,394	41,899	41,798	41,029	41,957	41,811	42,639

Notes: From 2000 data are weighted for non-response. Pre-2000 data are unweighted. The effect of weighting on smoking data appears slight: it increased the overall prevalence of smoking in 2000 by one percentage point, from 26% to 27%.
 From 2000, the weighted base is the base for percentages. For 1972-1998, the unweighted sample is the base for percentages.
 2005 data includes last quarter of 2004/05 data due to survey change from financial year to calendar year.
 Results for 2006 include longitudinal data (see Appendix B, GHS 2008).

Source: Office for National Statistics (2008) Results from the 2006 General Household Survey (www.ons.gov.uk/gbs) and previous years.

Figure 4.3a Prevalence of cigarette smoking by sex and age, 2006, Great Britain

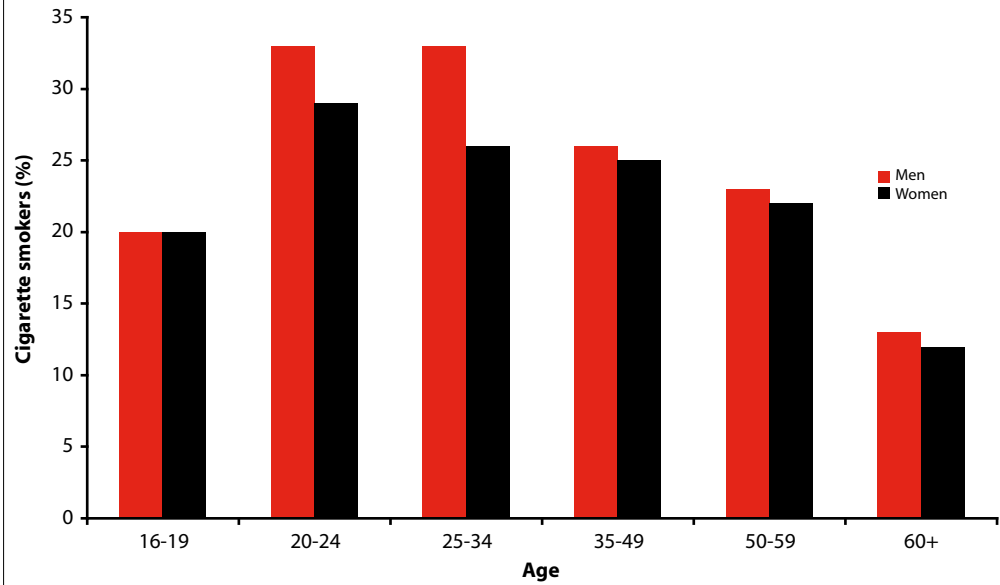


Figure 4.3b Prevalence of cigarette smoking by sex, 1972 to 2006, Great Britain

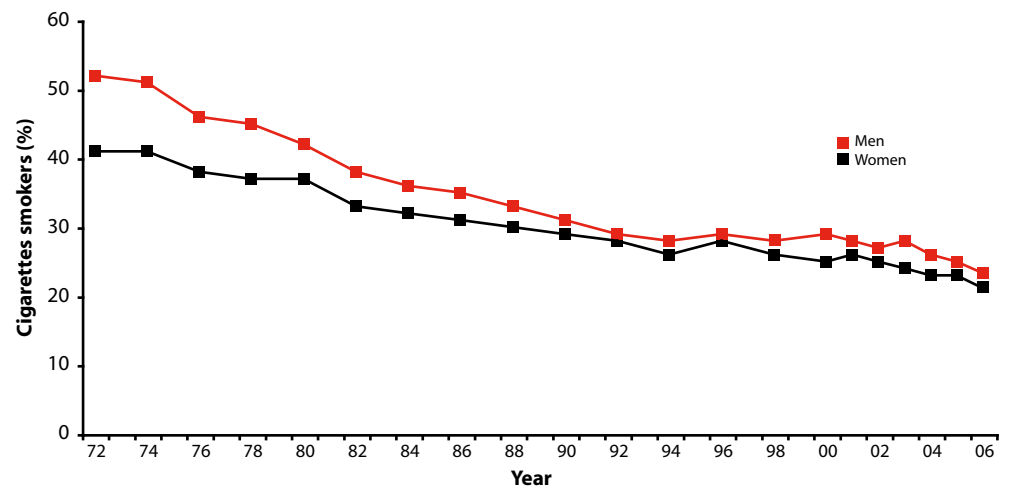


Table 4.4 Regular cigarette smoking in young people aged 11 to 15, by sex, 1982 to 2006, England, Scotland, Wales and Northern Ireland

	1982	1983	1984	1986	1988	1990	1992	1994	1996	1998	1999	2000	2001	2002	2003	2004	2005	2006
BOYS																		
England	11	13	7	7	7	9	9	10	11	9	8	9	8	9	7	7	7	7
Wales			9	8	8	10	10	8	12	10		10		8		9		
Scotland	15		16	10	11	10	11	11	14	11		10		11		9		8
Northern Ireland		14		13	12						8							
GIRLS																		
England	11	13	12	12	9	11	10	13	15	12	10	12	11	11	11	10	10	10
Wales			12	11	12	12	13	13	16	17		16		14		13		
Scotland	14		17	14	12	12	13	13	14	13		16		16		16		11
Northern Ireland		12		9	13						10							

Notes: In Scotland, rates are for children aged 12-15 up to 1999, and aged 13-15 from 2000.

Sources: Department of Health (2007) Smoking, drinking and drug use among young people in England in 2006: Headline Figures. See <http://www.ic.nhs.uk/pubs/smokedrinking06/report/file>

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National Centre for Social Research and the National Foundation for Educational Research (2001). Smoking, drinking & drug use among young people in Scotland in 2000. The Stationery Office, Edinburgh.

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Department of Health and Social Security Northern Ireland (1991) Smoking and Drinking Amongst 11-15 year olds in Northern Ireland in 1990. DHSS NI: Belfast

Northern Ireland Statistics and Research Agency (2002) Young Person's Behaviour and Attitudes Survey. See www.csu.nisra.gov.uk/archiv/surveys/ybas/results/ybas%20bulletin.pdf

Table 4.5 Average daily cigarette consumption per smoker by sex and age, 1974 to 2006, Great Britain

	1974	1978	1982	1986	1988	1990	1992	1994	1996	1998	2000	2001	2002	2003	2004	2005	2006	Weighted base 2006 (000s)	Unweighted base 2006
MEN																			
16-19	16	14	12	12	12	13	12	10	12	10	12	11	11	13	11	13	10	254	78
20-24	19	17	16	15	16	16	13	13	14	14	12	12	12	12	11	11	12	422	131
25-34	19	19	17	16	17	16	14	15	15	13	13	13	13	13	12	12	13	1,042	349
35-49	20	20	20	19	19	19	19	18	18	17	17	17	17	16	16	15	16	1,468	522
50-59	18	20	18	17	19	17	18	20	17	18	17	18	18	18	18	17	16	746	283
60+	14	15	16	15	15	15	15	14	15	16	15	15	16	15	14	15	18	674	294
All men	18	18	17	16	17	17	16	16	16	16	15	15	15	15	15	14	15	4,605	1,637
WOMEN																			
16-19	12	13	11	11	11	11	10	10	10	10	10	12	12	10	11	10	9	252	81
20-24	14	14	14	12	14	13	13	13	11	12	10	11	10	11	11	11	11	442	145
25-34	15	16	16	14	15	15	14	14	13	12	12	12	12	12	12	11	12	923	357
35-49	15	16	15	16	16	15	16	15	16	15	14	15	15	14	14	14	14	1,568	584
50-59	13	14	14	14	15	15	15	15	16	15	15	15	15	15	15	15	15	786	325
60+	10	11	11	12	12	12	12	13	13	12	12	12	13	13	13	13	13	768	322
All women	13	14	14	14	14	14	14	14	14	13	13	13	13	13	13	13	13	4,738	1,814

Notes: From 2000 data are weighted for non-response. Pre-2000 data are unweighted.

From 2000, the weighted base is the base for percentages. Up to 1998, the unweighted bases are the base for percentages. Unweighted bases for earlier years are of similar size to the unweighted sample and can be found in General Household Reports for each year.

2005 data includes last quarter of 2004/5 data due to survey change from financial year to calendar year.

Source: Office for National Statistics (2008) Results from the 2006 General Household Survey (tsuucons.gov.uk/gbs) and previous years.

Table 4.6 Cigarette smoking by sex and country of United Kingdom, 1976 to 2006, and by Government Office Region 1998 to 2006, United Kingdom

	1976	1978	1980	1982	1984	1986	1988	1990	1992	1994	1996	1998	2000	2001	2002	2003	2004	2005	2006	Weighted (000s)	Unweighted
MEN																					
England	45	44	42	37	35	34	32	31	29	28	28	29	29	28	27	27	26	25	23	17,162	6,599
North East																					
North West																					
Yorkshire and the Humber																					
East Midlands																					
West Midlands																					
East of England																					
London																					
South East																					
South West																					
Wales	46	44	45	36	42	33	35	30	32	28	28	29	25	27	27	29	24	24	19	1,021	410
Scotland	50	48	46	45	43	37	36	33	34	31	33	35	30	32	29	35	29	28	25	1,735	668
Great Britain	46	45	42	38	36	35	33	31	29	28	29	30	29	28	27	28	26	25	23	19,918	7,677
WOMEN																					
England	37	36	36	32	32	31	30	28	27	25	27	26	25	25	25	24	23	22	21	19,451	7,693
North East																					
North West																					
Yorkshire and the Humber																					
East Midlands																					
West Midlands																					
East of England																					
London																					
South East																					
South West																					
Wales	37	37	39	34	32	30	28	31	33	27	27	26	24	26	27	26	22	21	20	1,152	476
Scotland	43	42	42	39	35	35	37	35	34	29	31	29	30	30	28	28	22	25	25	2,116	836
Great Britain	38	37	37	33	32	31	30	29	28	26	28	26	25	26	25	24	23	23	21	22,719	9,005

Notes: Men and women aged 16 and over. From 1998 data are unweighted. Pre 1998 data are unweighted. See source for details.

Source: Office for National Statistics (2008) Living in Britain: Results from the 2006 General Household Survey, The Stationery Office: London and previous editions.

	1983	1990/1	1992/3	1994/5	1996/7	1998/99	2000/01	2002/03	2004/05	Unweighted base
Northern Ireland										
MEN	39	33	31	29	31	28	26	27	27	1,710
WOMEN	29	31	29	27	27	29	28	26	25	2,328

Notes: Men and women aged 16 and over.

Source: Northern Ireland Statistics and Research Agency Central Survey Unit (2006) Continuous Household Survey 2004/05. See www.csu.nisra.gov.uk/

Fig 4.6a *Percentage of men smoking by region, 2004/06, United Kingdom*

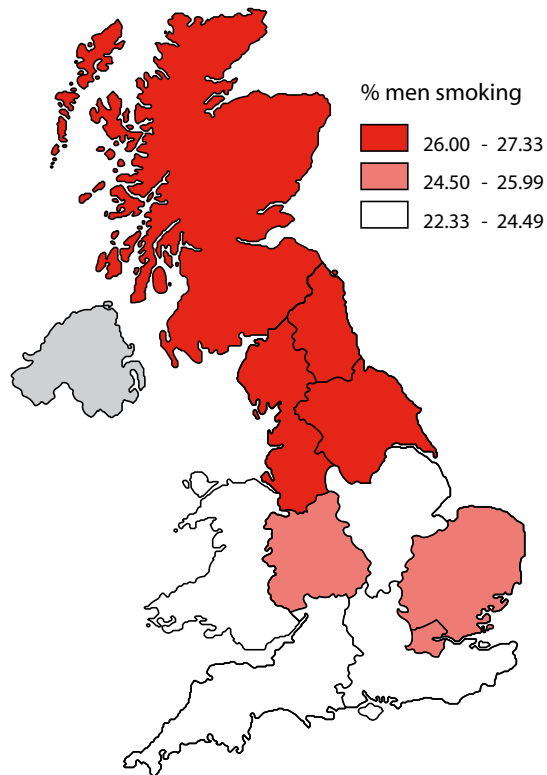


Fig 4.6b *Percentage of women smoking by region, 2004/06, United Kingdom*

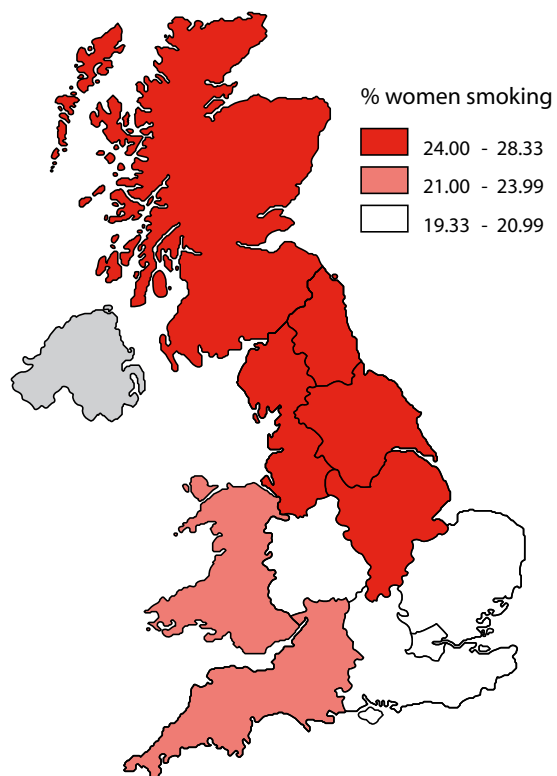


Table 4.7 Cigarette smoking by sex and social class, adults aged 16 and over, 1992 to 2006, England

	Unweighted				Weighted								Weighted base 2006 (000s)	Unweighted base 2006
	1992 %	1994 %	1996 %	1998 %	1998 %	2000 %	2001 %	2002 %	2003 %	2004 %	2005 %	2006 %		
MEN														
Total non-manual	22	21	21	21	22	24	22	21	22	22	19	18	9,181	3,657
Total manual	35	34	35	34	35	34	34	32	33	31	31	29	6,976	2,618
Ratio manual:non-manual	1.59	1.62	1.67	1.62	1.59	1.42	1.55	1.52	1.50	1.41	1.63	1.61		
WOMEN														
Total non-manual	23	21	22	21	22	22	20	20	20	19	18	16	10,498	4,275
Total manual	30	30	33	31	31	29	31	30	29	28	28	27	6,949	2,692
Ratio manual:non-manual	1.30	1.43	1.50	1.48	1.41	1.32	1.55	1.50	1.45	1.47	1.56	1.68		

Notes: Adults aged 16 and over

2005 data includes last quarter of 2004/05 data due to survey change from financial year to calendar year.

From 1998 data are weighted for non-response. Pre-1998 data are unweighted. This table shows weighted and unweighted figures for 1998 to give an indication of the effect of the weighting.

Figures for 2001 to 2005 are based on the new NS-SEC classification recoded to produce manual or non-manual socio-economic group and should therefore be treated with caution.

For similar trend data for Great Britain 1972-2002, see www.heartstats.org

Source: Office for National Statistics (2008) Results from the 2006 General Household Survey (www.ons.gov.uk/gbs) and previous years.

Figure 4.7 Cigarette smoking by sex and social class, adults aged 16 and over, 1992 to 2006, England

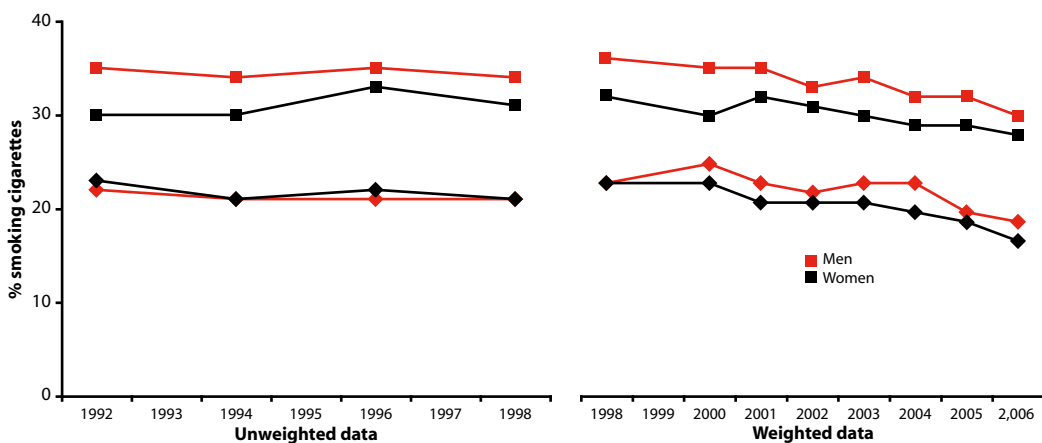


Table 4.8 *Cigarette smoking by sex and socio-economic classification, adults aged 16 and over, 2006, Great Britain*

<i>Socio-economic classification of the household reference person</i>	Men %	Women %	All %
Managerial and professional	17	14	15
Large employers and higher managerial	13	14	14
Higher professional	13	9	11
Lower managerial and professional	20	17	18
Intermediate	21	21	21
Intermediate	22	19	20
Small employers and own account	21	22	22
Routine and manual	31	28	29
Lower supervisory and technical	25	25	25
Semi routine	33	29	31
Routine	35	29	32
Total	23	21	22
<i>Weighted base (000s)</i>	19,919	22,721	42,636
<i>Unweighted base</i>	7,677	9,005	16,682

Source: Office for National Statistics (2008) Results from the 2006 General Household Survey (www.ons.gov.uk/ghs) and previous years.

Figure 4.8 *Cigarette smoking by sex and socio-economic classification, adults aged 16 and over 2006, Great Britain*

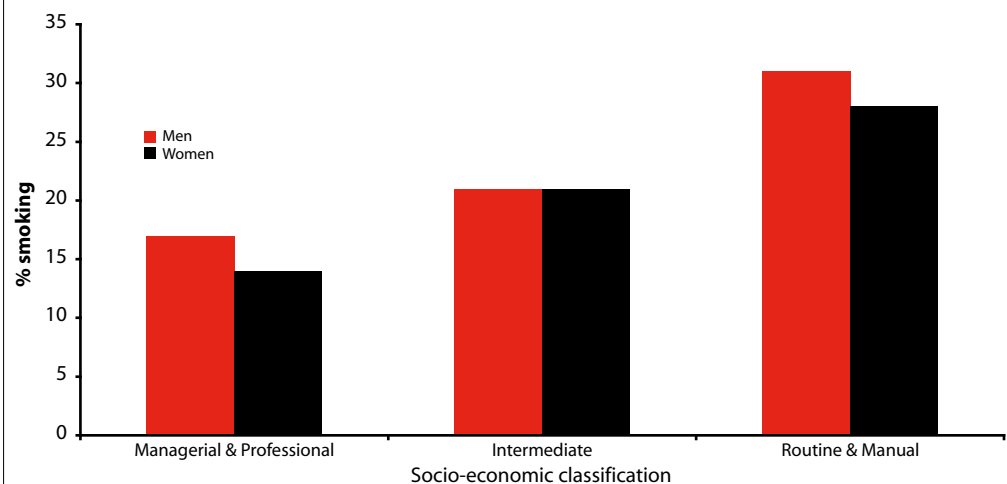


Table 4.9 Cigarette smoking by sex and ethnic group, adults aged 16 and over, 2004, England

	General population	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish
<i>Current cigarette smokers</i>	%	%	%	%	%	%	%	%
MEN	24	25	21	20	29	40	21	30
<i>Base</i>	45,652	472	366	899	412	172	150	1,773
WOMEN	23	24	10	5	5	2	8	26
<i>Base</i>	48,357	658	464	1,061	490	197	162	2,362

Source: Department of Health (2005) *Health Survey for England 2004. The Health of Minority Ethnic Groups*. <http://www.ic.nhs.uk/pubs/hlthsveyeng2004ethnic>

Figure 4.9 Cigarette smoking by sex and ethnic group, adults aged 16 and over, 2004, England

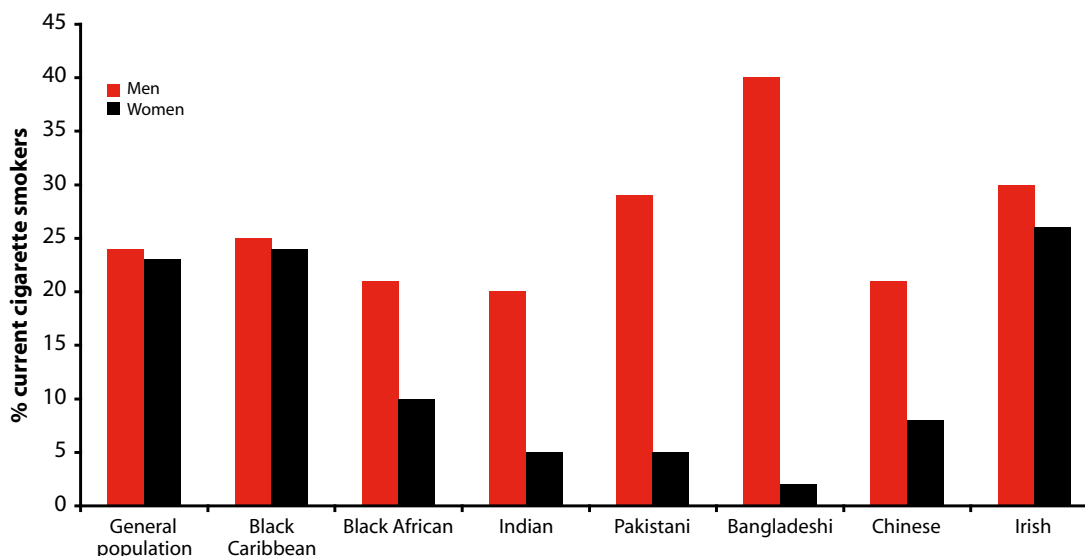


Table 4.10 Prevalence of smoking, latest available data, 1995 to 2004, all available countries, the World

Region	Country	Study year	Men %	Women %	Both %
African Region	Algeria	2003	32	<1	13
	Benin	2001		3	
	Burundi	1995	16	11	
	Cameroon	2000	9	1	
	Congo	2004			8
	Eritrea	2004			7
	Ethiopia	2003	6	<1	
	Gambia	1996/1997	39	4	
	Ghana	2003	7	1	
	Kenya	2004	21	1	
	Malawi	2003	21	5	
	Mauritius	2003	32	1	
	Nigeria	2003	1		
	Rwanda	2000		8	
	Sao Tome and Principe	1997	29	14	25
	South Africa	2002/2003	23	8	
	Swaziland	2003	11	3	
	Uganda	2001/2002	25	3	
	United Rep. of Tanzania	1998/1999	23	1	
	Zambia	2001/2002	26	3	
Zimbabwe	2003	20	2		
Region of the Americas	Argentina	2004	32	25	29
	Bolivia	1998	38	19	27
	Brazil	2003	22	14	
	Canada	2003	19	16	18
	Chile	2003	48	37	42
	Costa Rica	2000	23	8	16
	Cuba	1995	48	26	37
	Dominican Republic	2003	16	11	
	Guatemala	2000	21	2	
	Haiti	2000	16	4	
	Jamaica	1994/1995	38	12	23
	Mexico	2002/2003	13	5	
	Nicaragua	2001		5	
	Paraguay	2003	23	7	
	Peru	2002/2003	53	24	38
	USA	2002/2003	20	16	18
	Uruguay	2003	35	24	
Venezuela	1997	28	24	26	
Eastern Mediterranean Region	Bahrain	2001	15	3	10
	Egypt	2000		<1	
	Iran (Islamic Republic of)	1999/2000	22	2	11
	Jordan	2002	51	8	30
	Kuwait	1996	34	2	17
	Lebanon	1998/2002	61	57	59
	Morocco	2003	29	<1	
	Oman	1995	16	2	
	Saudi Arabia	1995/2000	19	7	13
	Syrian Arabic Republic	2000		8	
	Tunisia	2003	50	2	
United Arab Emirates	2003	17	1	9	
European Region	Albania	2002	46	3	
	Andorra	1997	44	28	36
	Armenia	2001	62	2	
	Austria	1999	34	24	
	Azerbaijan	2001		1	
	Belarus	2001	56	12	
	Belgium	2001	28	20	24
	Bosnia & Herzegovina	2002	49	30	38
	Bulgaria	1997	38	17	
	Croatia	2003	31	20	
	Cyprus	1997			37
	Czech Republic	2003	32	23	27
	Denmark	2003			28
Estonia	2002	45	18	29	

Region	Country	Study year	Men %	Women %	Both %
	Finland	2003	26	19	22
	France	2000	33	21	27
	Georgia	2003	46	4	
	Germany	2000	32	27	
	Greece	2001/2002	47	40	
	Hungary	2003	36	27	
	Iceland	2003			22
	Ireland	2002			27
	Israel	2003			24
	Italy	2002	31	22	27
	Kazakhstan	2001	65	9	
	Kyrgyzstan	2001	51	5	
	Latvia	2002	51	19	33
	Lithuania	2002	44	13	27
	Luxembourg	2003			33
	Macedonia, FYR	1999			36
	Malta	2002	30	6	23
	Netherlands	2001	32	25	29
	Norway	2004	27	25	26
	Poland	2002			32
	Portugal	1999	29	8	21
	Republic of Moldova	2002	36	2	17
	Romania	2003	33	10	21
	Russian Federation	2003	41	7	
	Serbia & Montenegro	2000			40
	Slovakia	2002	36	20	
	Slovenia	2001	28	20	24
	Spain	2001	39	25	
	Sweden	2002/2003	17	19	
	Switzerland	2002	34	25	31
	Turkey	2003	47	15	
	Ukraine	2001	53	11	
	UK	2003	27	24	
	Uzbekistan	2002	24	1	
South-East Asia Region	Bangladesh	2003	55	27	
	India	2003	47	17	
	Indonesia	2003	32	4	17
	Maldives	2001	37	16	
	Myanmar	2003	36	12	
	Nepal	2003	49	24	
	Sri Lanka	2003	23	2	
	Thailand	2001	49	3	26
Western Pacific Region	Australia	2001	25	20	22
	Brunei Darussalam	1997			20
	China	2002	46	2	
	Fiji	2002	26	4	
	Japan	2003	47	15	
	Kiribati	1999	57	32	42
	Lao People's Democratic Rep.	2003	59	13	
	Malaysia	2003	43	2	
	Mongolia	1999	52	8	
	New Zealand	2002/2004	24	22	23
	Niue	2002	38	15	
	Philippines	2003	41	8	
	Republic of Korea	1999	65	4	
	Samoa	1995	60	24	
	Singapore	2001	24	4	14
	Tonga	1998/2000	53	11	
	Vanuatu	1998	49	5	27
	Vietnam	2002/2003	35	2	

Notes: Adults: ages vary between countries, see source for details
Smokers defined: smoker, current smoker, current daily smoker or regular smoker

Source: World Health Organization (2005) *European Health for All* statistical database. <http://www.who.dk.bfadb>;
World Health Organization (2005) *The Surf Report 2. Surveillance of chronic disease Risk Factors - Country-level data and comparable estimates.*

Figure 4.10a Prevalence of smoking, men, latest available data, 1995-2004, the World

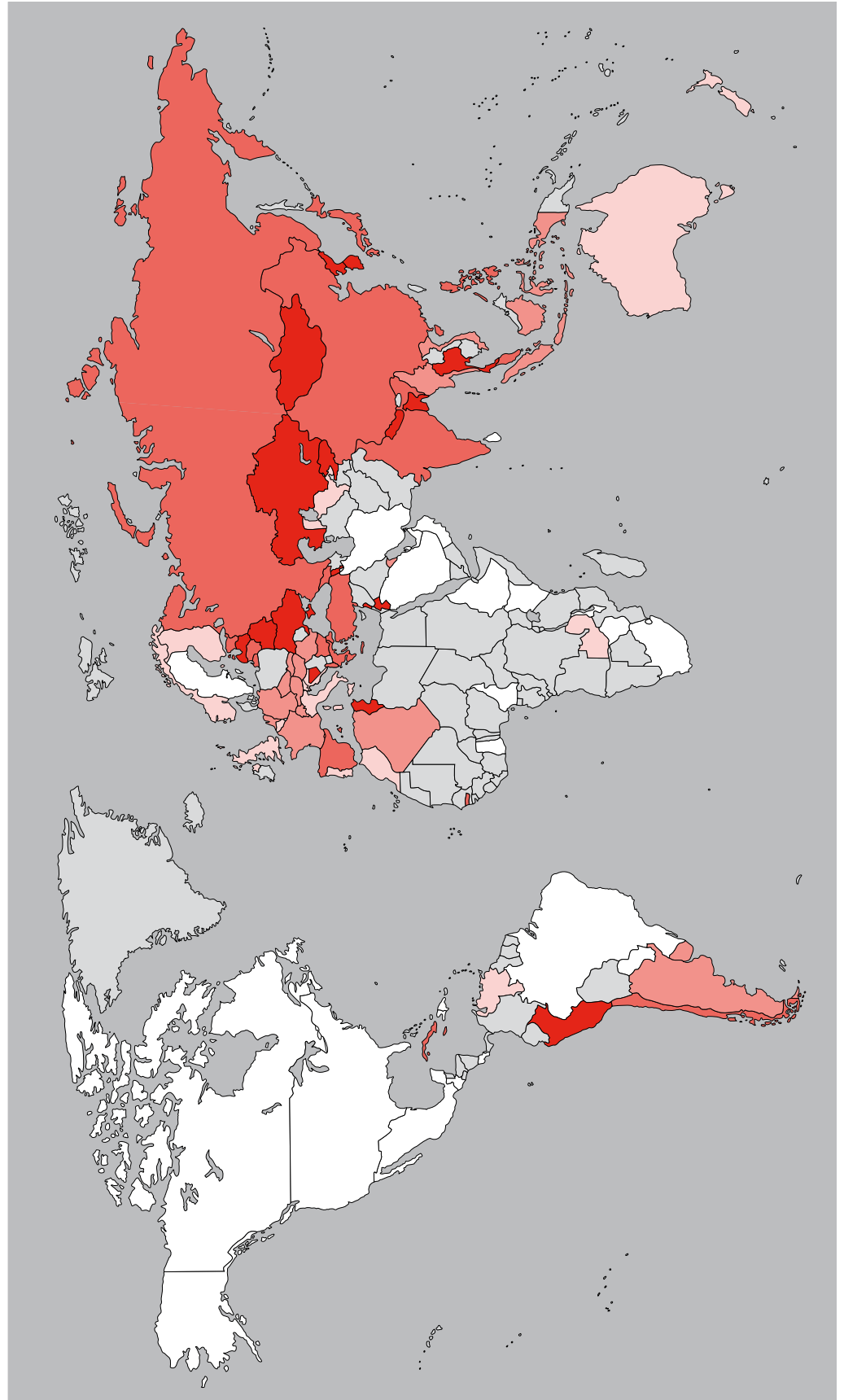


Figure 4.10b Prevalence of smoking, women, latest available data, 1995-2004, the World

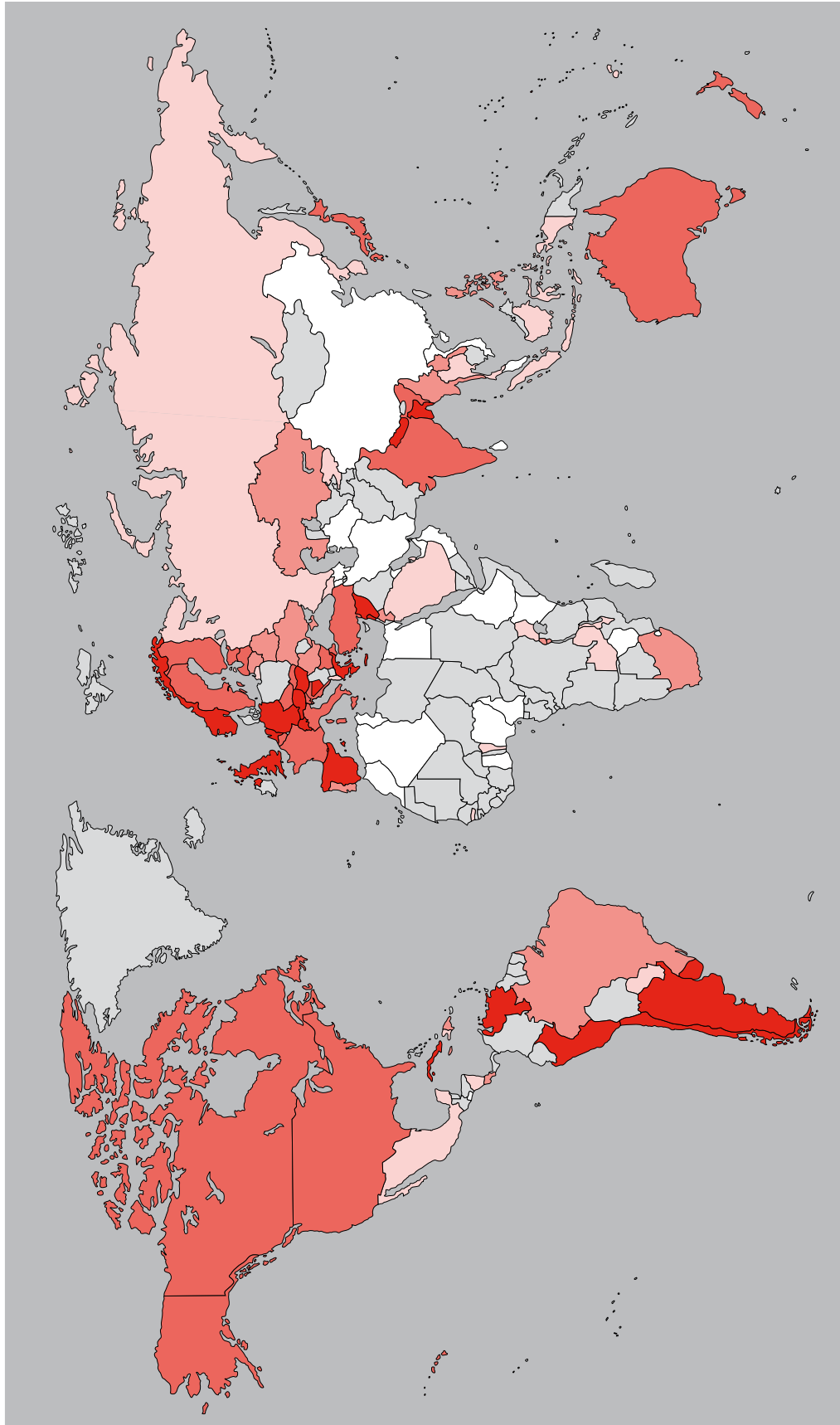


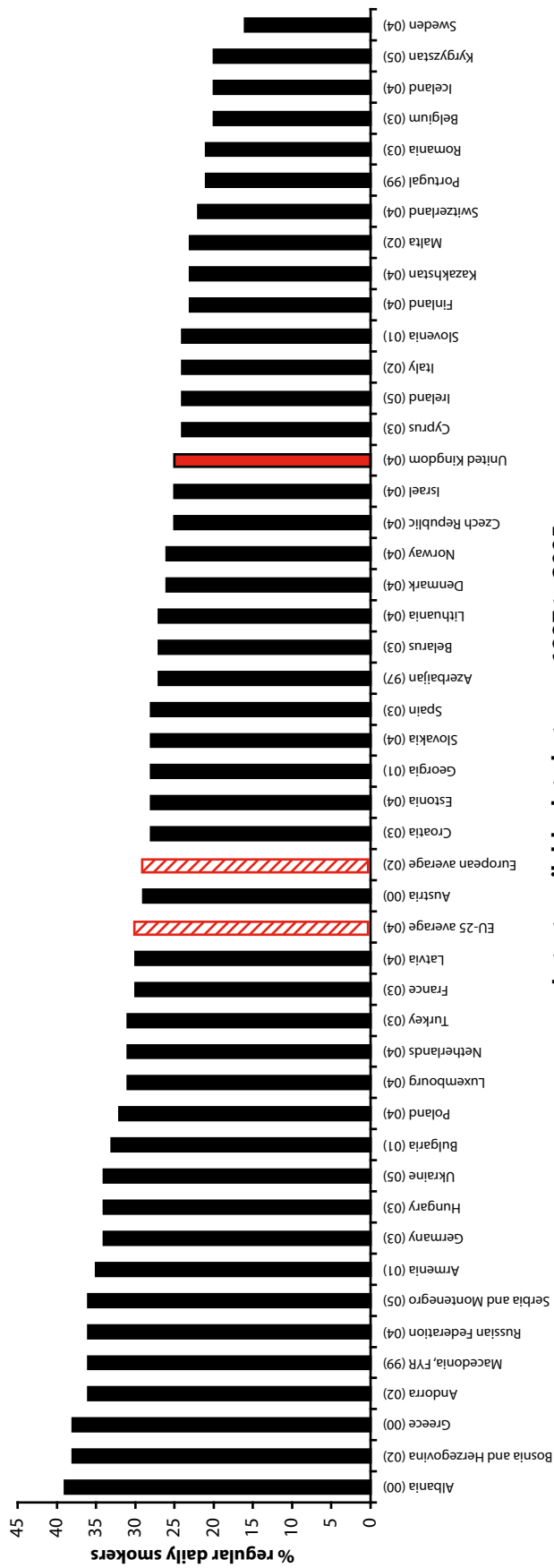
Table 4.11 Percentage regular daily smokers by country, adults aged 15 and over, 1995 to 2005, selected European countries

<i>Countries</i>	1995 %	1996 %	1997 %	1998 %	1999 %	2000 %	2001 %	2002 %	2003 %	2004 %	2005 %
Albania						39					
Andorra			36					36			
Armenia				29			35				
Austria	24		24			29					
Azerbaijan			27								
Belarus	28	28	26	27	26	27	26	27	27		
Belgium	28	30	26	27	29	30	28	27	20		
Bosnia and Herzegovina								38			
Bulgaria	34	36					33				
Croatia	33					30			28		
Cyprus			37						24		
Czech Republic		26			24	29	23	24	27	25	
Denmark	36	34	33	33	31	31	30	28	28	26	
Estonia		33		29		29		29		28	
Finland	24	22	24	25	23	23	24	23	22	23	
France		28				27		26	30		
Georgia				33			28				
Germany			37			36			34		
Greece	39					38					
Hungary	37				33	33			34		
Iceland	27	28	27	25	25	23	24	22	22	20	
Ireland	29			31				27		24	24
Israel	28	29	28	29		27		24	24	25	
Italy	26	26	25	25	25	24	24	24			
Kazakhstan		33				28	24			23	
Kyrgyzstan			32		30		25			20	20
Latvia				36	29			33		30	
Lithuania		28		28		32		28		27	
Luxembourg	28			32		30		30	33	31	
Macedonia, FYR					36						
Malta	24							23			
Netherlands	36	36	36	35	34	32	35	34	32	31	
Norway	33	33	33	33	32	31	30	29	26	26	
Poland		34				33		32		32	
Portugal		20			21						
Republic of Moldova						19	18	17	16	15	
Romania						21			21		
Russian Federation				36		35	35			36	
Serbia and Montenegro						40				36	36
Slovakia				32						28	
Slovenia		26			25		24				
Spain	34		33				32		28		
Sweden	23	22	19	19	19	19	19	18	18	16	
Switzerland			33				24	32		22	
Turkey									31		
Ukraine	35					34				26	36
United Kingdom	27	28		27		27	27	26	26	25	
Uzbekistan								13			
<i>European average</i>	31	31	30	30	30	30	30	29			
<i>EU-25 average</i>	30	31	30	30	30	32	31	30	31	30	

Source: World Health Organization (2006) *European Health for All statistical database*. <http://www.euro.who.int/hfad>.

Office for National Statistics (2005) *Living in Britain. Results from the 2004 General Household Survey*. The Stationery Office: London.

Figure 4.11 Percentage regular daily smokers by country, adults aged 15 years and over, latest year between 1997 and 2005, selected European countries



Latest available data between 1997 to 2005