



Health Survey (NI) Smoking in Northern Ireland 2010/11 to 2019/20



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This publication is a compilation of the smoking questions included in the Health Survey between 2010/11 and 2019/20. All data refers to cigarette smoking unless specified. An accompanying set of tables is included on the Health Survey page on the Departmental website.

https://www.health-ni.gov.uk/topics/doh-statistics-and-research/health-survey-northern-ireland

We would welcome any feedback that you have regarding the content of this publication. Please send any comments to <u>phirb@health-ni.gov.uk</u>

Base numbers and confidence intervals are available in the accompanying tables.

Any statistics used must be acknowledged and sourced to the Health Survey Northern Ireland: Department of Health.

Smoking trends over the last ten years

- Cigarette smoking prevalence has shown a gradual decline over the last ten years, falling from 24% in 2010/11 to 17% in 2019/20.
- Smoking rates amongst males and females have tended to be at a similar level, with 18% of males and 16% of females indicating they currently smoke cigarettes in 2019/20.
- Those living in the most deprived areas have consistently been between two and three times as likely to smoke as those living in the least deprived areas, however, smoking prevalence has fallen from 40% to 27% in the most deprived quintile over the last ten years.
- Use of packaged cigarettes has declined with two-thirds (69%) of smokers in 2019/20 using them compared with 83% in 2010/11.
- The average number of cigarettes smoked has decreased over time; the mean number smoked per week has decreased from 99 in 2010/11 to 82 in 2019/20.
- The age that smokers have started smoking regularly has remained relatively unchanged with around two-thirds of smokers having started smoking regularly before the age of 18.
- The proportion of smokers that have tried to quit smoking has remained around the three-quarters level (73% in 2019/20), however the proportion of smokers that indicated they did not really want to stop has increased in recent years, from 29% in 2015/16 to 42% in 2019/20.
- In 2019/20, over a third (37%) of respondents stated that they were regularly exposed to other people's tobacco smoke; a similar finding to 2015/16 (38%) however the proportion who said that it bothered them increased from around a third (36%) in 2015/16 to almost half (46%) in 2019/20.
- The proportion of respondents that indicated smoking was not allowed in their house has shown a gradual increase from 72% in 2010/11 to 86% in 2018/19.
- Smokers who indicated they smoked inside their home fell from 50% in 2015/16 to 36% in 2019/20. The most common place for smokers to have smoked cigarettes was outside their home (e.g. garden or doorstep); 77% in 2019/20.
- Where respondents purchase tobacco products has remained relatively similar over the years, with around two-thirds (69%) indicating they bought their tobacco in the local shop and a quarter (23%) in a supermarket in 2019/20.
- In 2019/20, almost all (98%) respondents either strongly agreed (81%) or agreed (17%) with the statement "I support a ban on smoking in cars when children are present". This was similar to 2015/16 when 97% agreed with this statement.

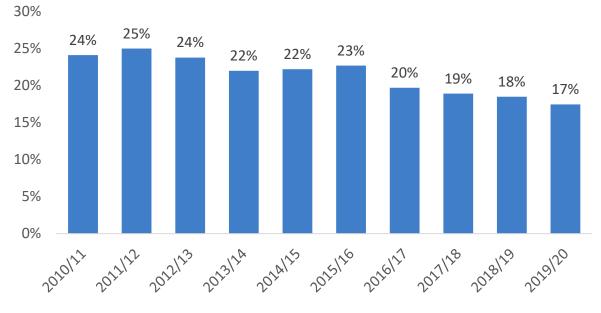
Smoking between 2010/11 and 2019/20

Smoking prevalence

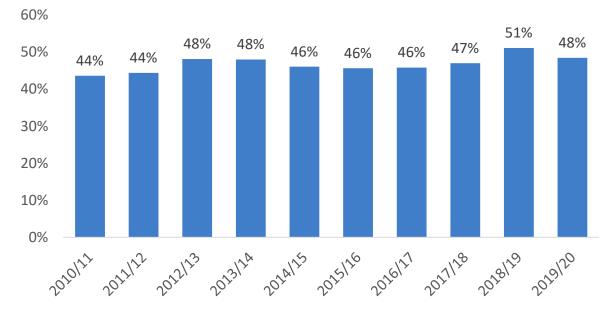
Cigarette smoking prevalence has fallen from 24% in 2010/11 to 17% in 2019/20.







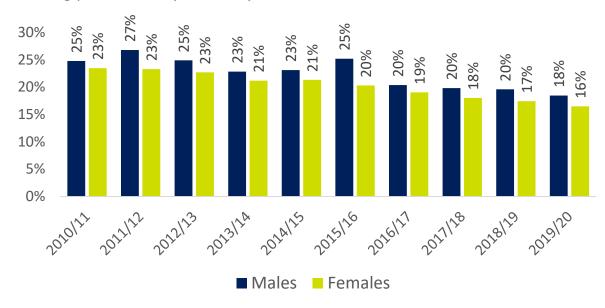
Over the same time, the proportion of respondents who said that they had never smoked rose from 44% in 2010/11 to 48% in 2019/20.



Never smoked by year

Smoking prevalence by sex

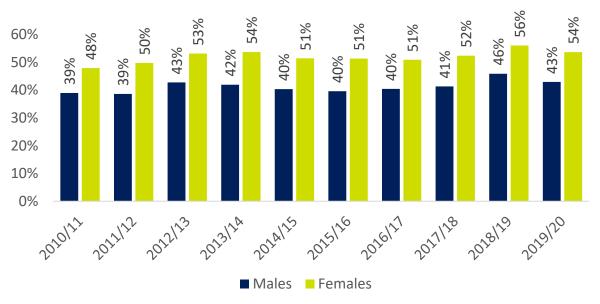
The proportion of males (18%) and females (16%) that smoked in 2019/20 both fell from 2010/11 (when 25% of males and 23% of females smoked).



Smoking prevalence by sex and year

For most years (except 2011/12 and 2015/16), there was no significant difference in the proportion of males and females that smoked.

Around two-fifths of males had never smoked while this was true for around half of females. In 2019/20, 43% of male respondent said that they had never smoked (up from 39% in 2010/11) compared with 54% of female respondents (up from 48% in 2010/11).



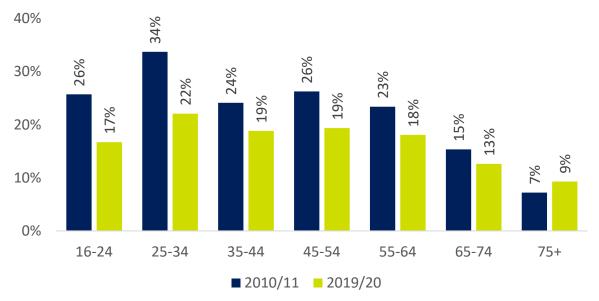
Never smoked by sex and year

For all years, the proportion of males who had never smoked was significantly lower than for females.

Smoking prevalence by age

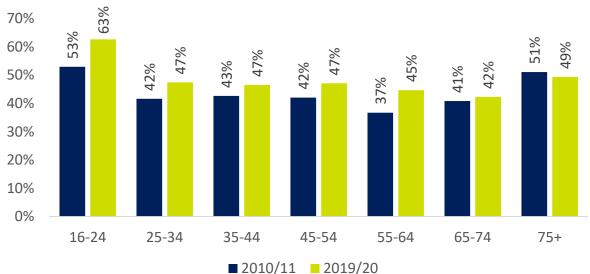
In 2019/20, around a fifth of each of the age groups between 16 and 64 years old smoked cigarettes, while this was true for 13% of those aged 65-74 and 9% of those aged 75+.

Between 2010/11 and 2019/20, the proportion of those aged 16-24 and 25-34 that smoked fell by around a third (from 26% to 17% for age 16-24 and from 34% to 22% for age 25-34), while the proportion of those aged 35-44, 45-54 and 55-64 that smoked fell by around a quarter. However, the proportion of those aged 65-74 and 75+ that smoked remained at a similar level over this time period.



Smoking prevalence by age-group (2010/11 and 2019/20 compared)

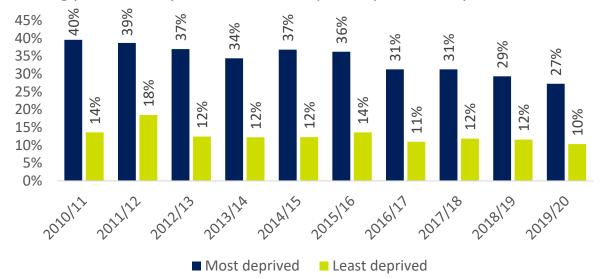
Between 2010/11 and 2019/20, the proportion of those aged 16-24 that had never smoked increased from 53% to 63%.



Never smoked by age-group (2010/11 and 2019/20 compared)

Smoking prevalence by deprivation

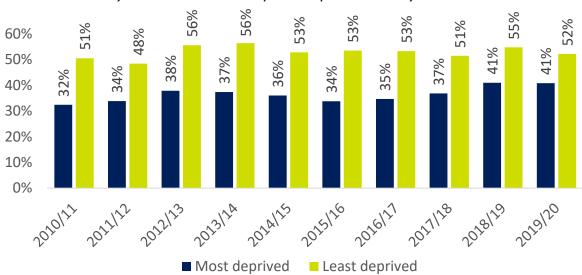
In 2019/20, over a quarter (27%) of those living in the most deprived areas smoked (down from 40% in 2010/11) compared with 10% of those living in the least deprived areas (down from 14% in 2010/11).



Smoking prevalence by most and least deprived quintile and year

Those living in the most deprived areas were between two and three times as likely to smoke, than those living in the least deprived areas.

The proportion of those living in the most deprived areas that had never smoked increased from around a third (32%) in 2010/11 to four-fifths (41%) in 2019/20, while the proportion that had never smoked in the least deprived areas was unchanged.

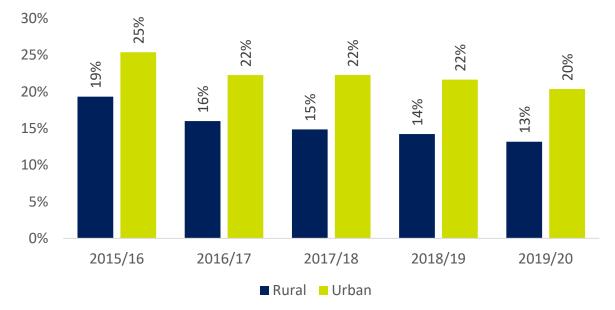


Never smoked by most and least deprived quintile and year

For all years, the proportion of those living in the most deprived areas who had never smoked was significantly lower than the proportion of respondents living in all other areas who had never smoked.

Smoking prevalence by urban-rural

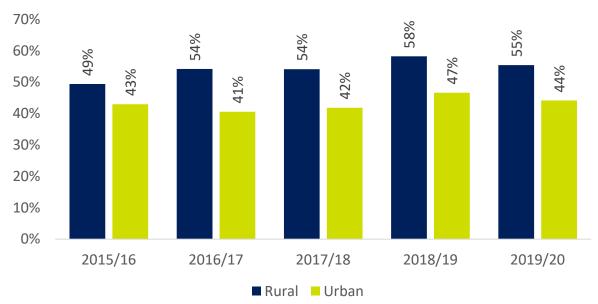
In 2019/20, a fifth (20%) of those living in urban areas smoked (down from 25% in 2015/16) compared with 13% of those living in rural areas (down from 19% in 2015/16).



Smoking prevalence by urban-rural and year

Those living in urban areas were significantly more likely to smoke, than those living in rural areas for all years.

In 2019/20, 44% of those living in urban areas said they had never smoked (similar to 2015/16) compared with 55% of those living in rural areas (up from 49% in 2015/16).



Never smoked by urban-rural and year

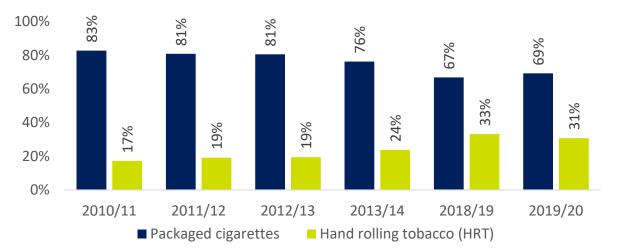
Those living in rural areas were significantly more likely to have never smoked, than those living in urban areas for all years.

Cigars / Pipes

In 2019/20, 3% of those who had indicated that they had ever smoked said that they smoke cigars nowadays, while 1% said that they smoke a pipe nowadays.

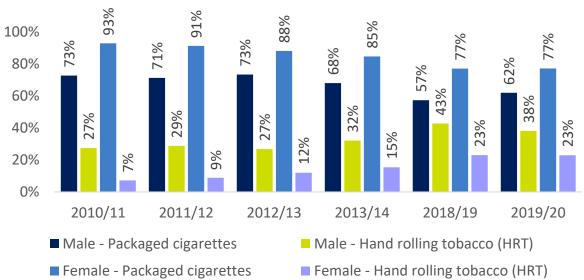
Packaged Cigarettes / Hand-rolled cigarettes

In 2019/20, two-thirds (69%) of those that used cigarettes used packaged cigarettes (down from 83% in 2010/11) while a third (31%) used hand-rolled cigarettes (up from 17% in 2010/11).



Use of Packaged Cigarettes / Hand-rolled cigarettes by year

Use of packaged cigarettes declined for both males (down from 73% in 2010/11 to 62% in 2019/20) and females (down from 93% in 2010/11 to 77% in 2019/20), while use of hand-rolling tobacco increased for both males (up from 27% in 2010/11 to 38% in 2019/20) and females (up from 7% in 2010/11 to 23% in 2019/20).

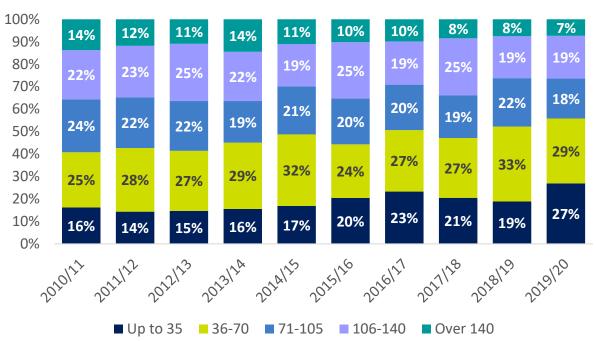


Use of Packaged Cigarettes / Hand-rolled cigarettes by sex and year

For all years, female smokers were more likely than males to use packaged cigarettes, and male smokers were more likely than females to use hand-rolling tobacco.

Number of cigarettes smoked per week (calculated total)

In 2019/20, more than a quarter (27%) of smokers smoked up to 35 cigarettes per week (up from 16% in 2010/11) while the proportion of smokers that smoked more than 140 cigarettes per week halved from 14% in 2010/11 to 7% in 2019/20.

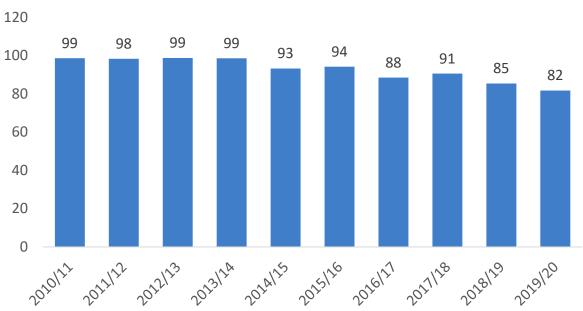


Number of cigarettes smoked per week (calculated totals grouped) by year

Average number of cigarettes smoked per week

The mean number of cigarettes smoked per week decreased from 99 in 2010/11 to 82 in 2019/20.

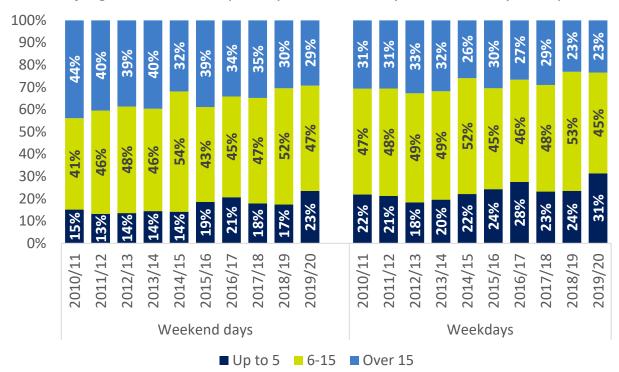




Number of cigarettes smoked on weekend days and weekdays compared

The proportion of smokers who smoked up to five cigarettes per day was lower on weekend days than on weekdays for all years, while the proportion of smokers who smoked 16 or more cigarettes per day was higher on weekend days than on weekdays for all years.

The proportion of smokers smoking 16 or more cigarettes per day decreased for both weekend days (44% in 2010/11 to 29% in 2019/20) and weekdays (31% in 2010/11 to 23% in 2019/20). Over the same time, the proportion of smokers smoking up to five cigarettes per day increased for both weekend days (15% in 2010/11 to 23% in 2019/20) and weekdays (22% in 2010/11 to 31% in 2019/20).





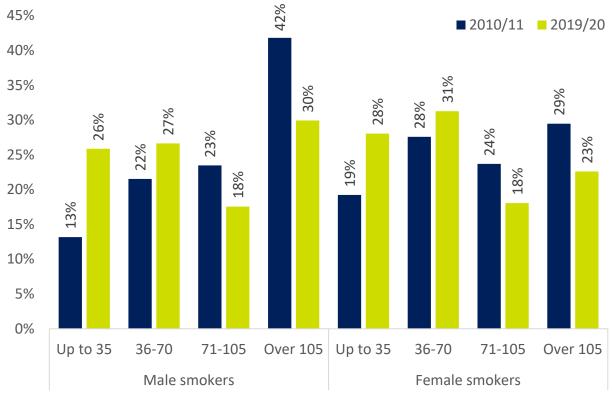
Number of cigarettes smoked per week (calculated total) by sex

In 2019/20, around a third (30%) of male smokers smoked more than 105 cigarettes per week (down from 42% in 2010/11), while a quarter of male smokers (26%) smoked up to 35 cigarettes per week (doubled from 13% in 2010/11).

In 2019/20, around a quarter (23%) of female smokers smoked more than 105 cigarettes per week (down from 29% in 2010/11), while 18% of female smokers smoked between 71 and 105 cigarettes per week (down from 24% in 2010/11) and 28% of female smokers smoked up to 35 cigarettes per week (up from 19% in 2010/11).

For all years, males were more likely than females to smoke more than 105 cigarettes per week.

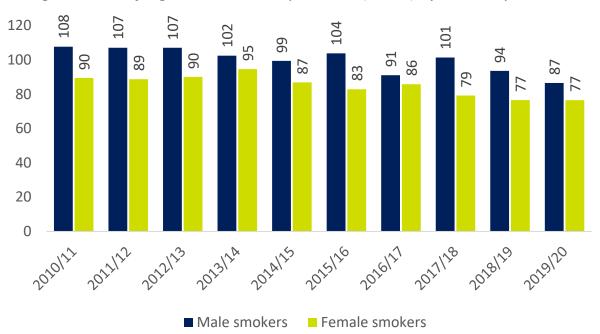




Average number of cigarettes smoked per week by sex

The mean number of cigarettes smoked per week decreased for both males (108 in 2010/11 to 87 in 2019/20) and females (90 in 2010/11 to 77 in 2019/20).

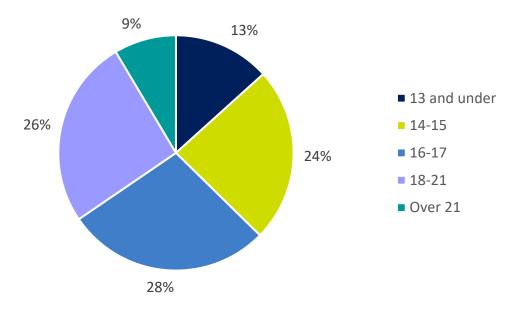
Average number of cigarettes smoked per week (mean) by sex and year



Age first started smoking regularly

The age that smokers have started smoking regularly has remained relatively unchanged over the ten years between 2010/11 and 2019/20, with approximately two-thirds of those who ever regularly smoked cigarettes having started smoking regularly before the age of 18.

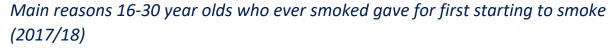
In 2019/20, more than a quarter (28%) of those who had ever smoked regularly had started at the age of 16 or 17, while 37% started smoking regularly aged 15 or under.

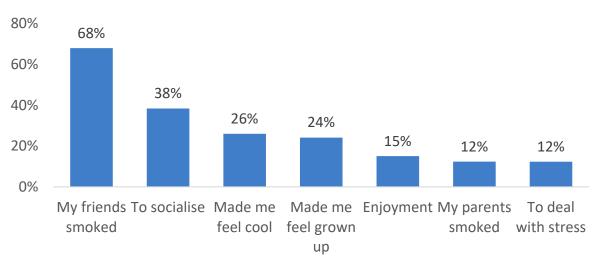


Age first started smoking regularly (All smokers and ex-smokers in 2019/20)

Reasons for starting smoking

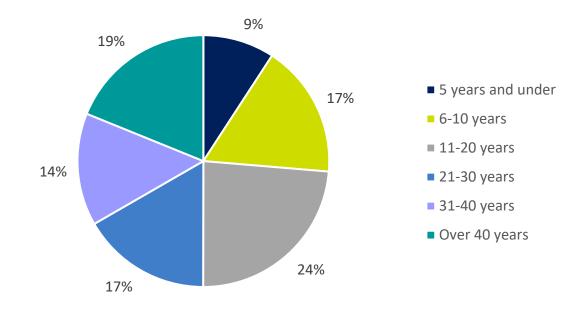
In 2017/18, two-thirds (68%) of those aged 16 to 30 who had ever smoked said that they had started because "My friends smoked".





Number of years smoked

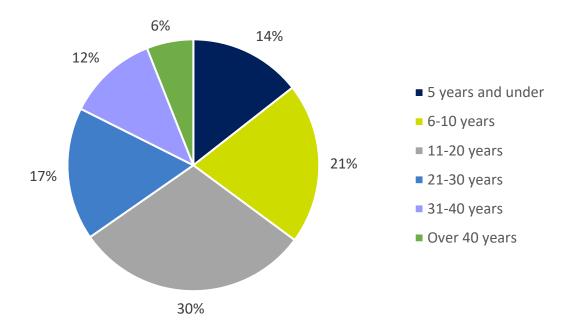
In 2019/20, half of all current smokers had been smoking for more than 20 years, with 24% of smokers having smoked for between 11 and 20 years.





In 2019/20, around a third (35%) of those who used to smoke regularly had been smoking for more than 20 years, while a similar proportion (35%) had been smoking for 10 years or less.

Number of years smoking by Used to smoke regularly

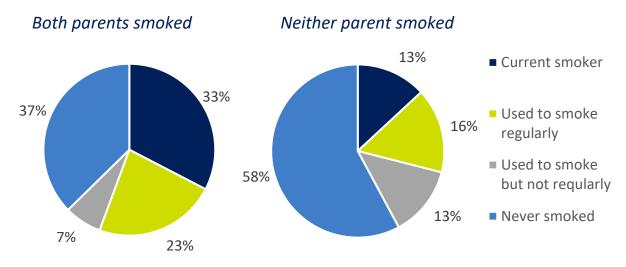


Parental smoking

In 2015/16, respondents were asked about whether their father and/or mother smoked.

Of those respondents whose parents both smoked, a third (33%) were current smokers, while this was true of 13% of those respondents where neither parent smoked.

Of those respondents where neither parent smoked, almost three-fifths (58%) had never smoked, while this was true of 37% of those respondents whose parents both smoked.

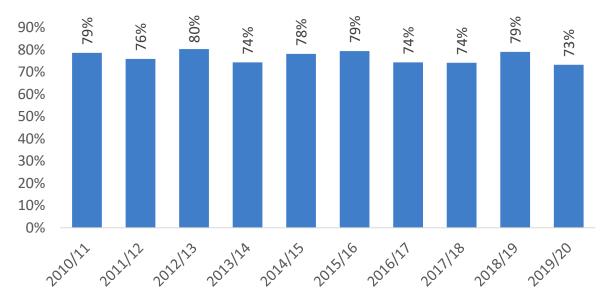


Parental smoking by smoking status

Tried to quit smoking

In all years, around three-quarters of smokers had tried to quit smoking at some stage.



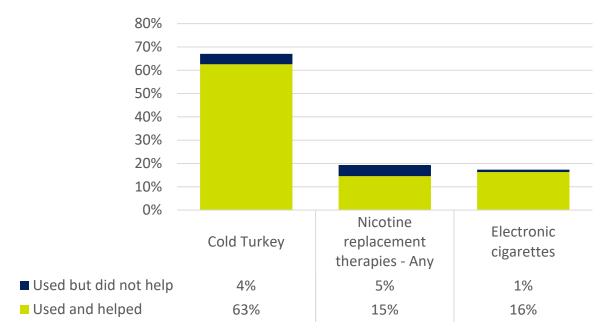


Most popular quit methods used by those who used to smoke regularly

In 2019/20, two-thirds (67%) of respondents that used to smoke regularly used the Cold Turkey method to help stop smoking, while around a fifth (19%) used Nicotine Replacement Therapy (NRT) either provided through a Stop-Smoking service or purchased themselves and 17% used electronic cigarettes.

Of those who used the Cold Turkey method, 93% said that this method had helped in their quit attempt, while three-quarters (75%) of those that used Nicotine Replacement Therapy (NRT) and 94% of those who used electronic cigarettes said that this method had helped them.

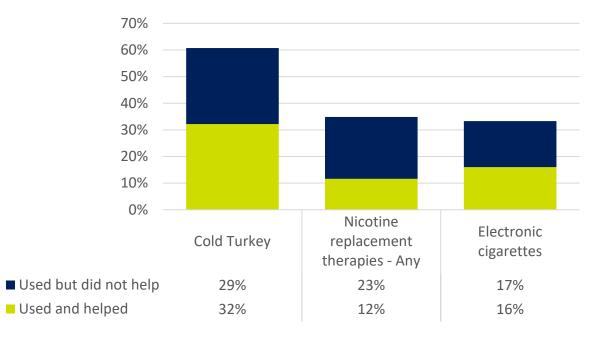
Most popular methods used by those <u>who used to smoke regularly</u> to help quit smoking and how they thought that the method helped



Most popular quit methods used by current smokers who had tried to quit smoking

In 2019/20, almost two-thirds (61%) of smokers who said that they had tried to quit smoking had used the Cold Turkey method to help stop smoking, while around a third (35%) used Nicotine Replacement Therapy (NRT) either provided through a Stop-Smoking service or purchased themselves and around a third (33%) used electronic cigarettes.

Of those who used the Cold Turkey method, over a half (53%) said that this method had helped in their quit attempt, while a third (33%) of those that used Nicotine Replacement Therapy (NRT) and under a half (48%) of those who used electronic cigarettes said that this method had helped them.

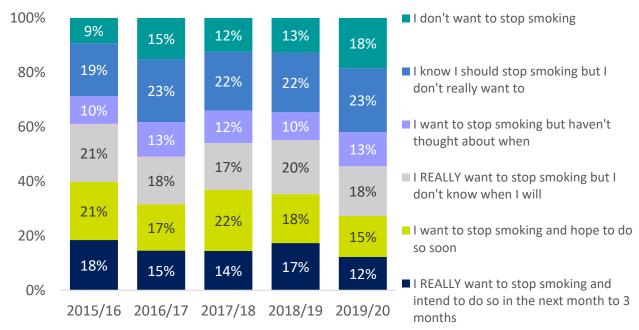


Most popular methods used by smokers who had tried to quit smoking to help quit smoking and how they thought that the method helped

Intentions to quit

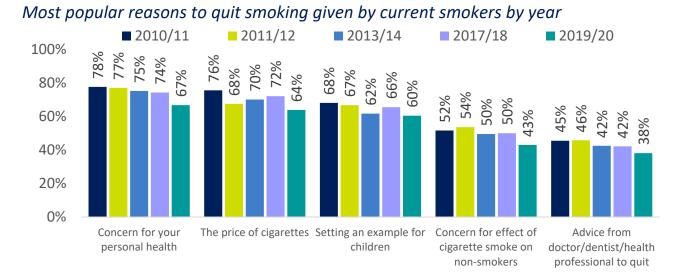
From 2015/16 to 2019/20, current smokers were asked about their intentions to quit smoking. Over this time the proportion of current smokers who said they wanted to stop smoking and intended to do so in a set time period decreased, while the proportion of current smokers who said they "don't want to stop smoking" doubled from 9% in 2015/16 to 18% in 2019/20.

Intentions to quit smoking for current smokers by year



Reasons to quit

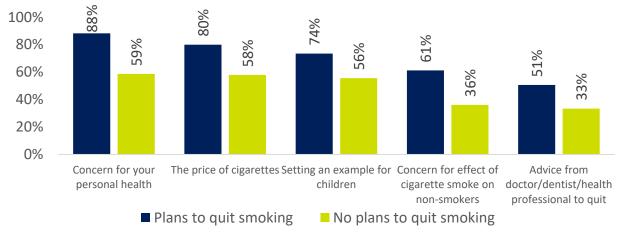
In 2019/20, when asked to choose from a list of reasons that somewhat or very much made them think about quitting smoking, the top answer chosen by current smokers was "Concern for own personal health" (67%), followed by "The price of cigarettes" (64%) and "Setting an example for children" (60%). The proportion of current smokers citing all these reasons fell from 78%, 76% and 68% respectively between 2010/11 and 2019/20.



Reasons to quit by intention to quit smoking

Current smokers who plan to quit smoking¹ were more likely to give reasons that somewhat or very much made them think about quitting smoking than smokers who had not made any plans to quit. "Concern for own personal health" somewhat or very much made 88% of those who plan to quit smoking think about quitting, compared with 59% of those who had no plans to quit smoking.

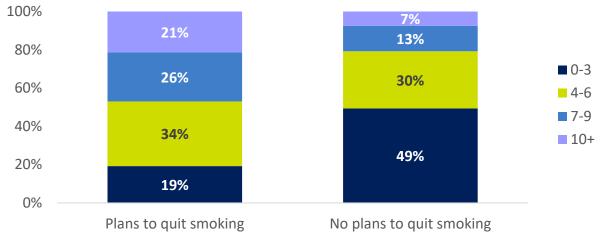
Most popular reasons that somewhat or very much made smokers think about quitting smoking by their intention to quit smoking (2019/20 data)



¹ Current smokers who plan to quit smoking are defined as those who said they "REALLY want to stop smoking and intend to do so in the next month to 3 months" or they "want to stop smoking and hope to do so soon" when asked about their intentions to quit smoking).

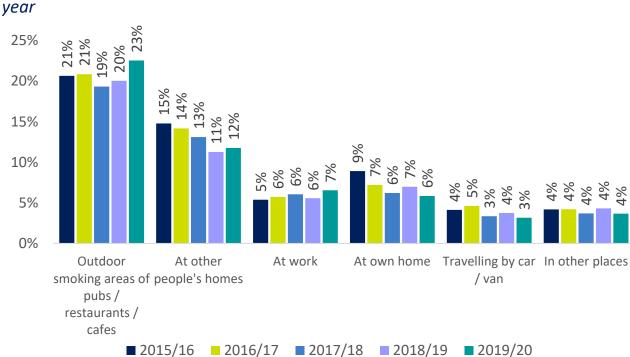
Smokers who plan to quit smoking gave a higher number of reasons that made them somewhat or very much consider quitting smoking, compared with those who had no plans to quit smoking.





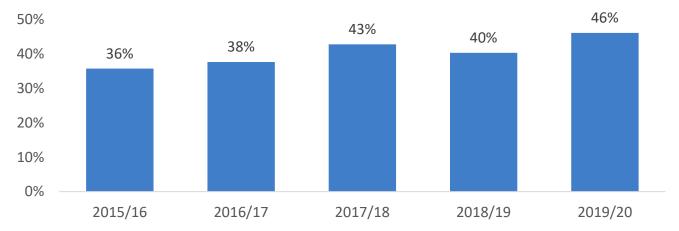
Exposure to other people's tobacco smoke

In 2019/20, over a third (37%) of respondents stated that they were regularly exposed to other people's tobacco smoke (similar to 2015/16 – 38%). Almost a quarter of respondents (23%) said that they were regularly exposed to other people's tobacco smoke in outdoor smoking areas of pubs, restaurants or cafes (up from 21% in 2015/16) while 12% experienced this at other people's homes (down from 15% in 2015/16).



Places that respondents were regularly exposed to other's tobacco smoke by

Of those that were regularly exposed to other people's tobacco smoke, the proportion who said that it bothered them increased from around a third (36%) in 2015/16 to almost half (46%) in 2019/20.





Smoking in the home

In 2018/19, the majority (86%) of respondents said that smoking was not allowed in their home (up from 72% in 2010/11).

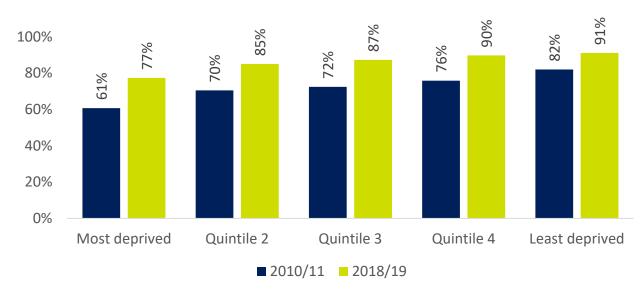
In this time, the proportion of respondents indicating that smoking was allowed anywhere in their home fell from 11% in 2010/11 to 7% in 2018/19, while the proportion of respondents indicating that smoking was allowed but only in certain places and/or special occasions fell from 17% in 2010/11 to 7% in 2018/19.



"Is smoking allowed in your house?" by year

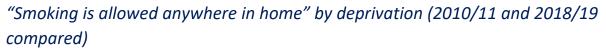
■ No, not at all

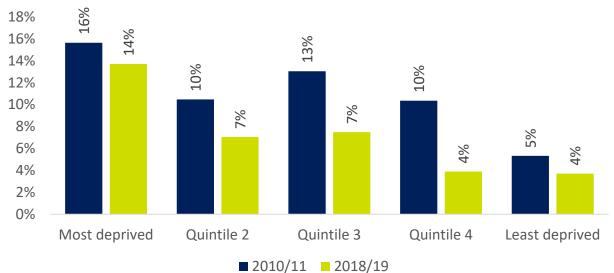
The proportion of respondents indicating that smoking is not allowed in their home increased in all deprivation areas between 2010/11 and 2018/19. However, the proportion of respondents saying that smoking is not allowed in their home remained lower for respondents living in the most deprived areas than for those living in all other deprivation quintiles.



"Smoking not allowed in home" by deprivation (2010/11 and 2018/19 compared)

The proportion of respondents indicating that smoking was allowed anywhere in their home remained unchanged in both the most and the least deprivation areas between 2010/11 and 2018/19, however, it decreased for respondents living in all other deprivation quintiles.

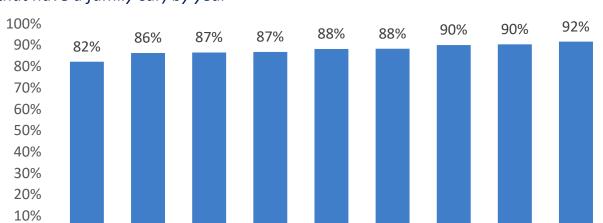


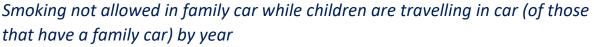


Smoking in the family car

0%

In 2019/20, the majority (92%) of respondents that had a family car said that smoking was not allowed in the family car while children were travelling in it² (up from 82% in 2011/12).



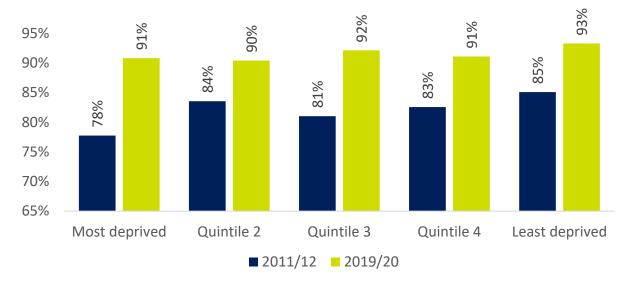


The proportion of respondents that had a family car that said that smoking was not allowed in the family car while children travelling in it increased in all deprivation quintiles between 2011/12 and 2019/20. In 2011/12, those living in the least deprived areas were more likely than those who lived in the least deprived areas to not allow smoking in the family car while

2011/12 2012/13 2013/14 2014/15 2015/16 2016/17 2017/18 2018/19 2019/20

children were travelling in it. In 2019/20, there was no difference by deprivation area. Smoking not allowed in family car while children are travelling in car (of those

that have a family car) by deprivation quintile (2011/12 & 2019/20 compared)

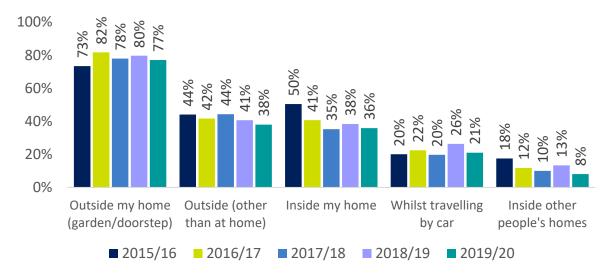


² Note that throughout this section the term "smoking not allowed in the family car while children travelling in it" includes those that indicated smoking is never allowed in their car and those that prohibit smoking when children are present in the car.

Where respondents smoked during the last 7 days

The most popular place for smokers to have smoked cigarettes in the last seven days for all years was outside their home (in their garden or on their doorstep). This was true for around three-quarters of respondents in 2019/20.

In 2015/16, half (50%) of smokers had smoked inside their home in the last seven days. This decreased to 36% in 2019/20. At the same time, the proportion of smokers who had smoked inside other people's homes in the last seven days more than halved from 18% in 2015/16 to 8% in 2019/20. For most years, around a fifth of smokers had smoked whilst travelling by car.

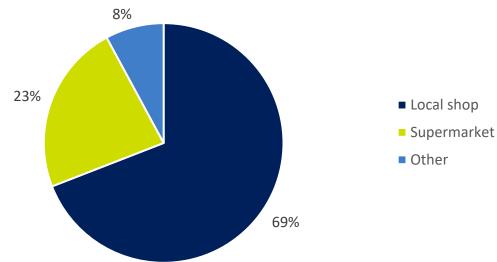


Where respondents smoked during the last 7 days by year

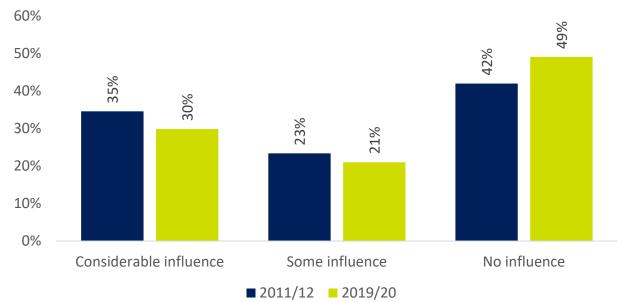
Purchase of tobacco products

In 2019/20, around two-thirds (69%) of smokers bought their tobacco products in the local shop (similar to 2011/12 - 70%), while almost a quarter (23%) bought their tobacco products in the supermarket (again similar to 2011/12 - 25%).





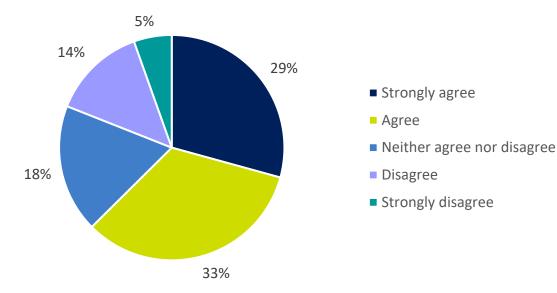
In 2019/20, almost half (49%) of smokers said that price would have no influence on their choice of brand (up from 42% in 2011/12). Over the same time, the proportion of smokers that said that price would have a considerable influence on their choice of brand fell from 35% in 2011/12 to 30% in 2019/20.



Influence of price on choice of brand (2011/12 and 2019/20 compared)

Around two-thirds (63%) of smokers strongly agreed or agreed that the sale or purchase of illicit cigarettes is a criminal offence (similar to 2011/12 - 67%). Around a fifth (19%) disagreed or strongly disagreed that the sale or purchase of illicit cigarettes is a criminal offence (again similar to 2011/12 - 17%).

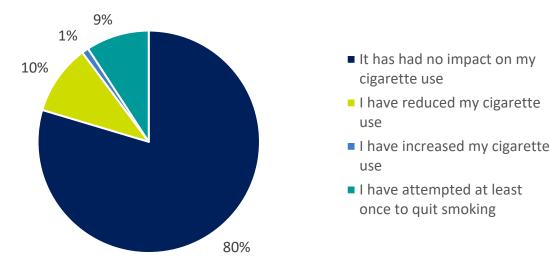
To what extent do you agree that the sale / purchase of illicit cigarettes is a criminal offence? in 2019/20



Standardised (or plain) packaging for tobacco products

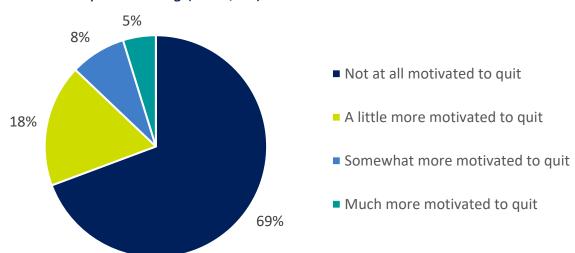
In 2019/20, four-fifths of smokers said that the introduction of standardised packaging for tobacco products had no impact on their cigarette use, while 10% reported that they had reduced their cigarette use and 9% said they had attempted to quit smoking at least once.





Health warnings and introduction of standardised (or plain) packaging

In 2019/20, around two-thirds (69%) of smokers said that health warnings on packs had not motivated them at all to quit smoking in the last month. Around a fifth (18%) said that the health warnings on packs had motivated them a little more to quit smoking, while 8% said they were somewhat more motivated and 5% much more motivated to quit smoking.



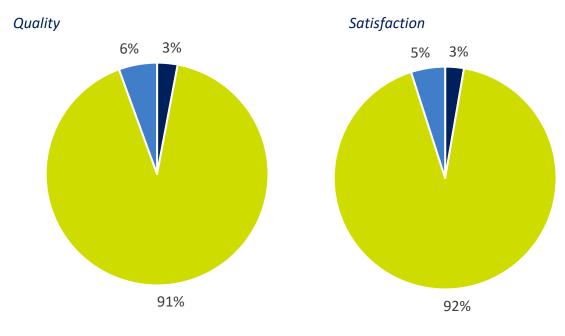
In the past month, extent to which health warnings on packs motivated smokers to quit smoking (2019/20)

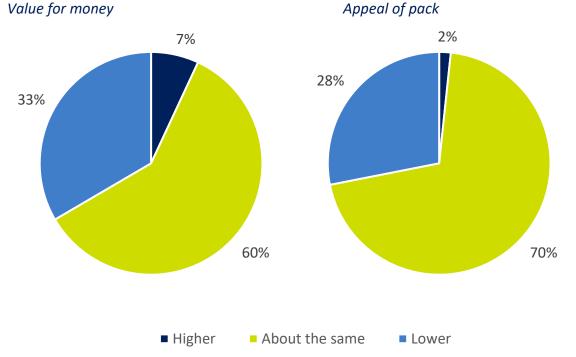
The majority (93%) of smokers did not cover up / conceal their tobacco pack or put cigarettes in another container due to the standardised (plain) packaging in the last month.

Rating of current brand of cigarettes compared to before the introduction of standardised (or plain) packaging

The majority of smokers rated their current brand of cigarettes about the same in terms of quality (91%) and satisfaction (92%) compared to before the introduction of standardised packaging for tobacco. A third (33%) of smokers rated their current brand of cigarettes lower in terms of value for money and over a quarter (28%) rated their current brand lower in terms of appeal of pack.

Rating of current brand of cigarettes compared to before the introduction of standardised (or plain) packaging by smokers in terms of... (2019/20)

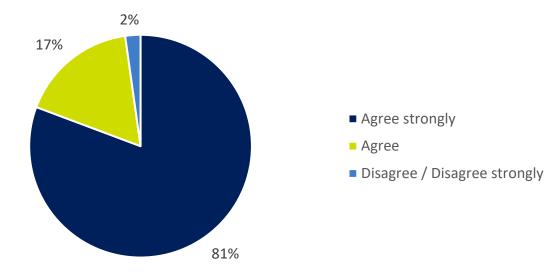




Agreement with statements on smoking

STATEMENT - "I support a ban on smoking in cars when children are present"

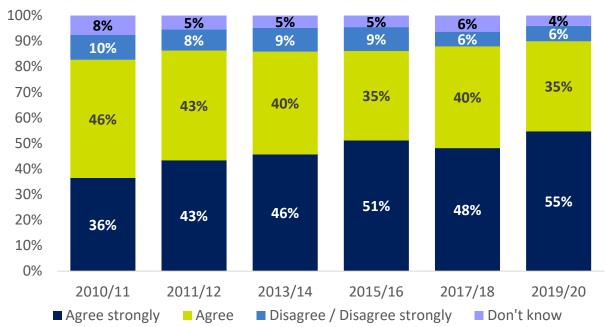
In 2019/20, almost all (98%) of respondents either strongly agreed (81%) or agreed (17%) with the statement "I support a ban on smoking in cars when children are present". This was similar to 2015/16 when 97% agreed with this statement.



"I support a ban on smoking in cars when children are present" in 2019/20

STATEMENT - "Children are more at risk from passive smoking than adults"

In 2019/20, more than half (55%) of respondents strongly agreed with the statement "Children are more at risk from passive smoking than adults" (up from 36% in 2010/11), and a further third (35%) agreed with the statement.

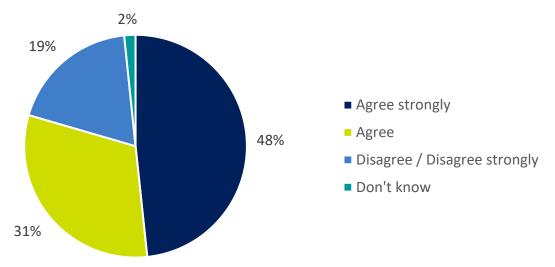


"Children are more at risk from passive smoking than adults" by year

STATEMENT – "Outdoor areas commonly used by children, such as playgrounds and beaches, should be smoke free"

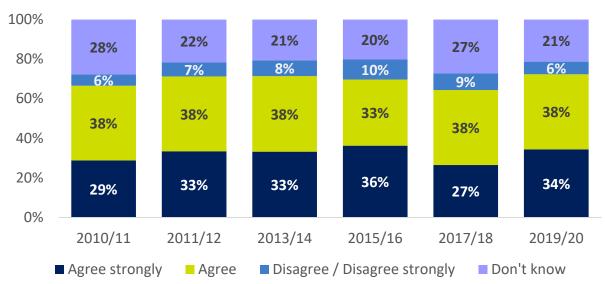
In 2019/20, almost half (48%) of respondents strongly agreed with the statement "Outdoor areas commonly used by children, such as playgrounds and beaches, should be smoke free" and a further third (31%) agreed with the statement. Almost a fifth (19%) of respondents disagreed or strongly disagreed with the statement.

"Outdoor areas commonly used by children, such as playgrounds and beaches, should be smoke free" in 2019/20



STATEMENT - "Babies exposed to passive smoking are more at risk to cot death"

In 2019/20, around three-quarters (72%) of respondents either strongly agreed or agreed with the statement "Babies exposed to passive smoking are more at risk to cot death" (up from 67% in 2010/11. Around one-fifth (21%) said that they didn't know.



"Babies exposed to passive smoking are more at risk to cot death" by year



Information Analysis Directorate (IAD) sits within the **Department of Health (DoH)** and carries out various statistical work and research on behalf of the department. It comprises four statistical areas: Hospital Information, Community Information, Public Health Information & Research and Project Support Analysis.

IAD is responsible for compiling, processing, analysing, interpreting and disseminating a wide range of statistics covering health and social care.

The statisticians within IAD are out-posted from the Northern Ireland Statistics & Research Agency (NISRA), and our statistics are produced in accordance with the principles and protocols set out in the UK Code of Practice for Official Statistics.

About Public Health Information and Research Branch

The role of Public Health Information and Research Branch (PHIRB) is to support public health policy development through managing the public health survey function while also providing analysis and monitoring data. The head of the branch is the Principal Statistician, Mr. Bill Stewart.

In support of the public health survey function, PHIRB is involved in the commissioning, managing and publishing of results from departmental funded surveys, such as the Health Survey Northern Ireland, Young Persons Behaviour & Attitudes Survey, Patient Experience Surveys and the Adult Drinking Patterns Survey.

The branch also houses the NI Health and Social Care Inequalities Monitoring System, which covers a range of different health inequality / equality based projects conducted for both the region as well as for more localised area levels. In addition, PHIRB is responsible for the production of official life expectancy estimates for NI, and areas within the region.

PHIRB provides support to a range of key DoH NI strategies including Making Life Better, a 10-year cross-departmental public health strategic framework as well as a range of other departmental strategies such as those dealing with suicide, sexual health, breastfeeding, tobacco control and obesity prevention. It also has a key role in supporting the Departmental Alcohol and Drug Strategy, by maintaining and developing key departmental databases such as, the Substance Misuse Database, Impact Measurement Tool and the Census of Drug & Alcohol Treatment Services, which are all used to monitor drug misuse and treatments across Northern Ireland. In addition to Departmental functions, PHIRB also support the executive level Programme for Government and its strategic outcomes through a series of performance indicators.

All images were sourced from <u>www.pixabay.com</u>.