
Smoking and Inequalities in Scotland

Professor Amanda Amos

Usher Institute for Population Health Sciences and Informatics

University of Edinburgh



UKCTAS

UK Centre for Tobacco & Alcohol Studies



Key questions

- What are the current patterns and trends in Scotland?
 - Young people
 - Young adults
 - Adults
 - E-cigarettes
 - Exposure to SHS in the home
 - What are the implications?
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Smoking and disadvantage

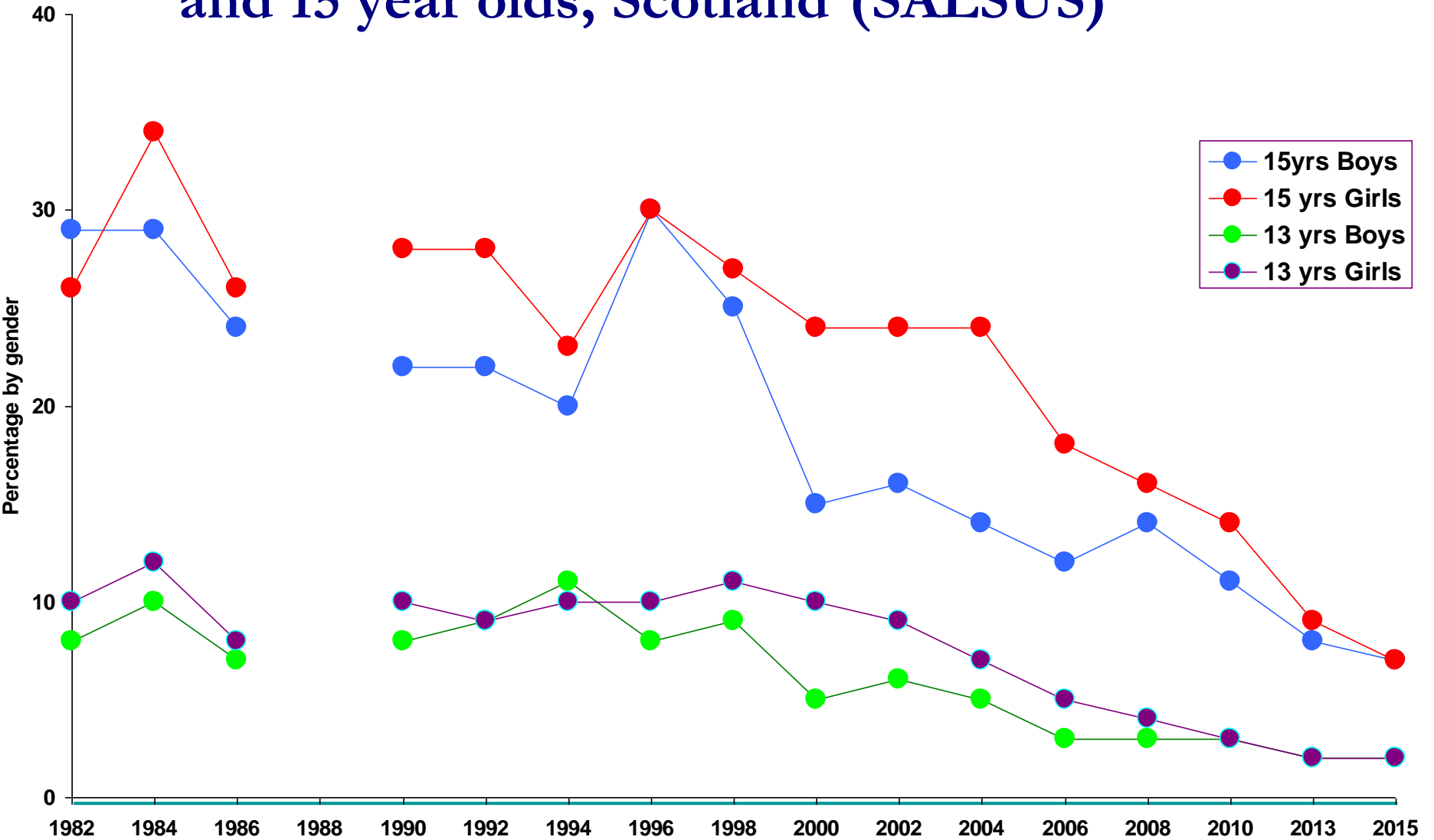
- Socio-economic status- education, income, employment
 - Gender
 - Ethnicity
 - Lone parenthood
 - Mental health problems
 - Youth offenders, prisoners
 - Unemployed
 - Sexual orientation- lesbian, gay, bisexual
 - Other excluded groups eg travellers, homeless
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Smoking as a cause of childhood and adult poverty in the UK

| | Currently in poverty | Lifted out of poverty if smoking costs removed |
|-------------------------------------|----------------------|--|
| Households with smokers | 1,788,000 | 512,000 |
| Children in households with smokers | 1,244,000 | 365,000 |
| Adults in households with smokers | 3,192,000 | 866,000 |

Source: ASH (2015) Smoking Still Kills

Prevalence of regular smoking by sex in 13 and 15 year olds, Scotland (SALSUS)



Social inequalities and youth smoking- Scotland (SALSUS 2015)

Regular smokers:

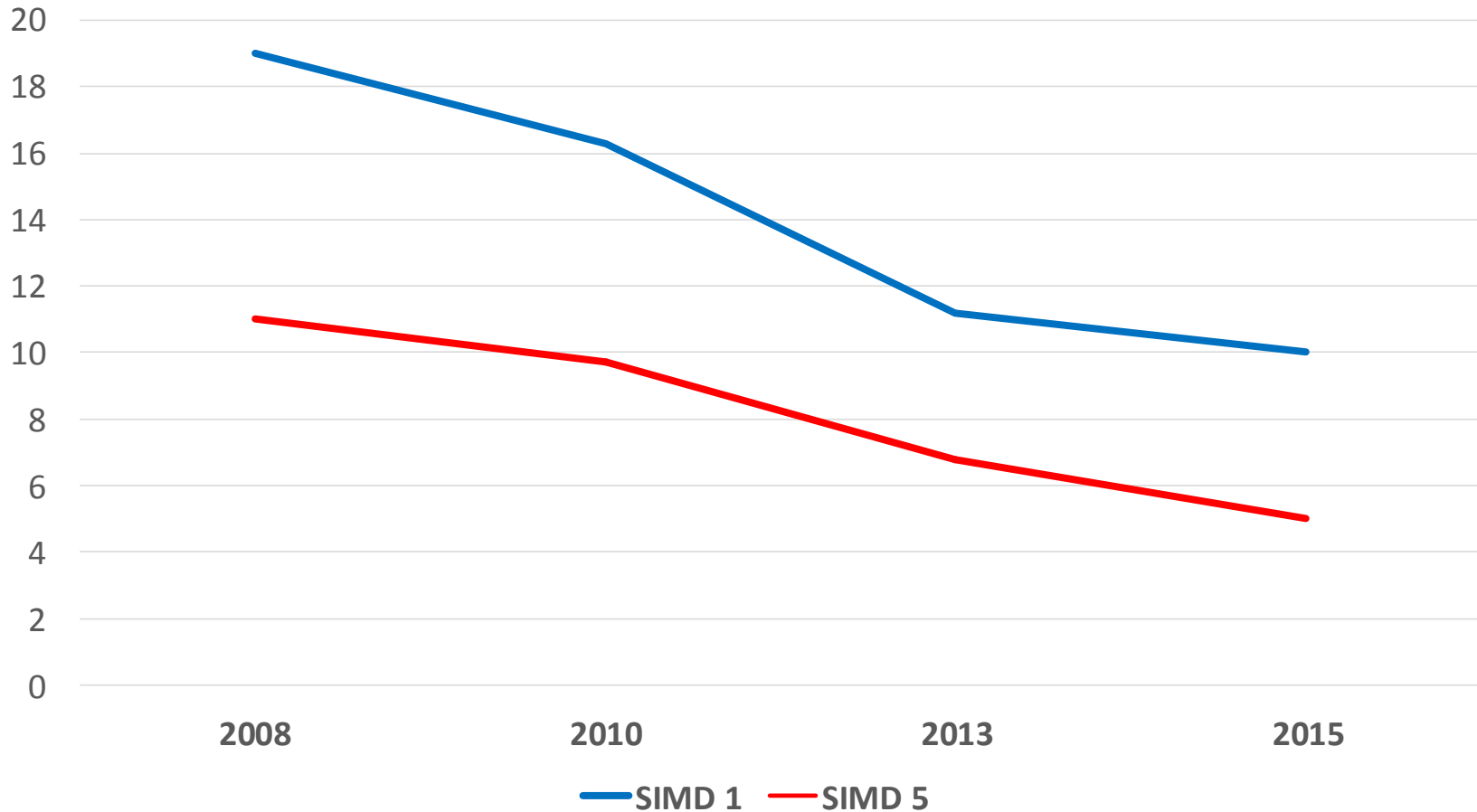
- 13 and 15 year olds both nearly twice as likely to live in the most deprived areas rather than least deprived areas
 - 15 year olds living in the most deprived areas have higher levels of consumption
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Inequalities- education, mental health (SALSUS 2015)

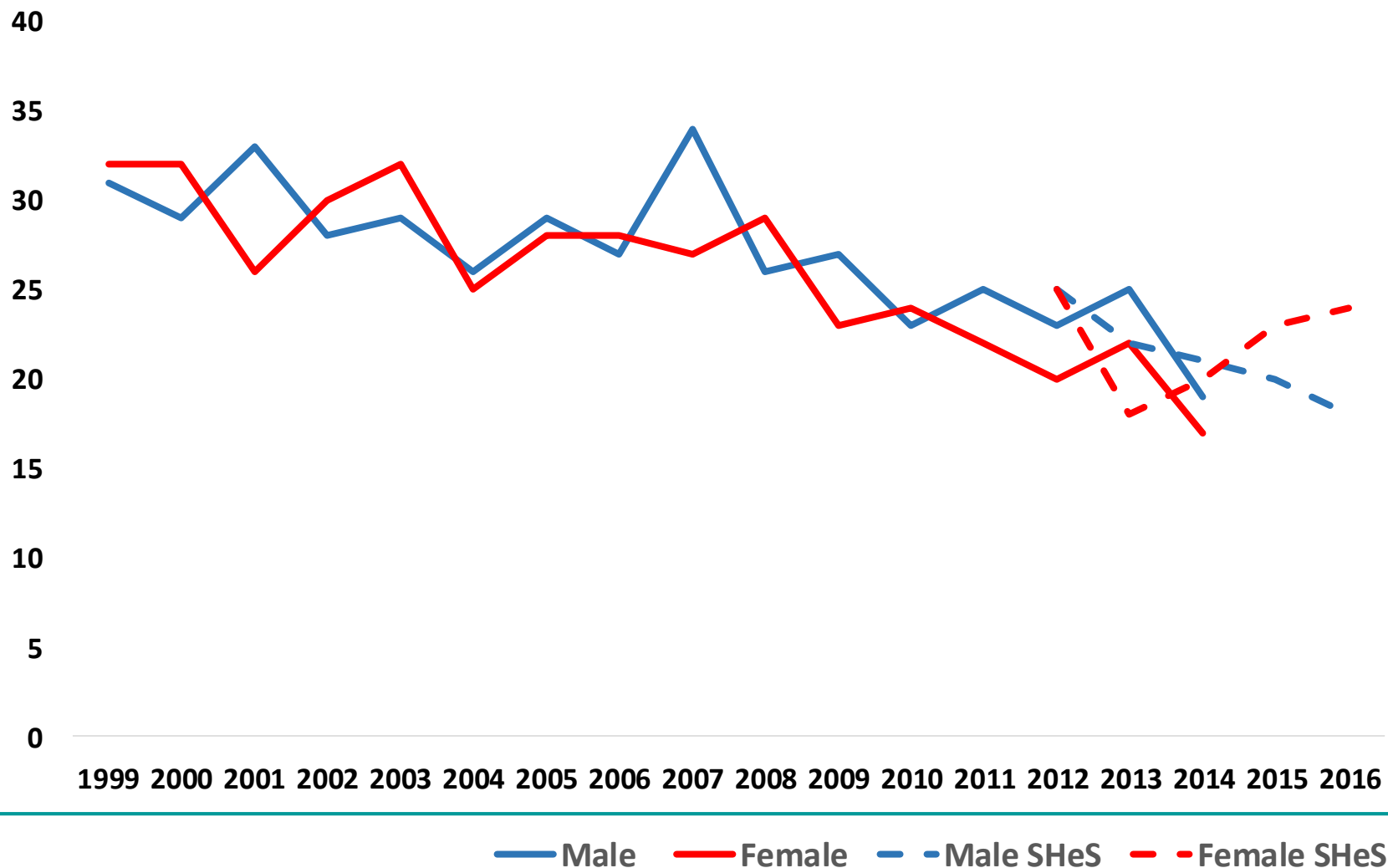
15 year olds are much more likely to be smokers if they:

- Don't like school at all (16% vs 3%)
- Ever been excluded from school (22% vs 5%)
- Truanted 10+ times in past year (35% vs 5%)
- Have emotional and behavioural problems (14% vs 4%)
- Have below average mental wellbeing (16% vs 7%)

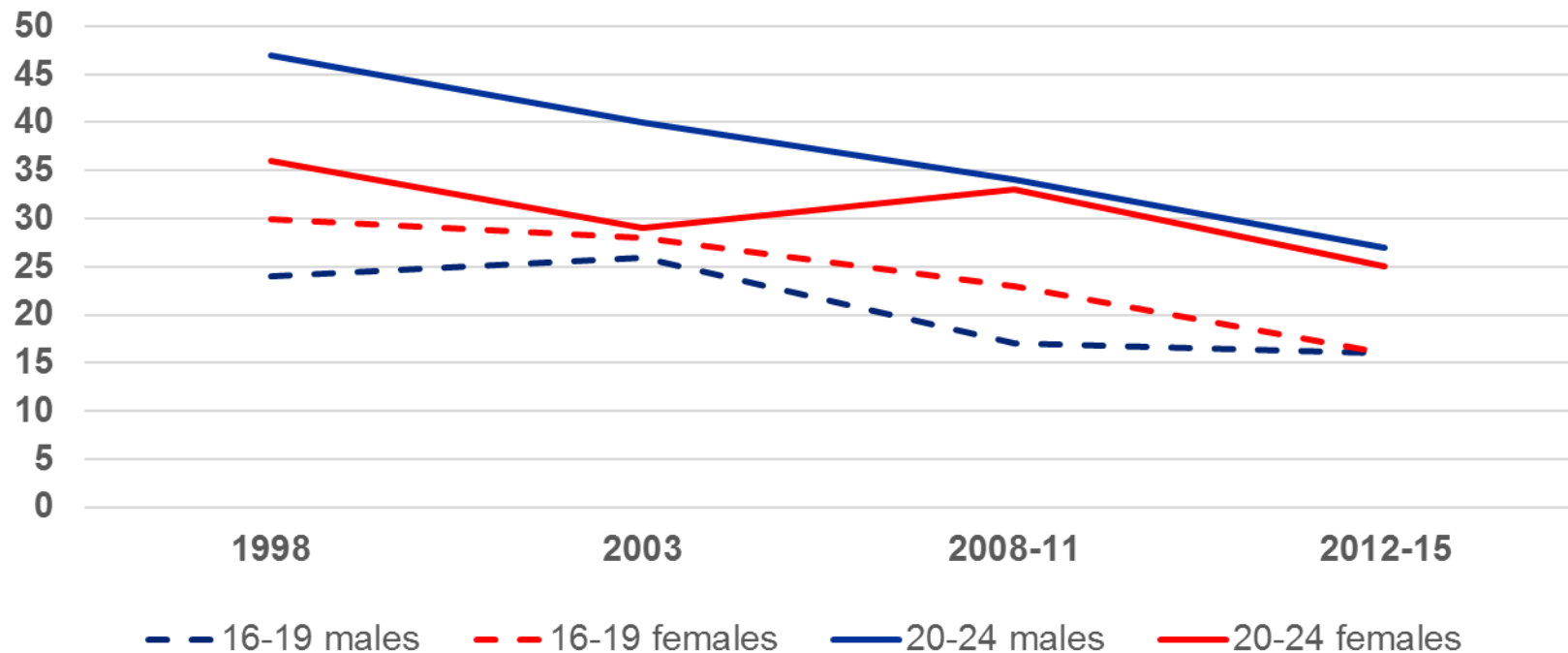
Prevalence of regular smoking in 15 year olds by deprivation (SALSUS)



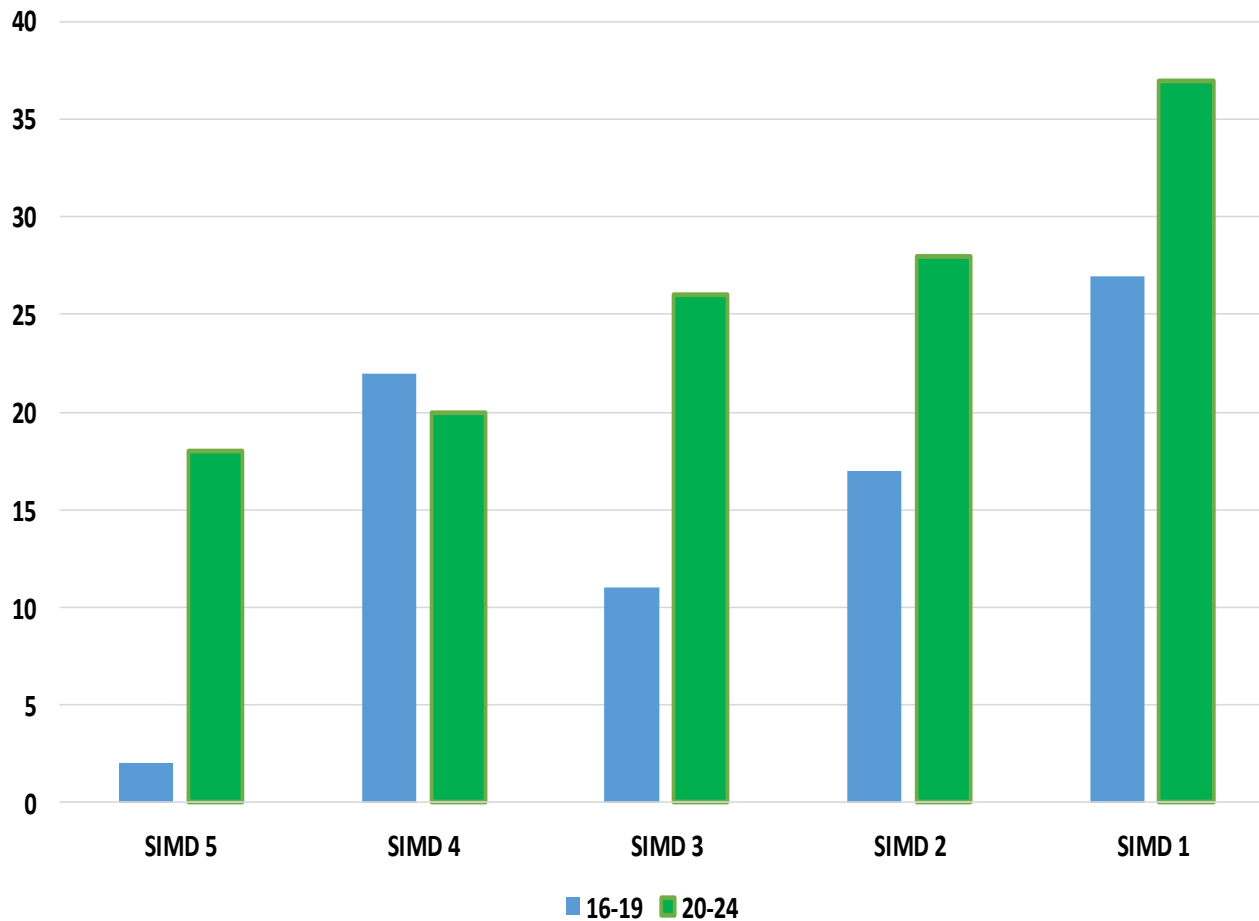
Smoking prevalence in 16-24 year olds, Scotland (SHS/SHeS)



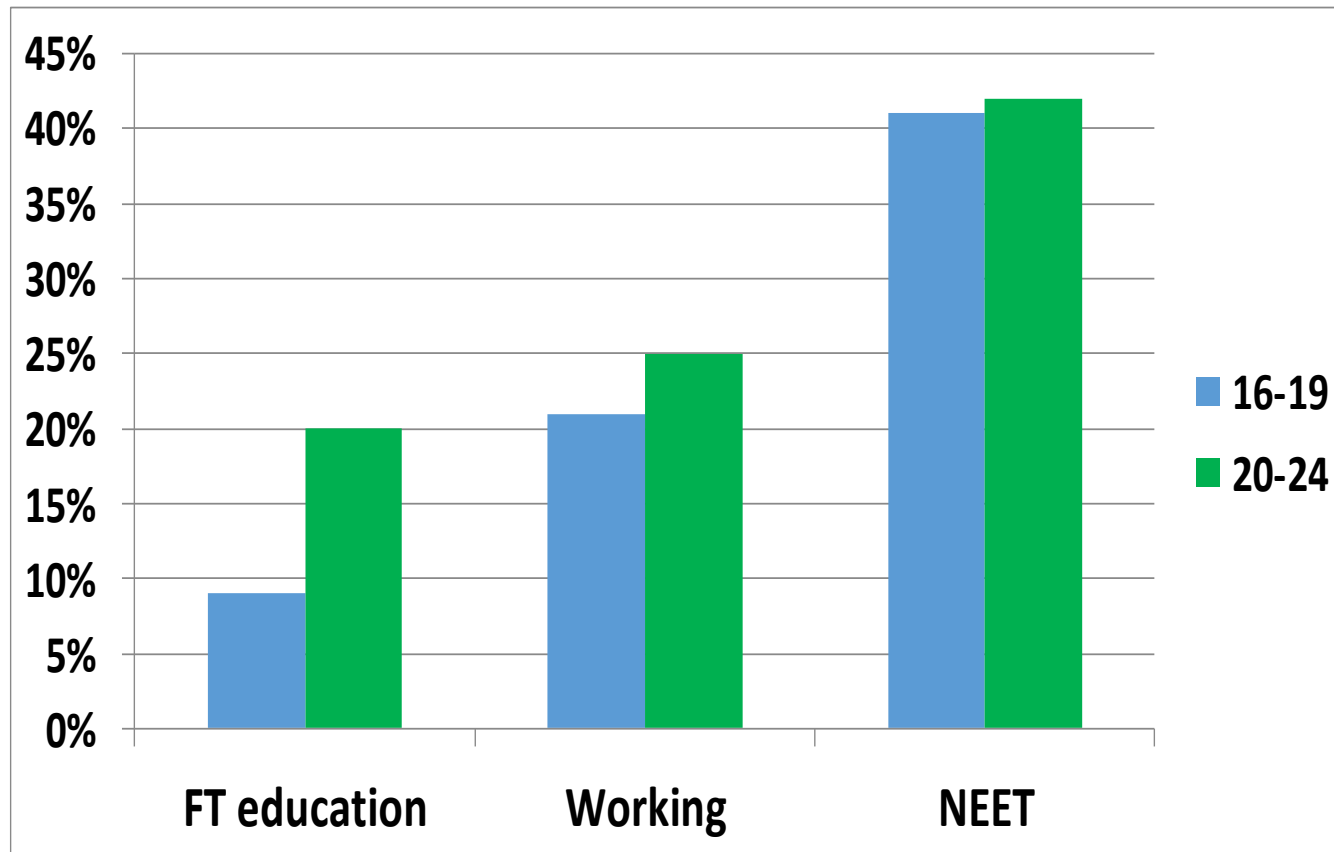
Smoking prevalence 16-19 and 20-24 year olds by sex, Scotland, 1998-2015 (SHeS)



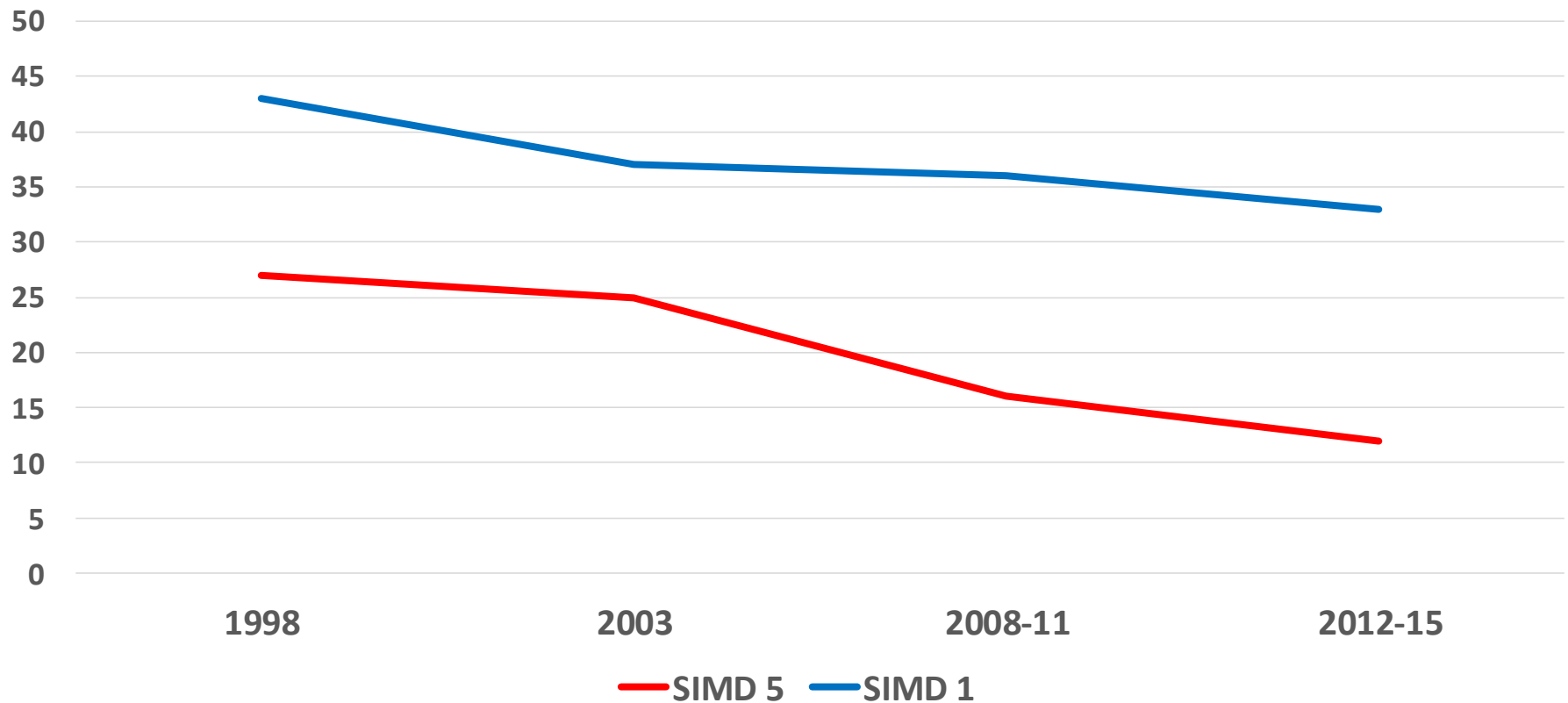
Smoking prevalence 16-24 year olds by deprivation, Scotland 2012-15 (SHeS)



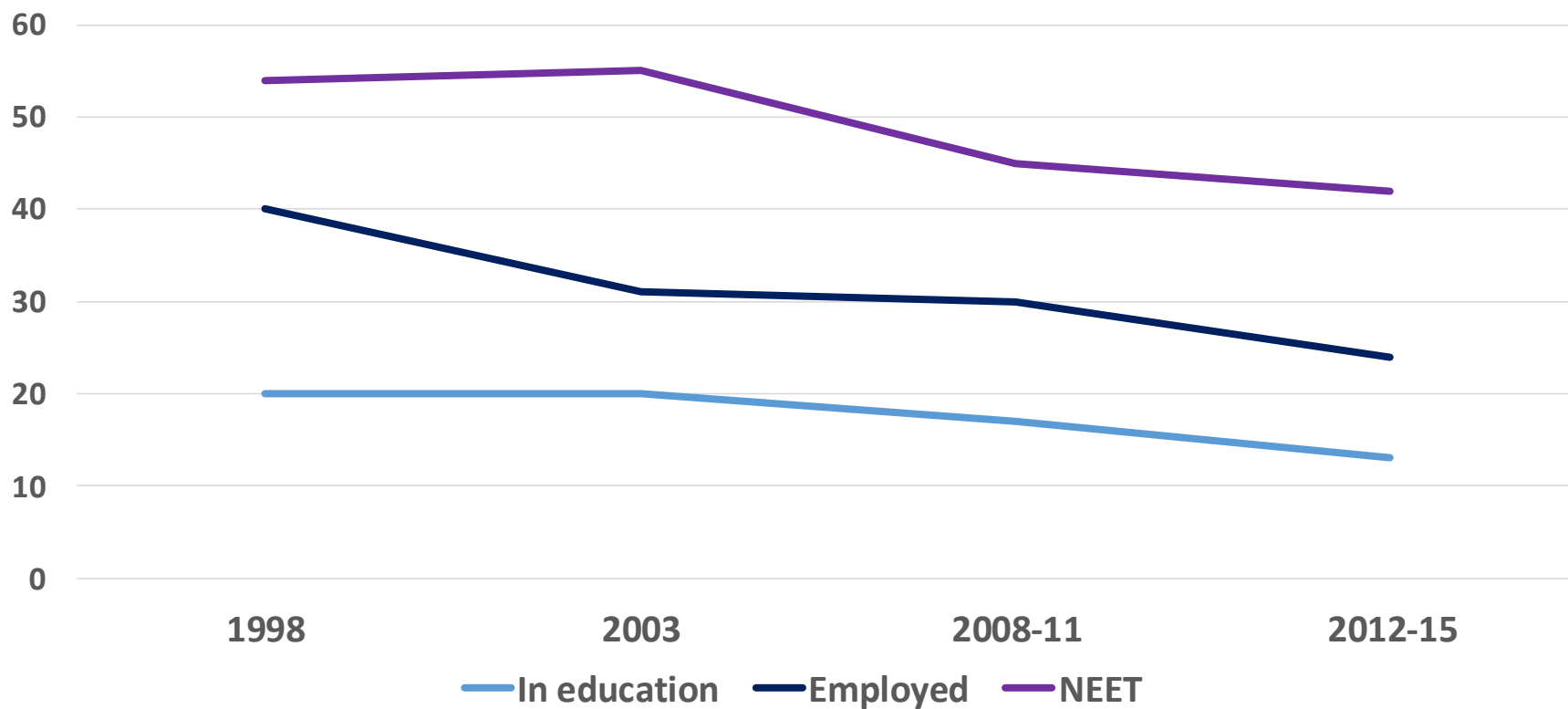
Smoking prevalence in 16-19 & 20-24 year olds by employment status, Scotland, 2012-15 (SHeS)



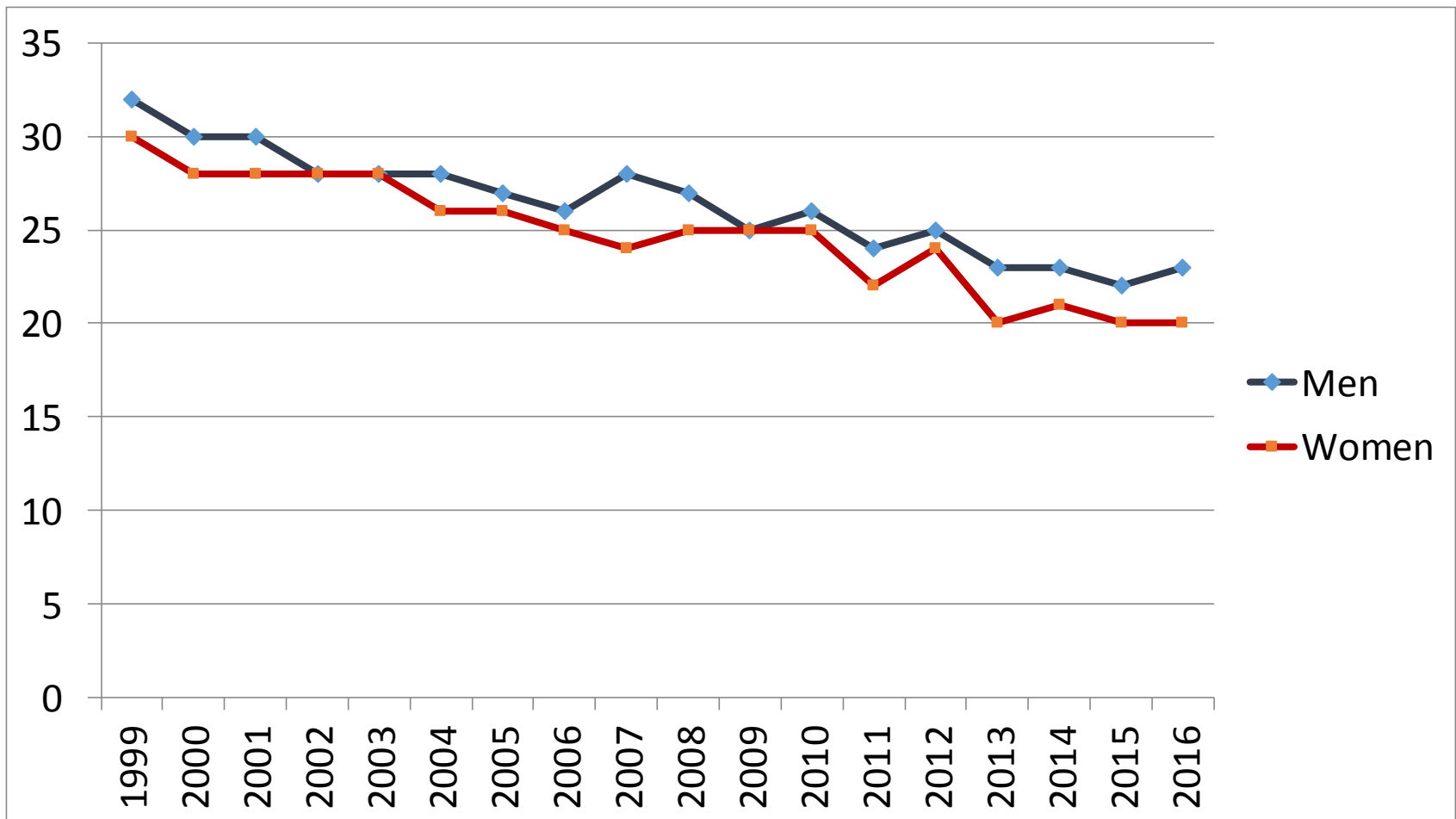
Smoking prevalence 16-24 year olds by deprivation, Scotland, 1998-2015 (SHeS)



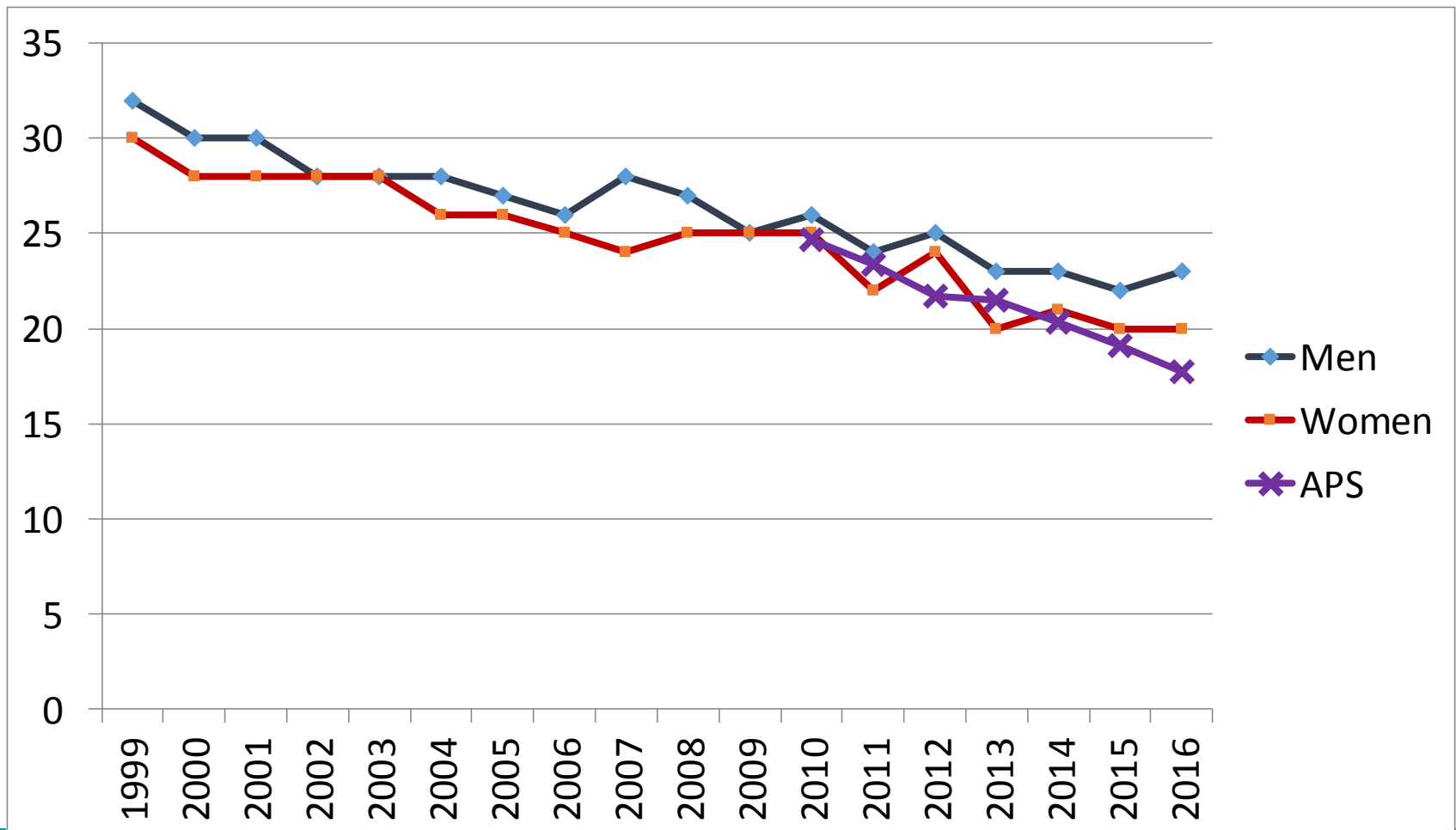
Smoking prevalence 16-24 year olds, Scotland, 1998-2015 (SHeS)



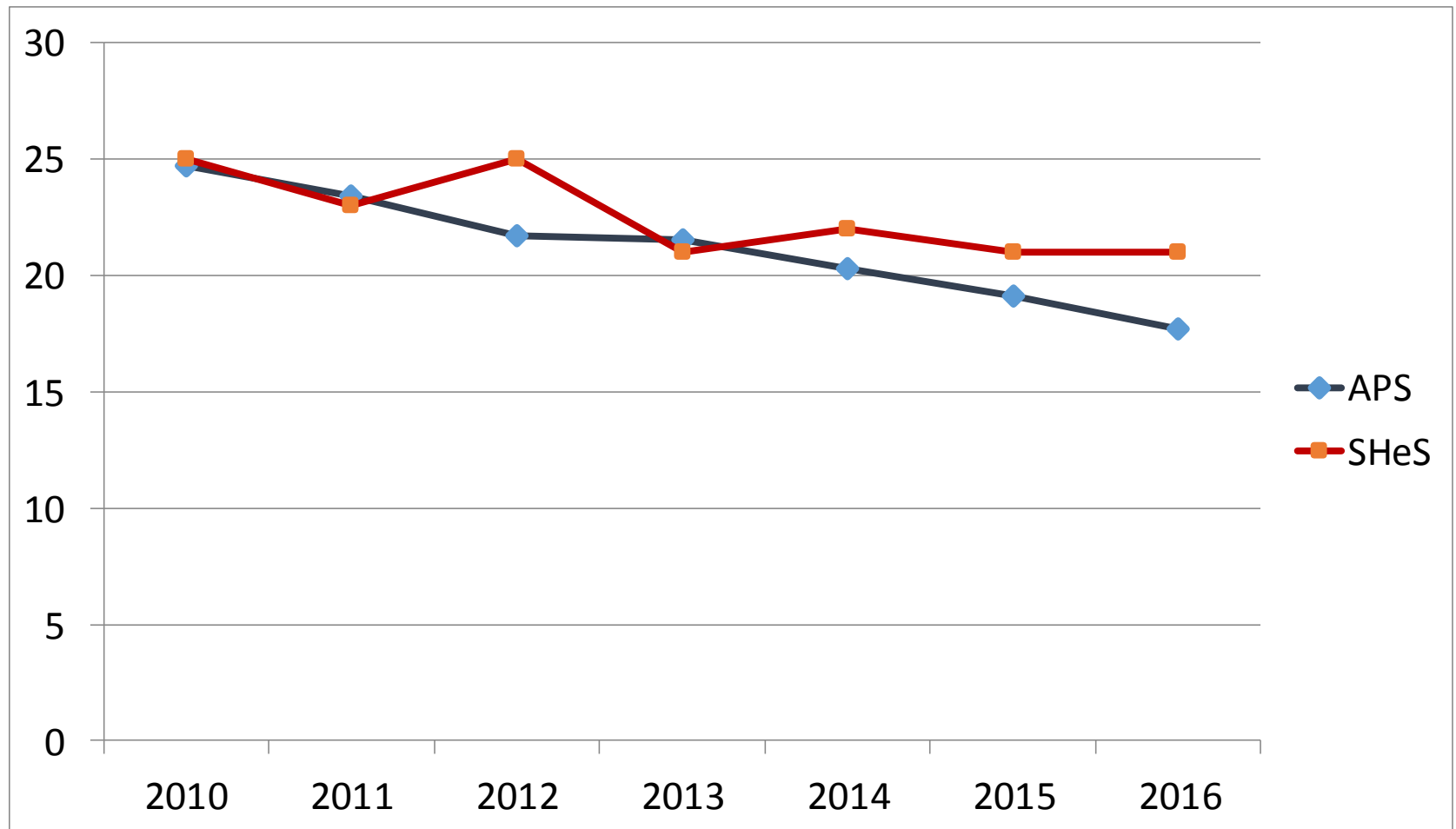
Prevalence of cigarette smoking by sex, adults aged ≥ 16 , Scotland (SHS/SHeS)



Prevalence of cigarette smoking by sex, adults, Scotland (SHS/SHeS/APS)

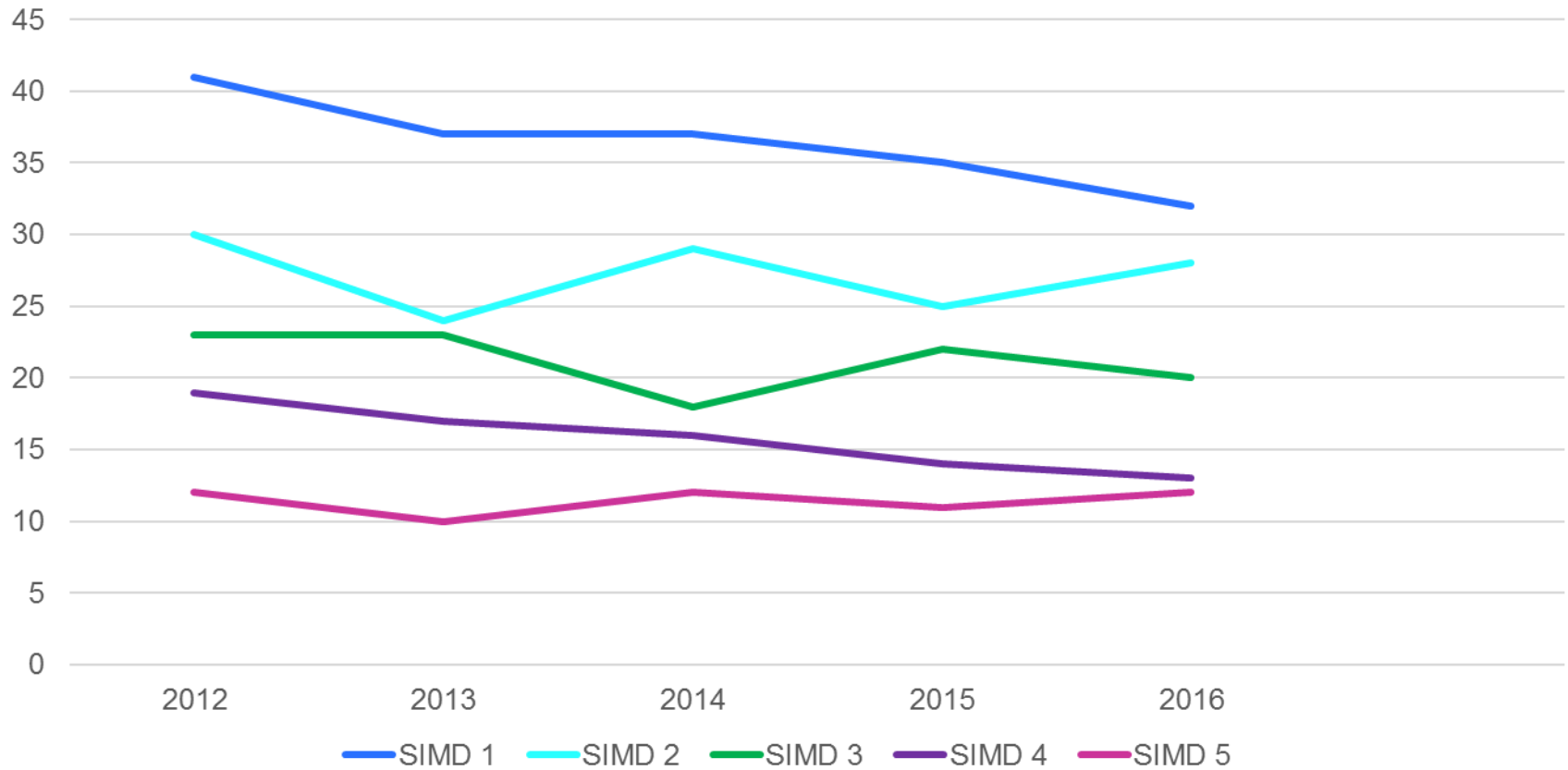


Prevalence of cigarette smoking in adults, Scotland (SHeS/APS)



Smoking by deprivation trends (SHeS)

Chart Title



Absolute vs relative reductions in Scottish adult smoking prevalence

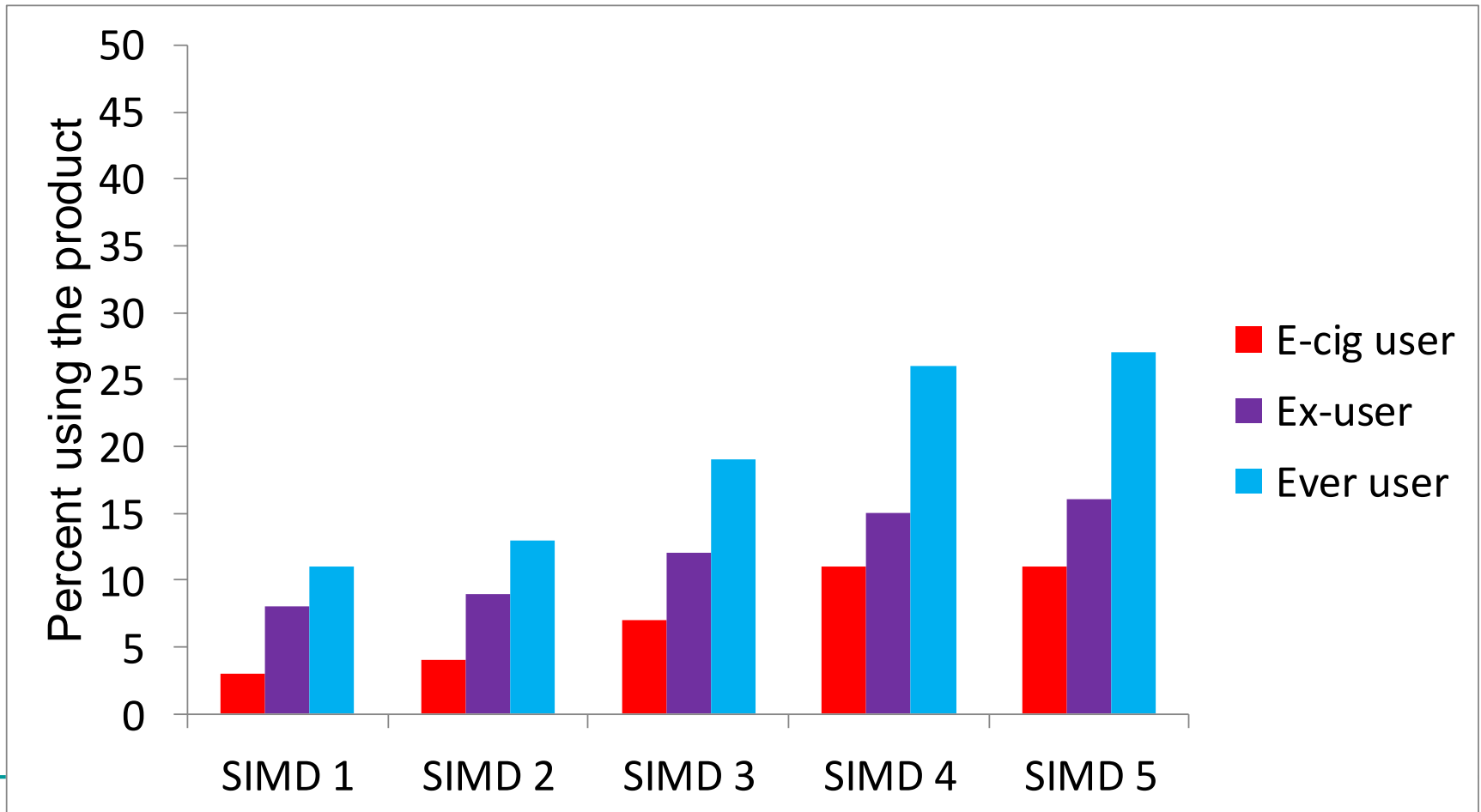
| | 2013 | 2016 | Absolute change | Relative reduction |
|--------|------|------|-----------------|--------------------|
| SIMD 1 | 39% | 32% | 7% | 18% |
| SIMD 5 | 11% | 12% | -1% | -9% |

Adult smoking, Scotland 2015/16 (SHeS)

| | Least deprived SIMD 5 | Most deprived SIMD 1 |
|--|--------------------------|-------------------------|
| Number cigs per day | 11.6 | 12.9 |
| Wants to quit* | 70% | 67% |
| Quit attempts*: | | |
| Never | 23% | 23% |
| 3 or more | 40% | 41% |
| Longest quit*: | | |
| < a week | 3% | 18% |
| > 6 months | 49% | 33% |
| GP advised to quit* (past/present smokers) | 23% | 47% |
| Used last 3 months (All smokers tried to quit/recent ex): | | |
| NRT patch | 22% | 41% |
| Champix | 7% | 9% |
| E-cig | 38% | 36% |

***2015/16**

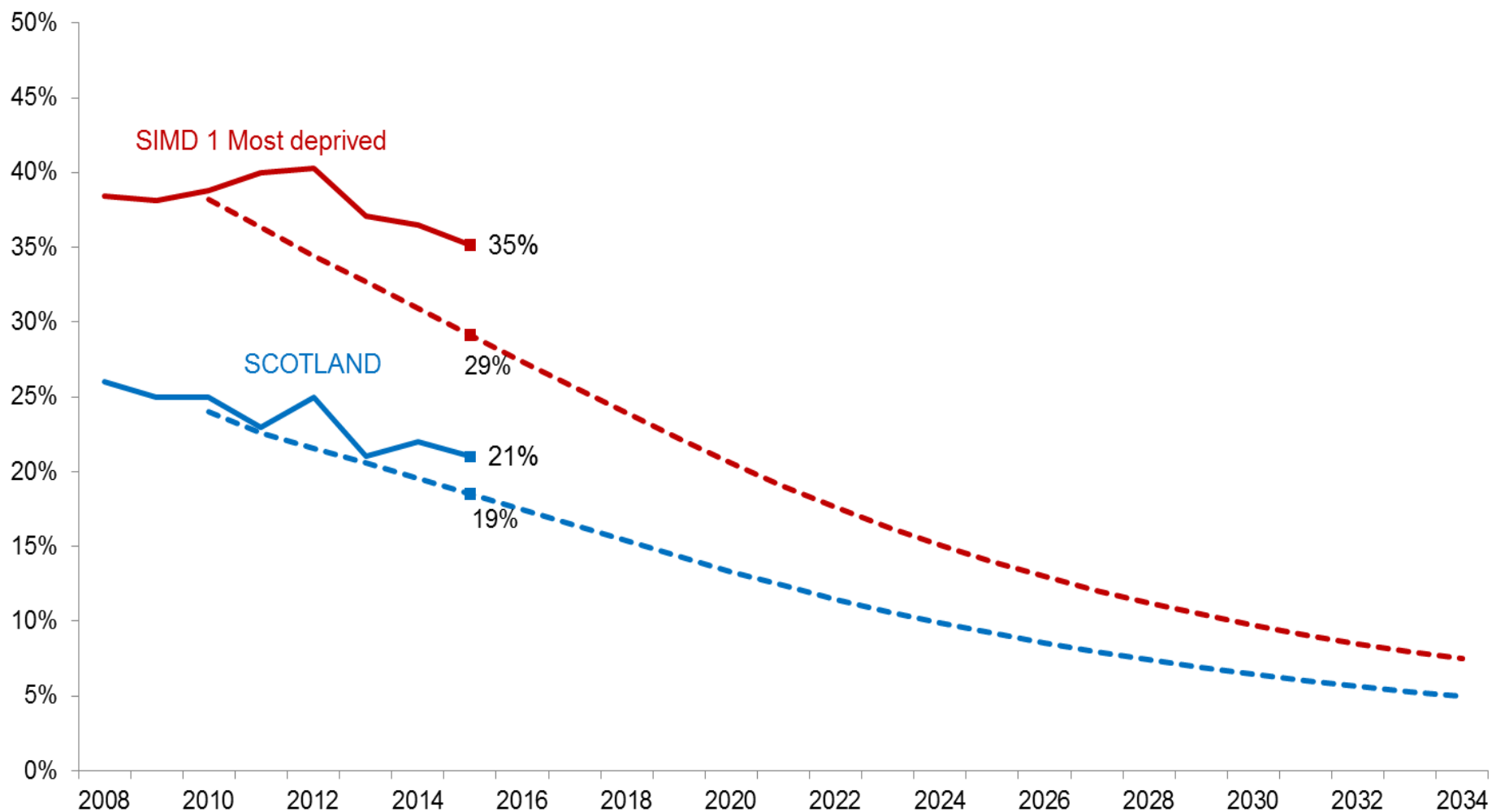
E-cigarette use by deprivation (SHeS 2016)



SHS exposure, Scotland, 2016 (SHeS)

| | Least deprived | Most deprived |
|---|----------------|---------------|
| People smoke in home: | | |
| Adults | 10% | 33% |
| Children (<16) | 3% | 23% |
| Exposed to smoke at home: | | |
| Adult non-smokers | 4% | 10% |
| Children | 1% | 15% |
| Rules in home- can smoke anywhere /certain rooms: | | |
| Adults | 9% | 34% |
| Children | 3% | 23% |

Scottish adult smoking trends- are we on target ? (NHS Health Scotland 2017)



Conclusions and implications

- **Young people**- significant decline in smoking since 2013 but no decline in inequalities in smoking
 - **Young adults**- significant decline in smoking since 2008 but no decline in inequalities in smoking
 - **Adults**- not clear if smoking has declined overall since 2013 but appears to be a reduction in inequalities in smoking
 - On current trends will not reach 2034 tobacco-free target
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Inequalities and quitting smoking

- Most low SES smokers want to quit and try to quit, but their quit attempts are less successful
 - Need to increase quit attempts in all groups but particularly low SES- social norms, mass media, price, support
 - Need to increase success of quit attempts (next talk!)
 - But beware of unintended consequences (eg stigma)
 - Need adequate resources- hypothecated tax etc
 - Role of harm reduction???
 - Opportunity- new national strategy for bold and radical action
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Acknowledgements

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