

Hull Adult Health and Wellbeing Survey Summary: Smoking and vaping

December 2019

Background

Earlier this year, more than 4,000 Hull residents aged 16 years and older belonging to groups representative of the local population were surveyed about health and lifestyle behaviours. Between March and June, interviewers knocked on doors and asked residents if they would be willing to take part in the comprehensive survey. Participants were left to complete forms in their own time, with interviewers returning to collect them on an agreed date. The response rate was 76 per cent.

Smoking and why it matters

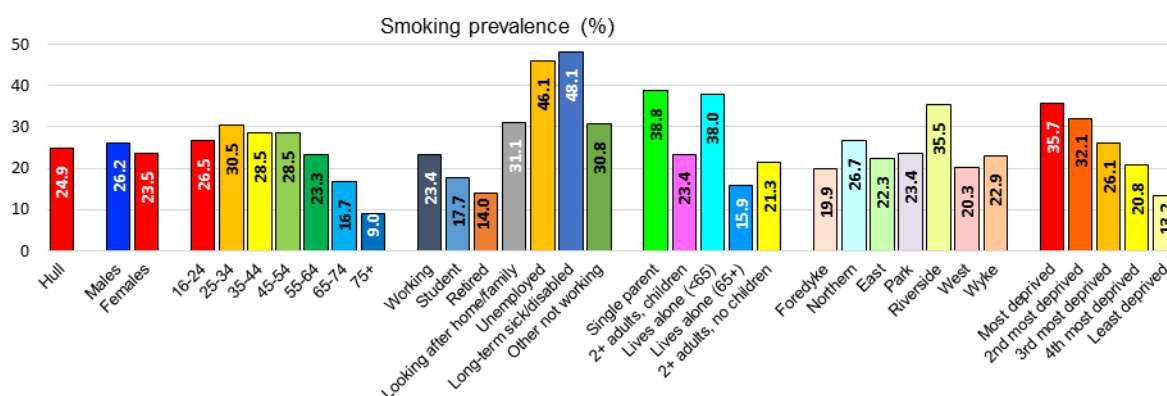
- Smoking is a risk factor for many diseases, including lung cancer as well as several other cancers; coronary heart disease (CHD) and other cardiovascular diseases; chronic obstructive pulmonary disease (COPD) and other respiratory diseases.
- More than one in five deaths in Hull are directly due to smoking, ten every week. Among those dying prematurely (before the age of 75 years) one in four deaths are caused by smoking. Smokers who die prematurely lose on average about 10 years of life.
- Smokers see their GPs 35% more often than non-smokers. In 2017/18 there were 2,767 hospital admissions per 100,000 population in Hull that were due to smoking, 50% higher than for England.
- Nationally, smoking is estimated cost to the economy more than £11 billion per year.
- The health benefits from quitting smoking are immediate: within 1-9 weeks circulation improves and lung function increases; within 1-year the risk of CHD is half that of a continued smoker; after 5-years the risk of cancer of the mouth, throat, oesophagus and bladder are halved and cervical cancer risk is the same as a non-smoker; after 10-years the risk of lung cancer is half that of a continued smoker; after 15-years, the risk of CHD is the same as a non-smoker.

Key Health and Wellbeing Survey findings

Smoking of cigarettes/tobacco

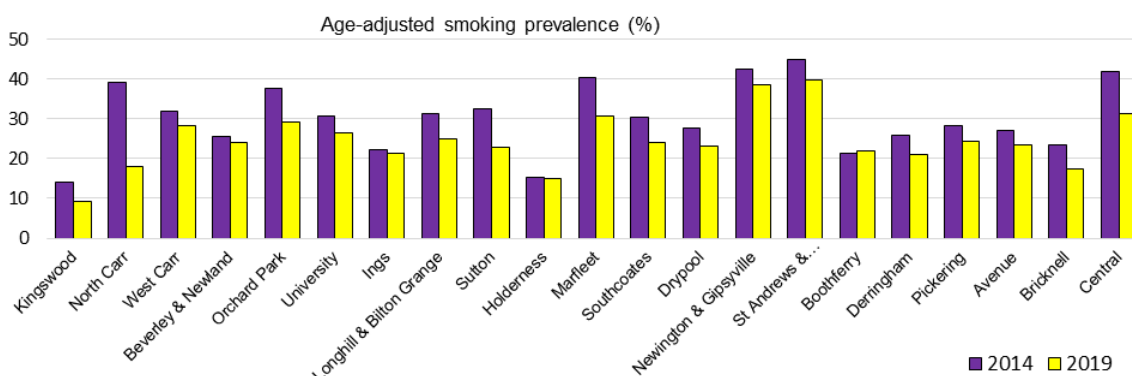
- One in four Hull residents aged 16+ continue to smoke. At 24.9%, smoking prevalence in Hull in 2019 has decreased by almost one fifth since 2014, yet remains three-quarters higher than the 14% reported for England in 2018.

- Slightly more men than women smoke, 26.2% of men and 23.5% of women.
- Smoking is highest among those aged 25-34 years, with 30.5% smoking. Rates among those aged 16-24, 35-44 and 44-54 years were all above 25%, with prevalence then decreasing with increasing age.
- Almost one in two of the unemployed and those not working due to long-term sickness or disability smoked, 46.1% and 48.1% respectively, while three in ten looking after the home/family, or not working for other reasons, also smoked.
- More than one in three Riverside residents smoked, as did more than one in four Northern residents, at 35.0% and 26.7% respectively.
- Smoking prevalence in the most deprived fifth of areas of Hull was 2.7 times higher than in the least deprived fifth of areas, 35.7% versus 13.2%.

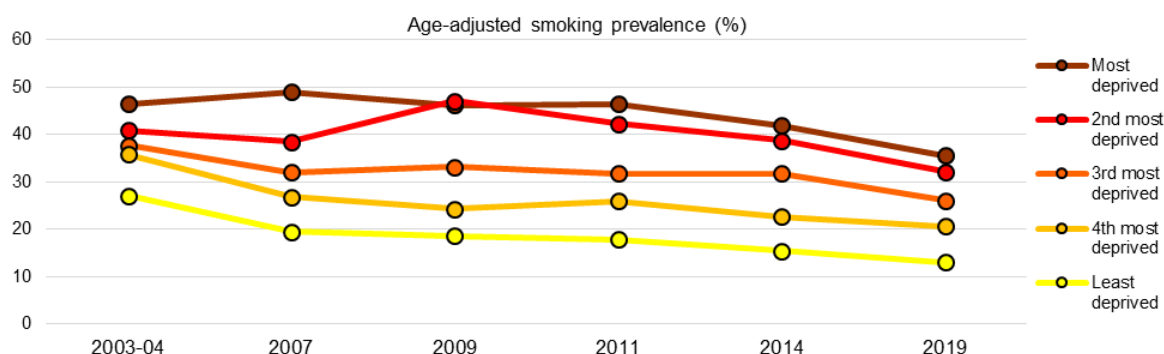


- Among men, those aged under 65 years and living alone had the highest smoking prevalence, at 37.6%, compared with around one quarter of other men.
- Among women, single parents had the highest prevalence of smoking, at 42.9% around double the rate of women living in households where there were other adults, and more than two thirds higher than the rate of single parent men.
- Smoking prevalence was highest amongst those of Eastern European ethnicity (more than 35%).
- There is a four-fold difference in smoking prevalence by ward, ranging from 41.4% in St Andrews & Dockland and 38.4% in Newington & Gipsyville, to 10.5% in Kingswood and 11.8% in Bricknell.
- Smoking prevalence decreased in 20/21 wards, with the largest decreases in North Carr, Central and Marfleet. The one exception was Boothferry with a small increase of 0.8 percentage points.
- The average decrease in smoking prevalence in the six most deprived wards was treble that in the least deprived wards, decreasing by an average 9.8 percentage points in the six most deprived wards (St Andrew's & Docklands, Orchard Park, Central, Marfleet, North Carr and Newington & Gipsyville), compared with an average

decrease of 2.9 percentage points in the six least deprived wards (Kingswood, Holderness, Bricknell, Boothferry, Beverley & Newland and Derringham)



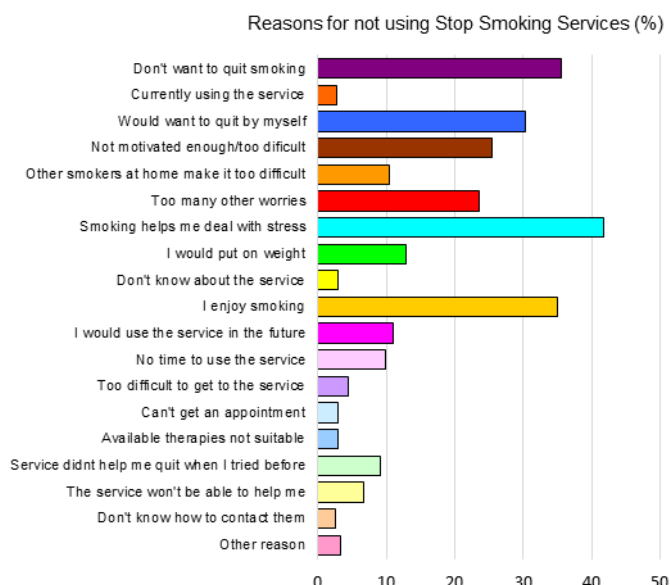
- Smoking prevalence decreased for each deprivation fifth in 2019, with the largest decrease in the most deprived fifth of areas and the smallest in the least deprived fifth of areas.
- The inequalities gap decreased in 2019, for the second successive year, to 22.6 percentage points, although this was wider than the gap in 2003-04 (19.4 percentage points).
- The most deprived fifth of areas of Hull saw smoking prevalence decreased by 6 percentage points since 2014, and by 11 percentage points since 2003-04, while in the least deprived fifth of areas it decreased by 3 and 14 percentage points respectively.



- Smokers smoked on average 10 cigarettes (or tobacco equivalent) per day. 45% smoked less than 10 cigarettes or equivalent per day, 37% smoked 10-19 per day and 19% smoked 20 or more per day.
- The heaviest smokers lived in Longhill & Bilton Grange and Pickering (38% of smokers in each smoked 20+ per day), while in Beverley & Newland, University, Ings, Newington & Gipsyville and Derringham a majority of smokers smoked <10 per day.
- One in five smokers (21%) are currently trying to cut down on smoking, with a further two in five saying they are likely (21%) or very likely (21%) to do so in the next year.

- One in twelve smokers (9%) are currently trying to stop smoking, with more than two in five saying they are likely (19%) or very likely (24%) to do so in the next year.
- Smokers were asked what stopped them from using the Stop Smoking Services:

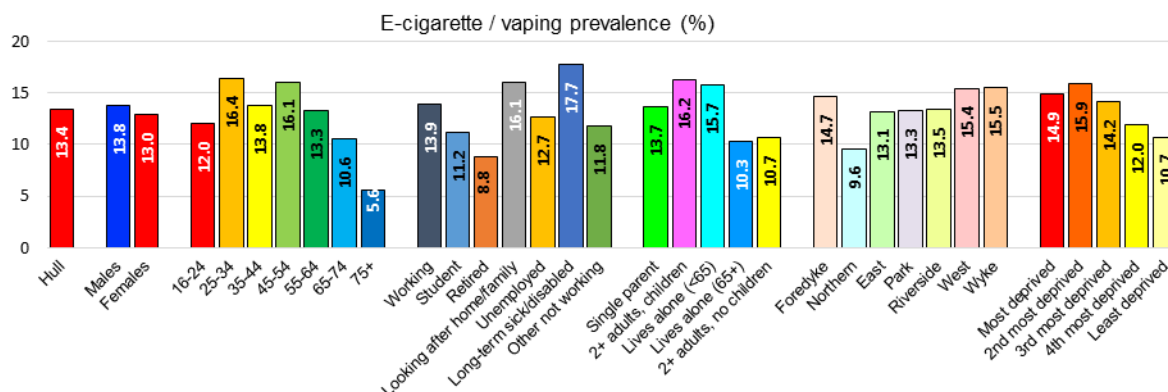
- One in three smokers (35%) did not want to quit smoking;
- One in four smokers (25%) expressed negative views about the Stop Smoking Service
- Almost one in ten smokers (9%) had used the service unsuccessfully in the past;
- More than two in five smokers (42%) used smoking to help deal with stress;



- Three in ten smokers (30%) would want to quit by themselves;
- More than one in ten smokers (11%) said they would use the service in the future.

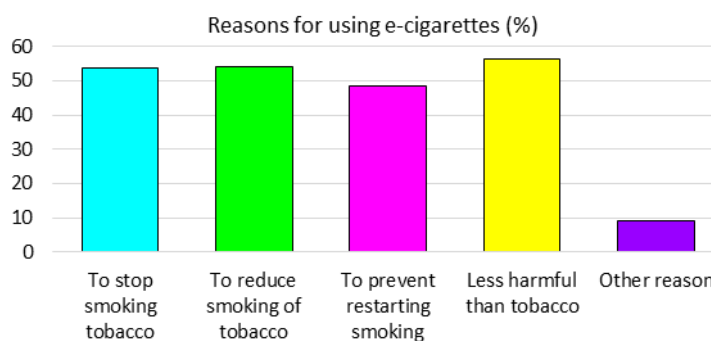
Use of e-cigarettes/vaping

- Around one in eight (13.4%) of respondents used e-cigarettes, with prevalence highest among those aged 25-34 and 45-54 years.
- With around one in six using e-cigarettes, vaping prevalence was highest among those not working due to long-term sickness or disability, or looking after the home are family (17.7% and 16.1% respectively).
- Around 15% living in Foredyke, West and Wyke vaped, compared with under 10% in Northern. There was a more than two-fold difference in vaping prevalence by ward, from 7.8% in Holderness and 8.8% in Drypool to 18.9% in Marfleet, 17.7% in Pickering and 17.4% in West Carr.
- People living in the two most deprived fifths of areas of Hull were around 50% more likely to vape than those living in the least deprived fifth of areas.



- The use of e-cigarettes has increased in Hull by almost two thirds since 2014, with vaping prevalence increasing from 8.4% in 2014 to 13.4% in 2019, having increased for each age and sex.
- The prevalence of vaping in Hull 2019 was more than double the prevalence for Great Britain in 2018 (6.3%)
- More than half of e-cigarette users vaped in order to:

- stop smoking tobacco products (54%);
- to help cut down on smoking of tobacco products (54%);
- because it is less harmful than smoking tobacco products (56%).



- Just under half vaped in order to help stop themselves from starting to smoke again

Smoking and vaping

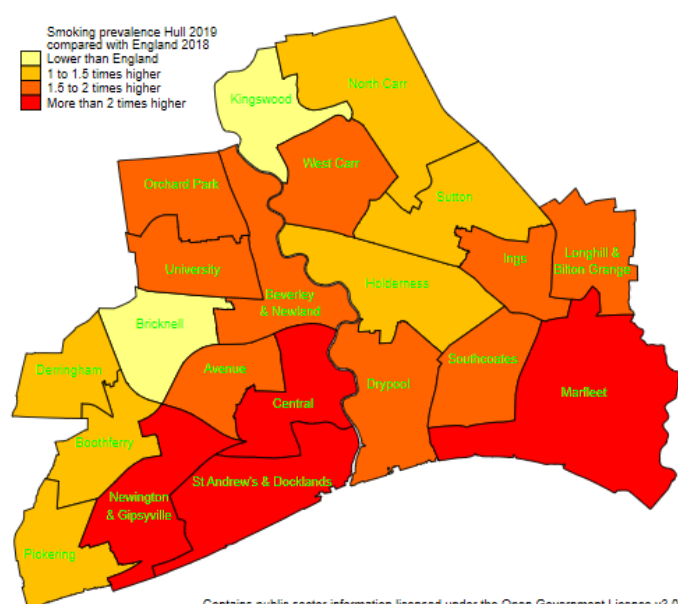
- One in four current smokers were also vapers, including 22% of daily smokers (of whom two thirds vaped less than daily) and 35% of smokers who did not smoke every day (of whom just over half vaped every day).
- A further third of smokers used to vape (38% of daily smokers and 25% of non-daily smokers).
- Almost one in four ex-smokers vaped (of whom nine out of ten vaped daily), while a further 10% of ex-smokers were also ex-vapers.
- Less than 3% of people who had never smoked had ever vaped.

The impact for Hull

Although smoking prevalence has decreased by around one fifth since 2014, smoking rates remain substantially higher in most areas of Hull than the average for England. There remain approximately 52,000 smokers in Hull.

To reduce health inequalities in Hull, it is necessary to target the wards and groups which have the highest prevalence of smoking.

Four wards in Hull have a smoking prevalence rate more than double the national rate: St Andrew's & Docklands, Newington & Gipsyville, Central and Marfleet (four of the six most deprived wards in Hull). Nine wards have a smoking prevalence rate 1.5-2 times higher than England: Orchard Park, University, West Carr, Beverley & Newland, Drypool, Avenue, Southcoates, Ings and Longhill & Bilton Grange.



Other priority groups are people aged under 55 years (more than one in four are smokers), people of working age but not working (more than three in ten are smokers), and people of Eastern European ethnicity (more than 35% were smokers).

Of course, it is recognised that these groups represent a large proportion of the overall population, hence a universal stop smoking service, but with targeting of priority groups, should be provided.

Further information

Further survey reports and a copy of the questionnaire are available on request. Please contact us at PublicHealthIntelligence@hullcc.gov.uk for more information.