



ORIGINAL ARTICLE

Prevalence and factors associated with smoking among adolescents^{☆,☆☆}

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KEYWORDS

Tobacco;
Adolescent;
Risk factors;
Cigarette

Abstract

Objective: Despite anti-smoking prevention programs, many adolescents start smoking at school age. The main objectives of this study were to determine the prevalence and risk factors associated with smoking in adolescents living in Uruguaiana, RS, Brazil.

Methods: A prospective study was conducted in adolescents (12–19 years), enrolled in municipal schools, who answered a self-administered questionnaire on smoking.

Results: 798 adolescents were enrolled in the study, with equal distribution between genders. The tobacco experimentation frequency (ever tried a cigarette, even one or two puffs) was 29.3%; 14.5% started smoking before 12 years of age and 13.0% reported smoking at least one cigarette/day last month. Having a smoking friend (OR: 5.67, 95% CI: 2.06–7.09), having cigarettes offered by friends (OR: 4.21, 95% CI: 2.46–5.76) and having easy access to cigarettes (OR: 3.82, 95% CI: 1.22–5.41) was identified as factors associated with smoking. Having parental guidance on smoking (OR: 0.67, 95% CI: 0.45–0.77), having no contact with cigarettes at home in the last week (OR: 0.51, 95% CI: 0.11–0.79) and knowing about the dangers of electronic cigarettes (OR: 0.88, 95% CI: 0.21–0.92) were identified as protection factors.

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57**PALAVRAS-CHAVE**Tabaco;
Adolescente;
Fatores de risco;
Cigarro

Conclusion: The prevalence of smoking among adolescents in Uruguaiiana is high. The implementation of measures to reduce/stop tobacco use and its new forms of consumption, such as electronic cigarettes and hookah, are urgent and imperative in schools.

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Prevalência e fatores associados ao tabagismo entre adolescentes**Resumo**

Objetivo: Apesar dos programas de prevenção antitabagista, muitos adolescentes começam a fumar na idade escolar. Foram objetivos do estudo determinar a prevalência e os fatores de risco associados ao consumo de tabaco em adolescentes moradores do município de Uruguaiiana RS, Brasil.

Métodos: Estudo transversal, realizado em adolescentes de 12 a 19 anos, matriculados em escolas do município, que responderam questionário auto-aplicável sobre tabagismo.

Resultados: Participaram 798 adolescentes com igual distribuição entre os gêneros. A frequência de experimentação de tabaco (*Alguma vez tentou fumar um cigarro, mesmo que uma ou duas tragadas*) foi 29,3%, sendo que 14,5% começaram fumar antes dos 12 anos de vida e 13,0% deles afirmaram terem fumado pelo menos um cigarro/dia no último mês. Foram identificados como associados ao tabagismo: ter amigo tabagista (OR:5,67, IC95%:2,06-7,09), ter oferta de cigarro pelo amigo (OR:4,21, IC95%:2,46-5,76) e facilidade de conseguir cigarros (OR:3,82, IC95%:1,22-5,41). Ter orientações dos pais sobre tabagismo (OR:0,67, IC95%:0,45-0,77), não ter contato com cigarro em casa na última semana (OR:0,51, IC95%:0,11-0,79) e saber os malefícios do cigarro eletrônico (OR:0,88, IC95%:0,21-0,92) foram identificados como de proteção.

Conclusões: A prevalência de tabagismo entre os adolescentes de Uruguaiiana é alta. A implantação de medidas nas escolas para reduzir ou acabar o consumo de tabaco e de suas novas modalidades, como os cigarros eletrônicos e o narguilé é urgente e imperiosa.

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Introduction

Tobacco use is the leading preventable cause of death and diseases worldwide and it is estimated that in the 21st century, one billion people will die because of smoking.¹ Approximately 80% of smokers in the world live in countries with low and/or medium income, where the burden of tobacco-related diseases has a great impact.²

A total of 11% of deaths from ischemic heart disease and 70% of deaths from lung, bronchial, and tracheal cancer are attributed to tobacco use. It is believed that the increased prevalence of smoking observed in developing countries over the years will be responsible for a two-fold increase in the overload of healthcare for non-communicable diseases.³ Therefore, it is necessary to establish an efficient and systematic surveillance mechanism to monitor the trends of use of tobacco and its derivatives.⁴

An international collaborative study of schoolchildren from 131 countries showed that adolescents are the group with the highest risk for smoking initiation, since the overall prevalence of schoolchildren who are active smokers was 8.9%, being higher in the Americas (17.5%) and Europe (17.9%), and less than 10% in other assessed regions.⁵

In Brazil, the National School-Based Health Survey (Pesquisa Nacional de Saúde do Escolar [PeNSE])

documented that 30% of young individuals aged between 13 and 15 started smoking before 12 years of age.⁶ It has been reported that habits acquired at this stage of life are usually kept at adulthood and are difficult to modify,⁷ and that although adolescents have knowledge of the risks that are involved in the consumption of tobacco and its derivatives, their habits seem to be divergent.⁸ It is during the transition years, during high school and college/university, that tobacco use starts, as well as greater stabilization of smoking behavior.⁹

For this reason, over the past decades, the school environment has been the focus of specific efforts to influence the behavior of adolescents, by using appropriate interventions to help them avoid tobacco use at such an early stage in their lives.^{10,11}

Thus, considering the consumption of cigarettes by adolescents as a risk behavior to their health and that although a recent Brazilian study¹² showed a reduction in the prevalence of smoking among young individuals, particularly those in a vulnerable socio-economic condition, smoking among adolescents it is still a major challenge in the city of Uruguaiiana, state of Rio Grande do Sul, Brazil.

Therefore, the authors aimed to carry out this study among adolescents enrolled in public schools in the municipality of Uruguaiiana to assess the true dimensions of the problem.

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