

# MAKE SMOKING HISTORY<sup>®</sup>

## How smoking affects families

For many families, smoking doesn't just cost the \$3,650 it's estimated a pack a day smoker spends on cigarettes every year. For some, the price is much higher. Smoking doesn't just cost a smoker their health - or their life. The serious health consequences of smoking can also rob smokers of the time they enjoy with their families and loved ones.

### How many families are affected?

- Tobacco kills 1,500 Western Australians each year.<sup>1</sup>
- Every month, ten Western Australian children lose a parent to smoking.<sup>2</sup>
- Every day, four young Australians lose a parent to smoking.<sup>3</sup>

### How children and infants are affected

- In 2004, around a third of Australian households included at least one child aged 14 years and under: 12.3% of these households included someone who smoked in the house equating to just over 600,000 Australian children exposed to second hand smoke at home.<sup>4</sup>
- Two-thirds of Indigenous children aged 0-14 years live in a household with at least one regular smoker and 28% live in a household in which at least one resident regularly smokes indoors.<sup>5</sup>
- In WA (2003), 52% of Indigenous women and 16.7% of non-Indigenous smoked during their pregnancy putting their unborn child at risk of poor health outcomes.<sup>6</sup>

### Parental smoking is a risk factor for children starting to smoke

- A Western Australian survey clearly demonstrated that adolescents who had ever smoked or become regular smokers were more likely to have at least one parent who was a smoker.<sup>7</sup>
- Another Western Australian survey found that young Aboriginal people who had at least one parent who smoked were almost twice as likely to have smoked cigarettes regularly compared with young people whose parents did not smoke.<sup>8</sup>
- US research found that early parental smoking cessation was found to be both protective of their child smoking in the future and likely to encourage cessation among adolescent children.<sup>9</sup>

### Smokers are spending a lot of time in hospital

- In Australia in 2004/05, tobacco was responsible for 689,951 hospital bed days costing hospitals \$636 million.<sup>10</sup>
- In Western Australia, the Department of Health estimated that in 2001, tobacco was responsible for 12,733 hospital admissions (1.9% of all admissions for this period) and 70,742 hospital bed days.<sup>12</sup>

### Smokers who die are losing years of life

- In Australia in 1998, those smokers who died, aged between 35-64 lost an estimated 68,000 potential years of life.<sup>11</sup>
- In 2000, tobacco smoking was responsible for almost 13,700 years of life lost, 5,400 years lived with a disability and represented 8.6% of the total disease burden in Western Australia.<sup>12</sup>

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## Smokers who quit can gain years of life

- A 50-year study of 35,000 British men showed that while as many as two-thirds of all committed cigarette smokers are killed by their tobacco habit, smokers can increase their life expectancy by up to ten years depending on the age at which they quit. Giving up at age 30 cuts out almost all the risk of premature death, while stopping at age 50 was found to halve the chances of dying.<sup>13</sup>

## Exposure to second hand smoke as a cause of death

- Studies show that the associated health impacts are significant in Australia and Western Australia. In 2004-05 exposure to SHS resulted in 149 deaths in Australia,<sup>10</sup> 36 being for those aged 0-14 years. In Western Australia deaths totalled 11, two of which were among children aged 0-14 years.<sup>14</sup>

## Not all people who die from a smoking related illness are older

- Research indicates that half of all smokers will die prematurely as a result of their smoking.<sup>15</sup> More than half of those killed by their habit will still only be middle aged (35 - 69 years) losing an average of 23 years of life.<sup>15</sup>
- At the same time, the age of parents of newborn babies in Australia continues to rise. In 2005, the median age for Australian mothers was just over 30 (30.7 years), and almost 33 (32.9 years) for fathers.<sup>16</sup> Consequently, many parents in their 40's and 50's will have children under the age of 18.

## Children want their parents to quit

- Research undertaken in Victoria showed that in 2000, one in five Victorian smokers said that of all people close to them, their children were the ones who most wanted them to quit. Among smokers living with children, over half (55%) reported that their children wanted them to quit, and of those smokers aged between 30-49, almost half reported that their children wanted them to quit.<sup>17</sup>
- More recently in 2004, a national survey asked respondents who smoked at least on a weekly basis whether or not they had attempted to quit in the last twelve months. Of those who had attempted to change their behaviour, around a quarter (26.2%) had done so because they had been asked by family to quit.<sup>18</sup>

<sup>1</sup> Unwin E, Coddie JP, Bartu A. The impact of tobacco smoking on the health of Western Australians. Epidemiology Occasional Paper 18. Perth: Drug and Alcohol Office and the Epidemiology Branch, Health Promotion Centre, Department of Health; 2003.

<sup>2</sup> Jamrozik K, Le M. Unpublished data; 2000.

<sup>3</sup> Jamrozik K. Tobacco's uncounted victims. Medical Journal of Australia. 2001;174(10): 490-491.

<sup>4</sup> Australian Institute of Health and Welfare (AIHW). Australia's health 2006. AIHW cat. no. AUS 73. Canberra: AIHW; 2006.

<sup>5</sup> Australian Bureau of Statistics (ABS). Tobacco Smoking - Aboriginal and Torres Strait Islander people: A snapshot, 2004-05. ABS cat. no. 4722.0.55.004. Canberra: ABS; 2007.

<sup>6</sup> Laws PJ, Grayson N, Sullivan EA. Smoking and Pregnancy. Cat. no. PER 33. Sydney: AIHW National Perinatal Statistics Unit; 2006.

<sup>7</sup> Silburn SR, Zubrick SR, Garton A, Gurrin L, Burton P, Dalby R, et al. The Western Australian Child Health Survey: Family and Community Health. Perth, WA: Australian Bureau of Statistics and the TVW Telethon Institute for Child Health Research; 1996.

<sup>8</sup> Zubrick SR, Silburn SR, Lawrence DM, Mitrou FG, Dalby RB, Blair EM, et al. The Western Australian Aboriginal Child Health Survey: The Social and Emotional Wellbeing of Aboriginal Children and Young People. Perth: Curtin University and Telethon Institute for Child Health Research; 2005.

<sup>9</sup> Bricker JB, Rajan KB, et al. Does parental smoking cessation encourage their young adult children to quit smoking? A prospective study. Addiction. 2005; 100: 379-386.

<sup>10</sup> Collins DJ, Lapsley HM. The costs of tobacco, alcohol and illicit drug abuse to Australian society in 2004/05 summary version. Monograph Series No. 66. Canberra: Department of Health and Ageing; 2008.

<sup>11</sup> Ridolfo B, Stevenson C. The Quantification of Drug-Caused Mortality and Morbidity in Australia, 1998. Drug Statistics Series no. 7. AIHW cat. no. PHE 29. Canberra: AIHW; 2001.

<sup>12</sup> Draper G, Coddie JP. Our State of Health 2004: An overview of the health of the people of Western Australia. Perth: Health Information Centre, Department of Health WA; 2004.

<sup>13</sup> Doll R, Peto R, Boreham J, Sutherland I. Mortality in relation to smoking: 50 years' observations on male British doctors. Br Med J. 2004; 328: 1519 - 1528.

<sup>14</sup> Collins DJ, Lapsley, HM. The social costs of smoking in Western Australia in 2004/05 and the social benefits of public policy measures to reduce smoking prevalence. Perth: Cancer Council Western Australia; 2008.

<sup>15</sup> Peto R, Lopez A, Boreham J, Thun M, Heath C. Lancet. 1992; 339:1268 -1278.

<sup>16</sup> Australian Bureau of Statistics. 3301.0 Births Australia; October 2006.

<sup>17</sup> Centre for Behavioural Research in Cancer, Anti-Cancer Council of Victoria, unpublished data; 2001.

<sup>18</sup> AIHW. 2004 National Drug Strategy Household Survey: Detailed Findings. Drug Statistics Series No. 16. AIHW cat. no. PHE 66. Canberra: AIHW; 2005.