

Cigarette and shisha use among students of medical colleges at Al-Jouf University

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Abstract

Smoking is a major worldwide public health problem. It is the most important avoidable cause of premature morbidity and mortality in the world. In Saudi Arabia there is a recent trend toward increased Shisha smoking.¹³⁻¹⁶ Saudi adolescents nowadays spend part of their leisure time smoking shisha in cafes and restaurants. The estimated death rate of 4.9 million people in 1999 is expected to rise to 10 million by the 2020s and 2030s, 7 million of which will occur in developing countries.

Method

Study design: This will be a cross-sectional study will conducted at Al-Jouf University in

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Sakaka city. Data collection: Data will collect through a self-administered questionnaire constructed by the investigators. It included questions on socio-demographic variables, current cigarette and shisha smoking, smoking pattern and personal and family factors.

Findings

we found 29 smokers out of 68 total number of medicine college students , and a 13 smoker out of 33 total number of dentistry college ,which means a 42 smoker in total of 101 students at all.

Conclusion

We found high prevalence of Smoker between the Students and their families. There is effect of family members with increasing of number of smokers. The beginning of smoking is started at early age. Cigarette smoking preferred type of smoking.

Keywords: smoker; smoking; medical; medicine; health; public.

Background

Shisha smoking is a social and entertainment behavior of increasing popularity, especially among adolescents.¹⁻³ Shisha smoke contains high concentrations of carbon monoxide, nicotine, tar and heavy metals.^{4,5} Thus, shisha smokers are at a greater risk of serious respiratory diseases and cancers.⁶⁻⁹ Shisha smoking is highly prevalent in developing countries and in the Eastern Mediterranean region.¹⁰⁻¹²

Smoking is a major worldwide public health problem. It is the most important avoidable cause of premature morbidity and mortality in the world, placing the heaviest burden of morbidity and mortality compared to any other risk factor on people. The estimated death rate of 4.9 million people in 1999 is expected to rise to 10 million by the 2020s and 2030s, 7 million of which will occur in developing countries. Smoking is more prevalent globally among males than among females. In developing countries, it is estimated that about 48% of males and 7% of females are smokers.²⁰ Most smokers start the habit during adolescence; less than 2% of them start smoking after their 22nd birthday.^{21,22}

In Saudi Arabia there is a recent trend toward increased Shisha smoking.¹³⁻¹⁶ Saudi adolescents nowadays spend part of their leisure time smoking shisha in cafes and restaurants. Several studies have shown that shisha smoking is practiced more

frequently (either daily or once per week).^{17,18}

Previous studies in Saudi Arabia of medical students, in government colleges, showed that smoking was highly prevalent among male students.²³⁻²⁷

The objective of this study is to determine the prevalence of cigarette and shisha smoking among male students from medical colleges of Al-Jouf University in Sakaka and to identify factors associated with cigarette and shisha smoking.

Method

Study design: This will be a cross-sectional study will conducted at Al-Jouf University in Sakaka city.

Inclusion criteria: The target population which will include all students (year 1 to 3) of the colleges of medicine and dentistry and the sample size is 150 students.

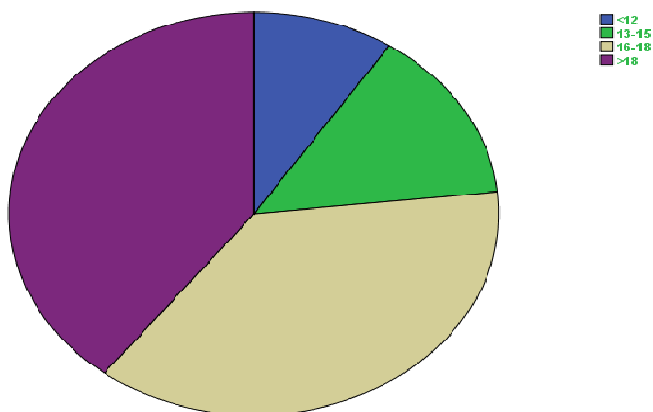
Exclusion criteria: The 4th and 5th levels were will excluded because they usually study outside the university campus and were not accessible during the time of the study. All male Saudi and non-Saudi students will be included in the study while Female students will not because there are not available. **Data collection:** Data will collect through a self-administered questionnaire constructed by the investigators. It included questions on socio-demographic variables, current cigarette and shish smoking, smoking pattern and personal and family factors. **Analysis:** data analysis Epi Info 7.1 version.

college * smoking status Crosstabulation

Count

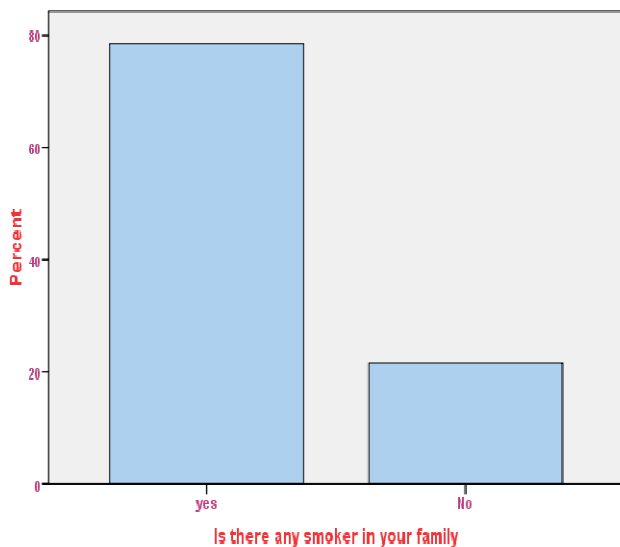
		smoking status		Total
		non-smoker	smoker	
college	medicine	39	29	68
	dentistry	20	13	33
Total		59	42	101

Age of starting smoking

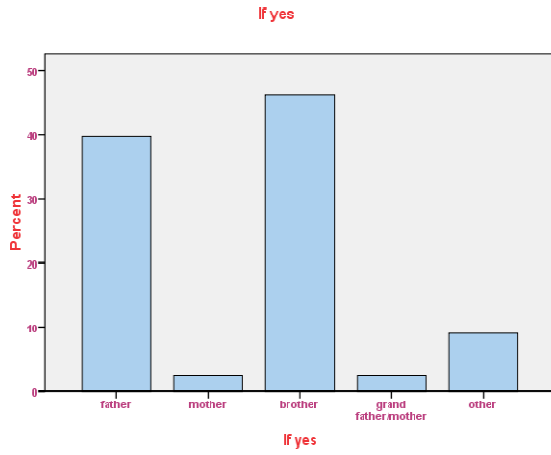


The age they started smoking ≥ 16

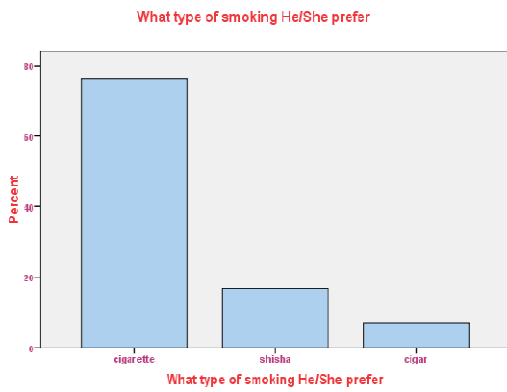
Is there any smoker in your family



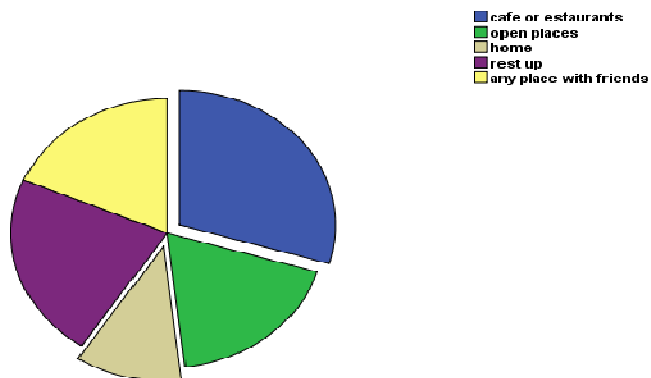
Percentage of smokers in their families (about 78%)



Family members who smoke:



favorite place for sisha smoking



Result analysis

Found 29 smokers out of 68 total number of college medicine students, and a 13 smokers out of 33 total number of dentistry students, which means 42 smokers in total of 101 students at all. The majority of students started smoking at age more than 16 years while the minority less than 12 years. Found a high percent of smokers in families of the students by percentage 78% and most of them brothers then fathers. The favorite places for smoking shisha are with friends in café and open places.^{16, 17, 19}

Discussion

The Prevalence of smoking among medical students is 42.42% which explains the high prevalence of health providers in future. Family affected factor in their members and friends as well because the smoking started at younger

age. Found to support researches' that's estimated a high prevalence and effect of families.^{21, 22}

Conclusion

We found high prevalence of Smoker between the Student and Their Families. There is effect of family members with increasing of smoker. The beginning of smoking is started at early age. Cigarette smoking preferred type of smoking.

Recommendation:

If we are providing Factors of education and communication to them About Smoking and its complications, we can reduce the prevalence of smokers. Distribution of Leaflets with pictures of smoking related complications.

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