HARDENING AMONG INDIGENOUS AND NON-INDIGENOUS SMOKERS: FINDINGS FROM THE ITC NEW ZEALAND SURVEY

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The International Tobacco Control (ITC) Project

- International collaboration currently in 29 countries
- Monitors progress towards FCTC
- Robust cross-country comparable cohort study design
- Coordinated through University of Waterloo, Canada
ITC Project Research Organizations

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ITC Project Research Organizations

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New Zealand ITC Project

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- Other ITC Project teams and investigators
- Advisory Group
New Zealand context

• Generally strong implementation of FCTC measures
• In 2011 NZ government adopted goal of becoming smokefree by 2025
• Current smoking prevalence in NZ decreasing, now 15.7% (2016/17 NZHS)
• Marked disparities in smoking prevalence by social disadvantage and ethnicity – Māori 35% (2016/17 NZHS)
The hardening hypothesis

As prevalence of smoking reduces, remaining smokers are increasingly ‘hardcore’ or ‘hardened’ and hence progress to reduce smoking prevalence slows

<table>
<thead>
<tr>
<th>Facet</th>
<th>Manifestation in smoking population</th>
<th>Examples of possible measures</th>
</tr>
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<tr>
<td>Attitudes to smoking and quitting</td>
<td>Decreasing desire/motivation to quit Low and decreasing support for tobacco control measures and goals</td>
<td>Quit intentions Attitudes to smoking/tobacco control</td>
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<td>Fagerstrom score Nos smoked/day</td>
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<td>Demographics and health</td>
<td>Smokers increasingly concentrated among multiply disadvantaged groups</td>
<td>SES measures, co-morbidities</td>
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<td>Quit outcomes</td>
<td>Reducing population level quit rates</td>
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Empirical evidence

• Mixed, but most population based studies do not support hardening e.g.
  • Lund et al (Norway) – motivation to quit, future smoking intent and quit attempts
  • Pierce et al (California) – nos smoked per day
  • Gartner et al (Australia) – psychological distress, social disadvantage levels

• Previous multifaceted study in NZ found little evidence of hardening 2008-2014 (Edwards et al, Tobacco Control 2017)

• Possible concern is that Māori smokers may be a more ‘hardened’ population
Aim

To compare the degree of hardening among Māori and non-Māori smokers using a multi-faceted approach
New Zealand ITC Project

• Cohort recruited from national health survey (NZHS)
• CATI survey, Wave 1 Sept 2016 – April 2017
  ➢ Follow-up 2018
• 1082 participants, 825 smokers & 257 recent quitters
  ➢ Māori : 296 smokers, 65 recent quitters
• Response – 41.5% of all contacted eligible subjects, 27.6% among all eligible subjects
• Analysis accounts for over-sampling of some participant groups in the NZHS/ITC sampling stages
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<td>Fagerstrom score Nos smoked/day</td>
<td>Smoke &gt; 20/day Smoke within 30 mins of waking</td>
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<td>Demographics and health</td>
<td>Smokers increasingly concentrated among multiply disadvantaged groups</td>
<td>SES measures, co-morbidities</td>
<td>Low income (&lt; NZ$30K) Experience of financial stress High psychological distress score (K8)</td>
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<td>Quit success rates</td>
<td>Quit in last year</td>
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Results

• Attitudes to smoking and quitting
• Degree of addiction
• Demographics and health
• Quit outcomes
Results – motivation to quit

% Not planning or not wanting to quit

Not planning to quit

Do not want to quit at all

Māori Non-Māori
Results – quit attempts

% Not tried quitting - ever or in last year

- Never tried quitting
- Not tried quitting in last year

Māori vs Non-Māori
Results – attitudes to smoking

% Positive attitudes to smoking

Positive opinion of smoking
Don't mind people thinking of me as a smoker

Māori  Non-Māori
Results

• Attitudes to smoking and quitting
• Degree of addiction
• Demographics and health
• Quit outcomes
Results – degree of addiction

% Heavy and highly addicted daily smokers

- Smoke ≥ 20/day
- Smoke first cig ≤ 30 mins after waking

Māori | Non-Māori
Results

• Attitudes to smoking and quitting
• Degree of addiction
• Demographics and health
• Quit outcomes
Results – demographics and health

% Current smokers with disadvantage and poor mental health

- Household income ≤ NZ$30K
- Financial stress last 30 days
- High level of psych distress (K10 ≥13)
- Diagnosed depression in last year

Māori

Non-Māori
Results

• Attitudes to smoking and quitting
• Degree of addiction
• Demographics and health
• Quit outcomes
Results – quit rates

% Quit in last 12 months

% Quit = Ex-smokers who quit in last 12 months
Quitters in last 12 months + Current smokers
Discussion

• Mixed findings but overall similar attitudes to quitting and smoking among Māori and non-Māori

• Greater proportion of Māori smokers had tried to quit overall and in last year

• Māori smokers had higher levels of disadvantage and poor mental health

• Māori quit rates lower

• Note very few Māori and non-Māori smokers had positive attitudes about smoking, most wanted to quit and had tried to quit, and most were not heavy smokers

• Further research – compare findings in Māori and non-Māori with previous ITC surveys in 2007 and 2009 to assess trends
Kia ora
Thank you

A Smokefree Aotearoa by 2025

—let’s do it for the kids

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