

THE PREVALENCE OF TOBACCO SMOKING AMONG POLISH AND FOREIGN MEDICAL STUDENTS

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Smoking tobacco is one of the most important risk factors of many diseases (tumors of lung, larynx, circulation system diseases, obturation of the lung). According to WHO, about 1.1 billion of people in the world is addicted to tobacco products. Youth determines the individual life style in the adult age to a fundamental degree. The future of our society depends on young generations, but their health is not a key target. The aim of this study was an estimation of the tobacco abuse, gaining the knowledge about the risks connected with tobacco smoking and about health behaviors among medical students from the Polish and English curriculum of the Pomeranian Medical University in Szczecin, Poland. The survey was performed by means of a questionnaire which was composed of close-ended and multi-choice questions. Questionnaires studies were performed in Polish medical students (male-66, female-177) and foreign students (male-28, female-52). Numerous deficiencies in pro-health behavior were found. About 20% students smoked cigarettes. There was a significant difference between Polish and foreign students. A higher number of Polish women smoke cigarettes than the Norwegian women and a higher number of Norwegian men smoked than the Polish men. The first test of cigarette smoking among the youth took place at the age of 16. Students smoked about 10 cigarettes a day. Both groups smoked in similar situations. Parents of non-smoking students were significantly more often non-smokers. Also, partners of smoking students were substantially more common smokers.