

Smoking and smoking cessation

Relationships between respiratory function tests and life habits of the university students in Poland.

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Introduction:

Increase in the incidence of chronic pulmonary diseases poses a social problem in Poland and other countries. Smoking habits and unhealthy life style have an important impact on these diseases. In this study we assessed the effects of smoking and lifestyles on pulmonary functions of students attending various university faculties.

Materials and methods:

185 students (127 female and 57 male) of physical activity, economy and biology faculties were involved in the study. Survey questionnaire of the authors' own design, comprising open and multi-choice questions, was conducted. Next the weight, height and spirometry examinations were performed. Body mass index (BMI) was assessed. Data was interpreted by analysing variance and chi-square tests. Each time p value of <0.05 was considered significant.

Results:

Students' mean age was 19.9 + 0.9 years. According to BMI, body weight was generally within normal limits. 27.5% of students smoked cigarettes. 34% regularly did physical exercise. Spirometry parameters showed positive correlations with the lowering of the BMI and regularity of exercise. The active students had a significantly higher FEV1. Smoking resulted in a significant decrease of this indicator. In 4% of the students spirometry parameters showed the presence of obstructive changes. Tiffeneau indicator was significantly higher in the smokers group.

Conclusions:

Unhealthy life style which includes smoking cigarettes and rare physical activity has an adverse effect on respiratory parameters and health in general. This means that preventive programs for students are necessary.

Keywords: Smoking habits, respiratory function tests, university students,