

ESTIMATION OF THE POPULARITY OF E-CIGARETTES AND AWARENESS OF THEIR EFFECT ON THE BODY IN THE ADULT POPULATION OF SZCZECIN

A. Daniluk¹, A. Gawlikowska-Sroka², M. Stępien-Słodkowska¹, E. Dzięciołowska-Baran² and K. Michnik¹

¹ Faculty of Physical Culture and Health Promotion, University of Szczecin

² Department of Anatomy, Pomeranian Medical University, Al. Powstańców Wlk.72, 70-111 Szczecin, Poland, gawlikow@pum.edu.pl

³ School of European Integration, Szczecin

The increase of the health consciousness of society leads to looking for the most health-friendly behaviour. That is probably the reason why an invention of modern times, the electronic cigarette, has become so popular. The aim of the study was to assess the popularity of electronic cigarettes, to analyse the causes of the use of such nicotine products, and to assess the level of awareness of health hazards associated with using e-cigarettes. The material consisted of data collected from an anonymous survey distributed among 47 women and 23 men (users of e-cigarettes) in 2015. The study used a questionnaire of our own design. Data were analysed with statistical methods. Analysis of the data showed that the main reason for recourse to e-cigarettes is a desire to use fashionable technological innovations, and the conviction that they are less harmful than traditional tobacco products. Some respondents used the e-cigarette to quit smoking; others to minimize the harmful effects of smoking. Most respondents acquired information about e-cigarettes from friends or from the Internet. Currently, the electronic cigarette is still a technological novelty, so it is difficult to assess what health effects will occur in people using electronic cigarettes in the long term.