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Exposure to second-hand smoke in the Swiss Population in 2010

Factsheet of the research report 2011

Tobacco Monitoring Switzerland – Swiss Survey of Tobacco
Consumption



Reference:

Radtke, T., Keller, R., Krebs, H. & Hornung, R. (2011). *Passivrauchen in der Schweizer Bevölkerung 2010. Tabakmonitoring – Schweizerische Umfrage zum Tabakkonsum*. Zürich: Psychologisches Institut der Universität Zürich, Sozial- und Gesundheitspsychologie.

Tobacco Monitoring Switzerland (TMS) - Swiss Survey of Tobacco Consumption

The TMS was developed on behalf of the Swiss Federal Office of Public Health by the Department of Psychology, Social and Health Psychology, University of Zurich (Prof. Dr. Rainer Hornung, Dr. Roger Keller and Theda Radtke) and Hans Krebs, Kommunikation und Publikumsforschung, Zurich. The data collections were conducted by LINK International Research and Consulting, Lucerne. Since 2004 the Tobacco Monitoring Switzerland was funded by the Tobacco Prevention Fund.

The Tobacco Monitoring Switzerland (TMS) was a representative, continuous survey of tobacco consumption among 14- to 65-year-olds in Switzerland. Since January 2001, four times a year a new sample of 2 500 persons was taken (i.e. 10 000 participants annually). The survey was conducted using standardized telephone interviews in German, French and Italian.

The research instrument consisted of a basic module and several add-on modules. The basic module served as a means of collecting key data on tobacco consumption (e.g. type and frequency of tobacco consumption, willingness to cease smoking) and on demographics. These questions were asked in every survey wave. The add-on modules could be added to the basic module for one or more survey wave (e.g. questions on second-hand smoke, harm reduction).

In the Tobacco Monitoring Survey sampling was done using a two-stage random-random sampling technique (random selection at the household and person levels). In order to have a sufficient number of people in some characteristic groups that are small but important for tobacco prevention (young people, pregnant women and mothers of small children), 14-24 year old men and women 14-44 years of age were oversampled. Residents of the French- and Italian-speaking regions of Switzerland were also overrepresented in the sample in order to ensure a sufficiently large sample for each language region in Switzerland. The 2 500 telephone interviews, conducted four times per year, were made up of 1 426 interviews in the German-speaking region, 711 interviews in the French-speaking region and 363 interviews in the Italian-speaking region of Switzerland. After the plausibility check, the weighting of the data followed. The weighting corrects distortions in the sample, so that it correctly represents the population.

The Tobacco Monitoring Switzerland data collection ended in the 4th quarter of 2010. Beginning in January 2011, the data collection concerning tobacco consumption is conducted within the framework of Suchtmonitoring Schweiz, a survey that assesses epidemiological data concerning the problematic use of other addictive substances (e.g. alcohol, cannabis, pharmaceutical drugs) and other addictions (e.g. internet addiction).

For further information please visit our homepage: www.tabakmonitoring.ch.

The factsheet contains selected information about the place and duration of exposure to second-hand smoke and the perceived annoyance with second-hand smoke at various places.

So far, the questions concerning second-hand smoke have been asked in seven waves in the years 2001/02, 2004, 2006, 2008, 2009, and 2010.

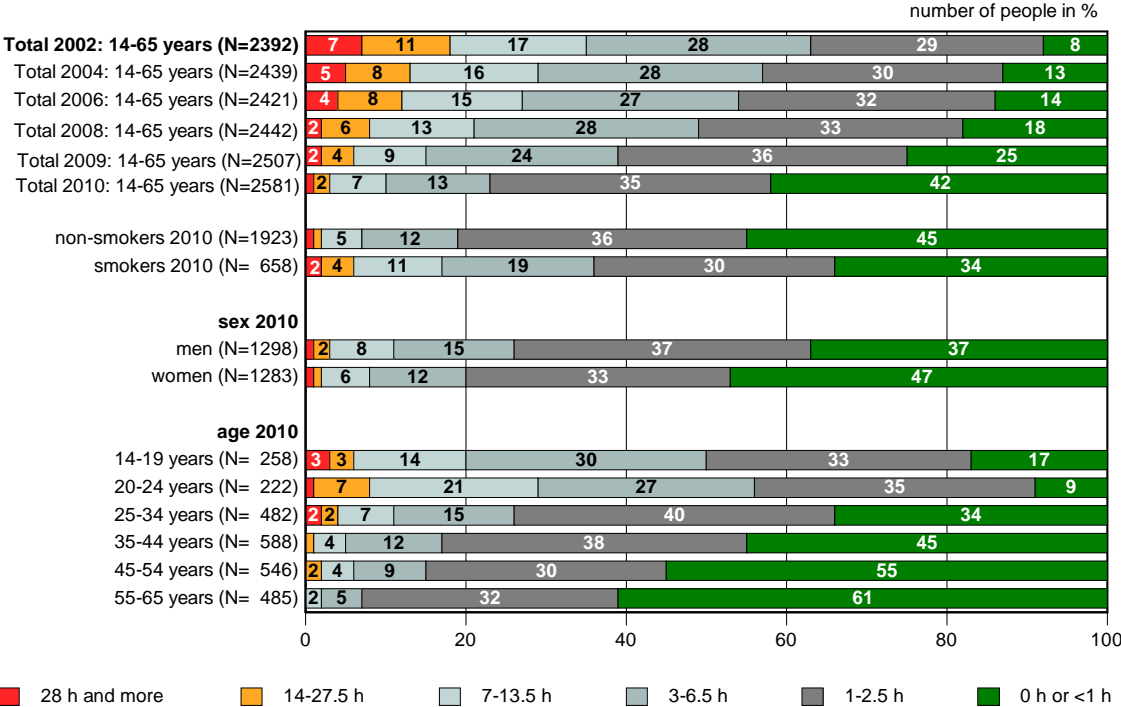
Hereafter, the results of the survey which has been conducted on 2 637 14- to 65-year-old Swiss residents, between October 2010 to January 2011, are presented. The results are presented in total and differentiated by smoking status, sex and age. Information is also provided on the degree of smoking regulations in the workplace differentiated by smoking status, language region and sex.

Important results of 2010:

- The second-hand smoke exposure has decreased in different places (e.g. restaurants, cafes and bars). Overall, 10% of the 14- to 65-year-olds report on a second-hand smoke exposure of at least 7 hours per week at different locations. 42% indicate no second-hand smoke exposure at all.
- In 2010, a large decline of second-hand smoke exposure is noted in restaurants, cafes and bars. Compared to 2009, where 62% of the 14- to 65-year-olds reported on second-hand smoke exposure in restaurants, cafes and bars, the exposure has decreased to 36%.
- Additionally, the second-hand smoke exposure has decreased in event venues, such as cinemas and concert halls, compared to 2009 (37%). In 2010, the second-hand exposure in different venues amounts to 29%.
- The highest second-hand smoke exposure is noted in discotheques and dance-clubs, and at the home of friends and family.
- Adolescents and young adults report on a higher degree of exposure than older respondents, especially in discotheques and dance-clubs.
- 79% of the 14- to 65-year-old smokers and non-smokers endorse the general smoking ban in restaurants, cafes and bars.
- 58% of the working population (incl. trainees) report on a general smoking ban at their workplace.
- 23% of the smokers indicate to have reduced their tobacco consumption as a consequence of the smoking ban.
- For the majority of the smokers it is not hard to abstain from smoking in restaurants, cafes and bars, due to the effective smoking ban.
- The majority of the Swiss population between the age of 14 and 65 is familiar with the risks of second-hand smoke.

Total weekly exposure to second-hand smoke among 14- to 65-year-old permanent Swiss residents, differentiated by smoking status, sex and age

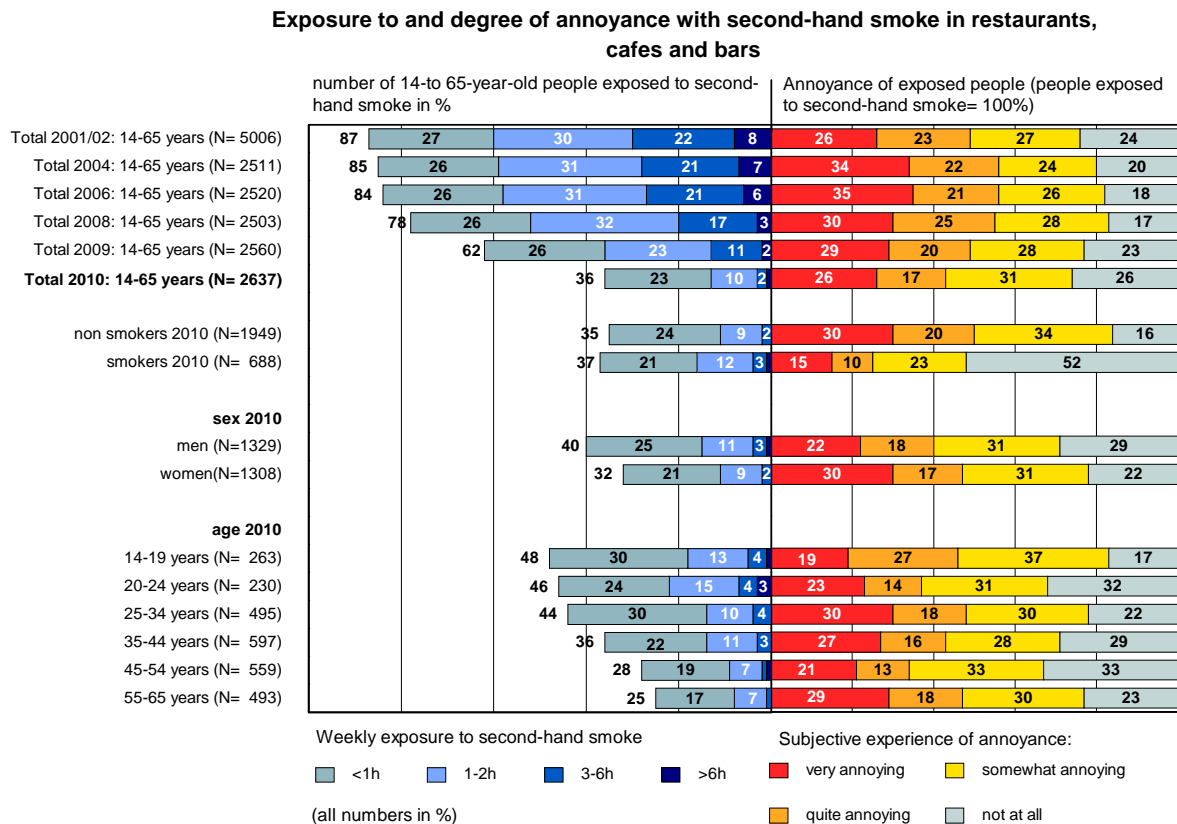
Total weekly exposure to second-hand smoke among 14- to 65-year-old permanent Swiss residents



In 2010, 10% of the 14- to 65-year-olds were exposed to second-hand smoke for at least seven hours per week (2009: 15%). 7% of the non-smokers and 17% of the smokers are exposed to second-hand smoke for at least seven hours per week, this is an average of at least one hour per day.

Juveniles and young adults have the highest weekly exposure to second-hand smoke: 20% of the 14- to 19-year-olds and 29% of the 20- to 24-year-olds are exposed at least one hour per day. In general, it can be observed that with increasing age the weekly exposure lessens. Women’s weekly exposure to second-hand smoke is less than men’s exposure.

Exposure to and annoyance with second-hand smoke in restaurants, cafes and bars among 14- to 65-year-old permanent Swiss residents, differentiated by smoking status, sex and age



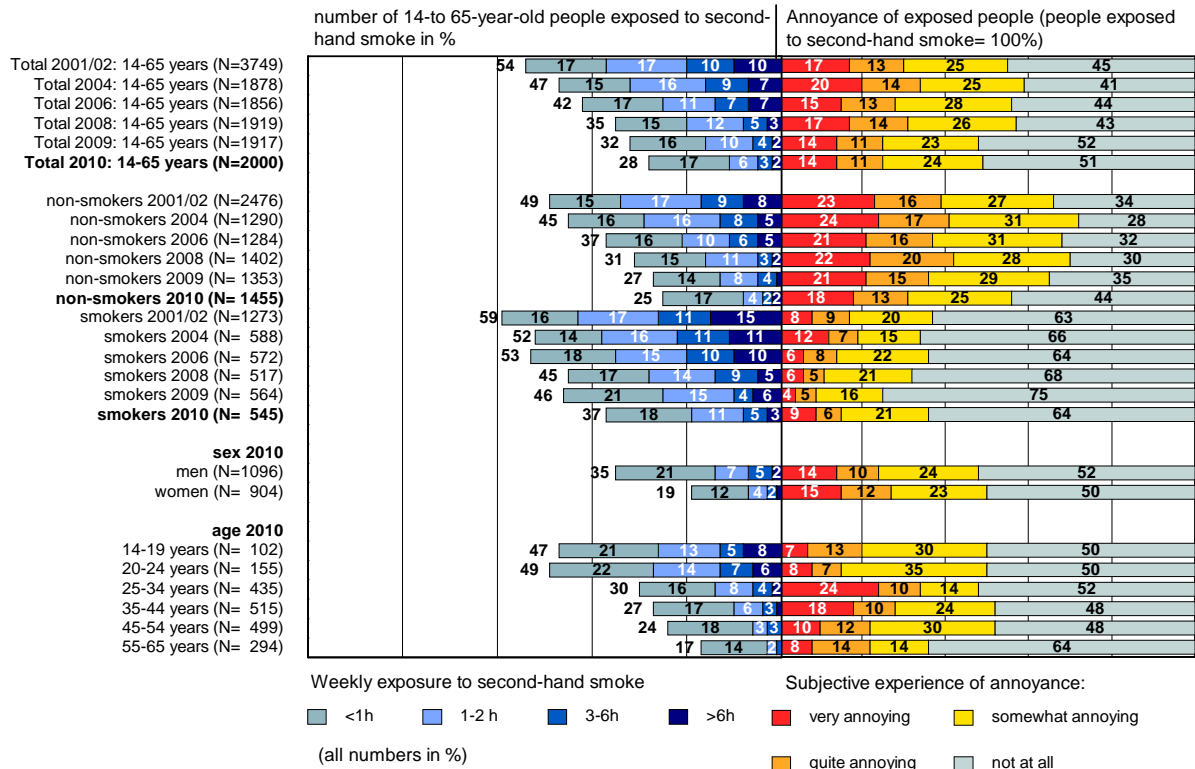
In 2010, 36% of the 14- to 65-year-olds were exposed to second-hand smoke in restaurants, cafes and bars, 12% during three or more hours per week. In 2009 62% reported exposure to second-hand smoke in restaurants, cafes and bars. The reduction can be ascribed to the national smoking ban that came into effect in May 2010. The annoyance with the second-hand smoke in restaurants, cafes and bars on the other hand is still very high: 74% of the exposed people felt annoyed with the tobacco smoke.

26% of the exposed customers felt very annoyed and 17% quite annoyed with the second-hand smoke. Especially, the exposed non-smokers felt strongly annoyed with the smoke (30% very and 20% quite annoyed).

The weekly exposure to second-hand smoke in restaurants, cafes and bars, which is highest for the 20- to 24-year-olds, lessens with increasing age; the annoyance on the other hand does not.

Exposure to and annoyance with second-hand smoke in the workplace among 14- to 65-year-old permanent Swiss residents, differentiated by smoking status, sex and age

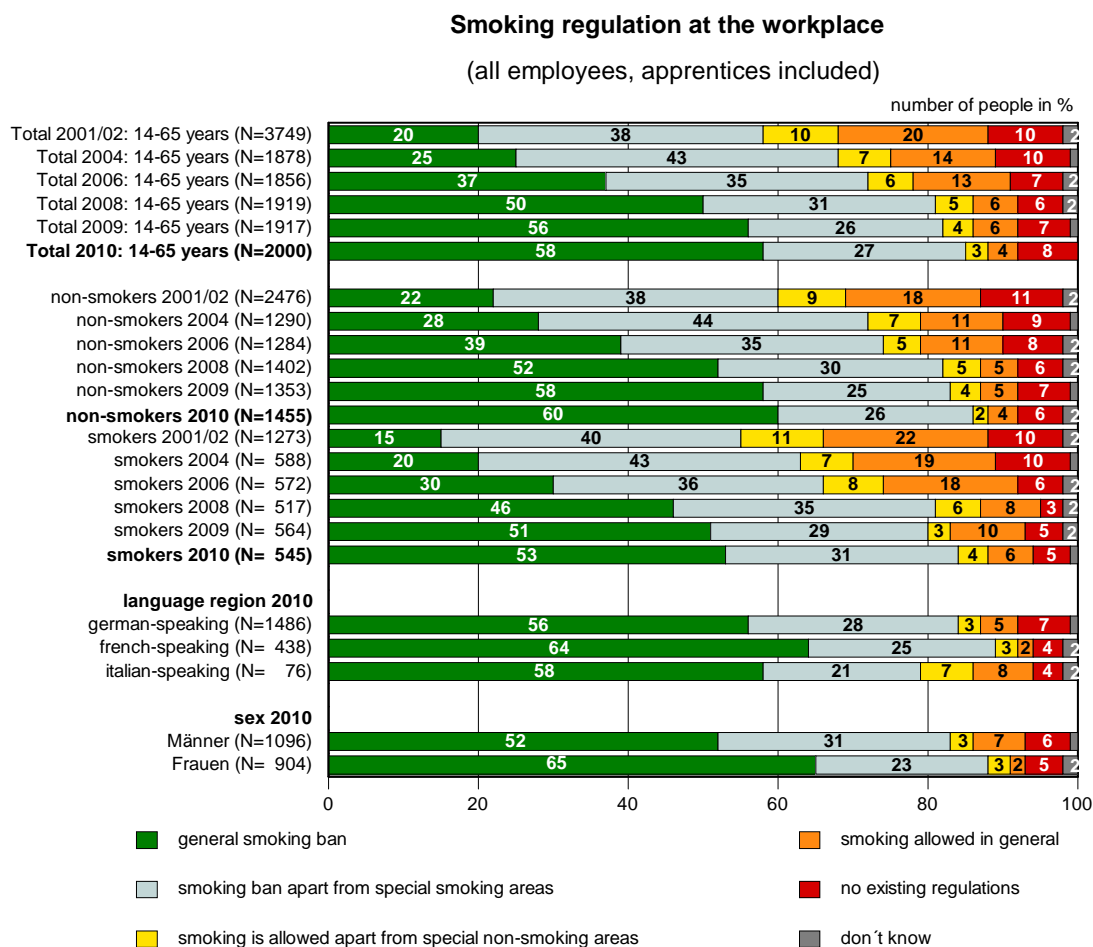
Exposure to and degree of annoyance with second-hand smoke in the workplace (work breaks included)



The percentage of the employees exposed to second-hand smoke in the workplace (breaks included) declined steadily from 54% in 2001/02 to 28% in 2010. Though the degree of annoyance lessened as well, still 56% of the non-smokers feel annoyed with the tobacco smoke (18% very annoyed, 13% rather annoyed and 25% somewhat annoyed).

Women are less likely to be exposed to second-hand smoke in the workplace than men, among other reasons because they work more often part time than men do. Young employees under 25 years (including apprentices) report the highest second-hand smoke exposition.

Smoking regulations in the workplace differentiated by smoking status, language region and sex



The decrease in second-hand smoke exposition in the workplace is also due to the fact that more and more employees work in enterprises where smoking is generally prohibited. 85% of the employees with no second-hand smoke exposition work in enterprises where smoking is generally banned or only allowed in special smoking areas. From 2001/02 to 2010 the percentage of employees working in enterprises that enforce a general smoking ban or a smoking ban apart from special areas has increased in all three language regions conspicuously; in Switzerland from 58% (2001/02) to 85% in 2010. Only 7% of the employees work in enterprises where smoking is generally allowed or with minor reservations (such as non-smoking areas). For 8% of the employees there exists currently no smoking regulation in the workplace.