

Health Promoting Hospitals (HPH) – European Network of Smoke-free Hospitals (ENSH) collaboration: Estonian experience



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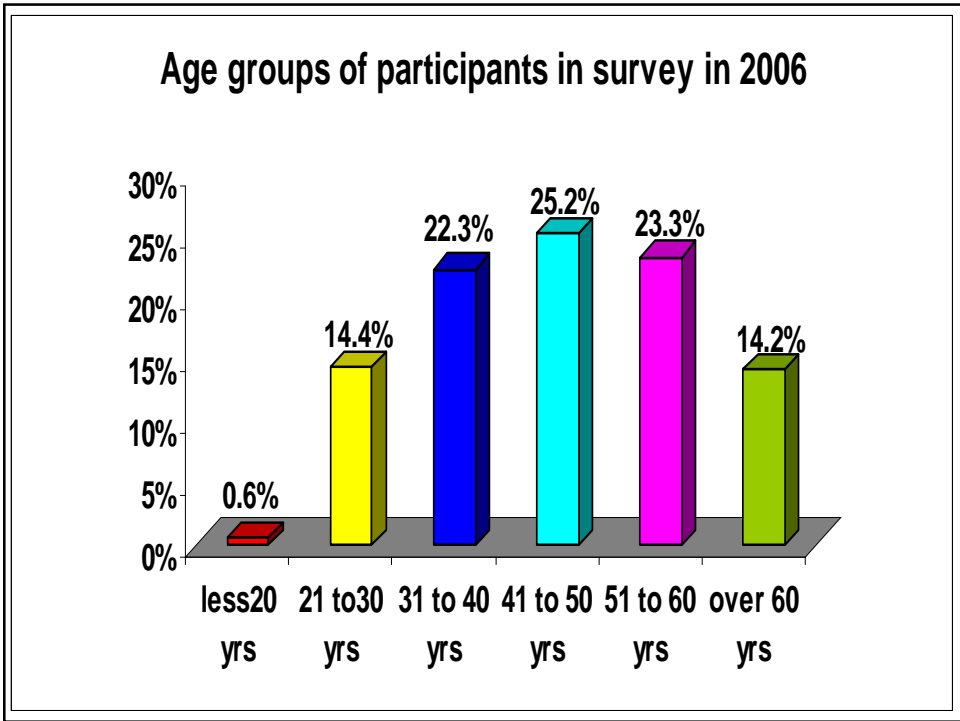
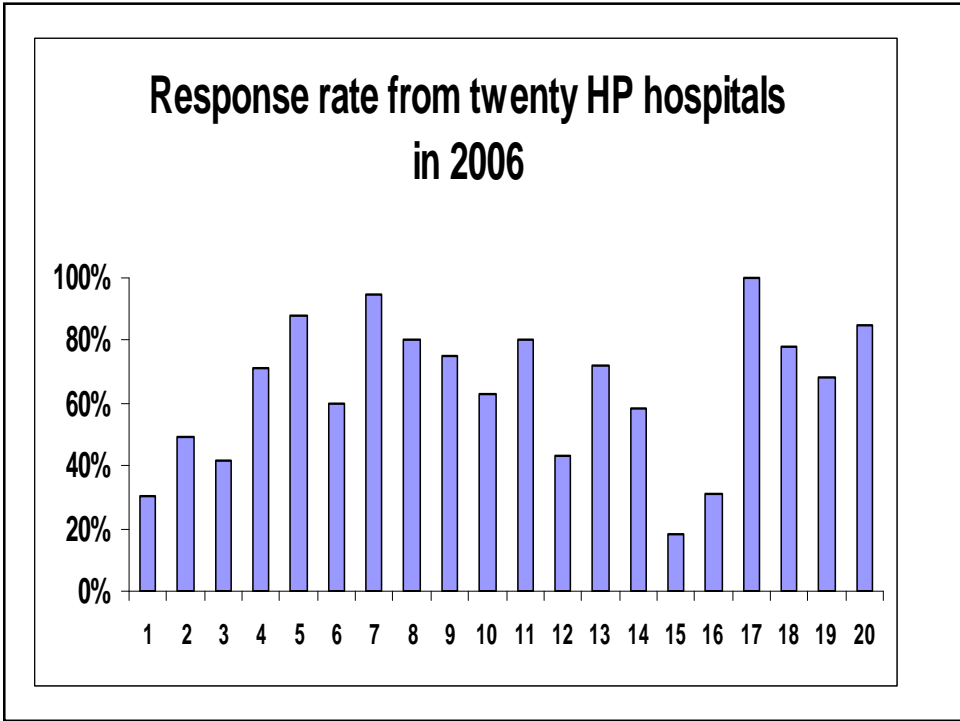
Epidemiology survey of the smoking habits of the hospital staff

👁️ Aim of this study was to collect data about
the current situation on hospital staff smoking habits

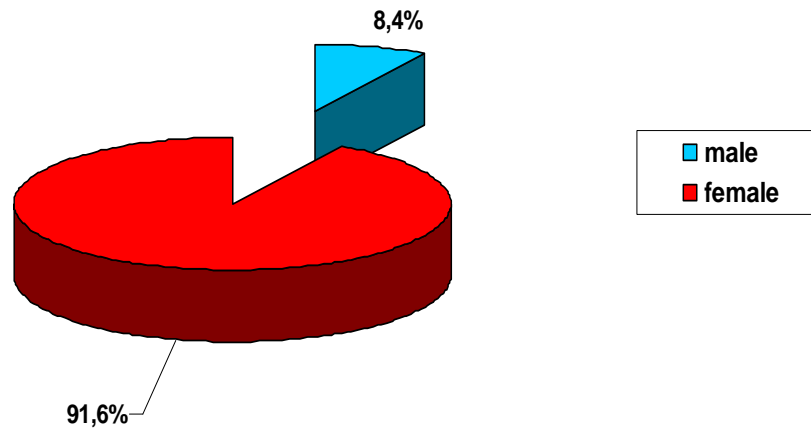
👁️ to decrease the smoking rate of hospital staff

The study comprised:

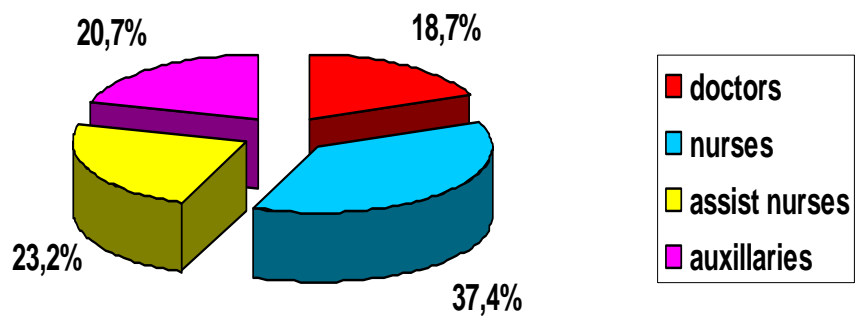
- 20 member hospitals of Estonian HPH Network
- N 6651
- The response rate 51.2%



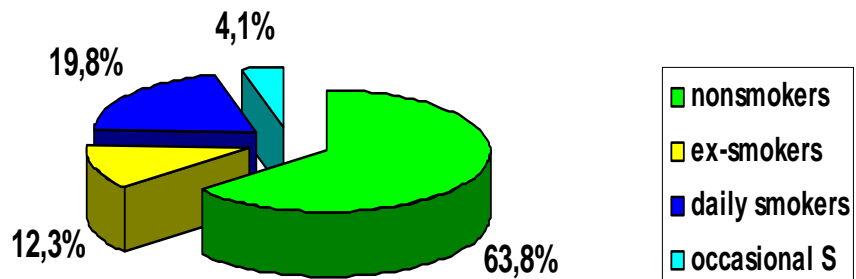
**Distribution by gender of the respondents in HPH
in Estonia 2006**



**Distribution by profession of the sample in HPH in
Estonia**



Smoking habits among staff in HPH in Estonia

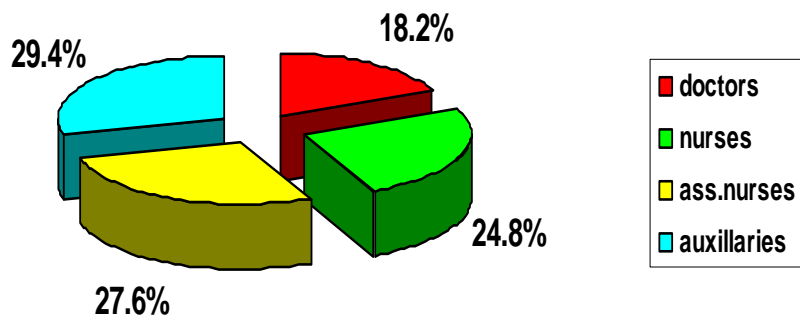


Smoking habits among hospital staff in Smoke-free Hospitals in Estonia

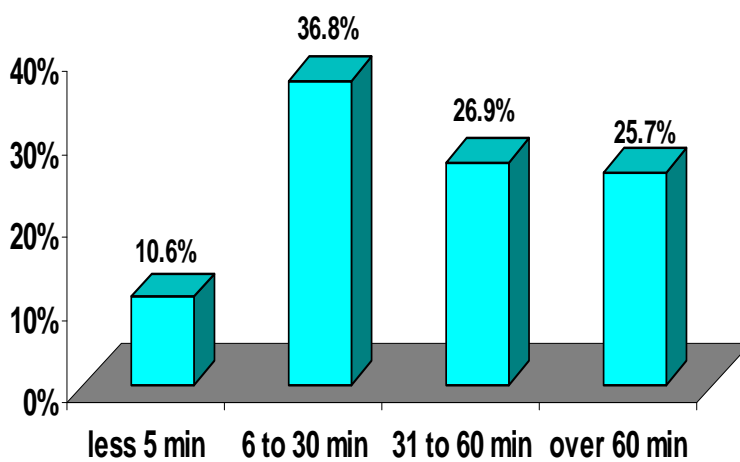
On average:

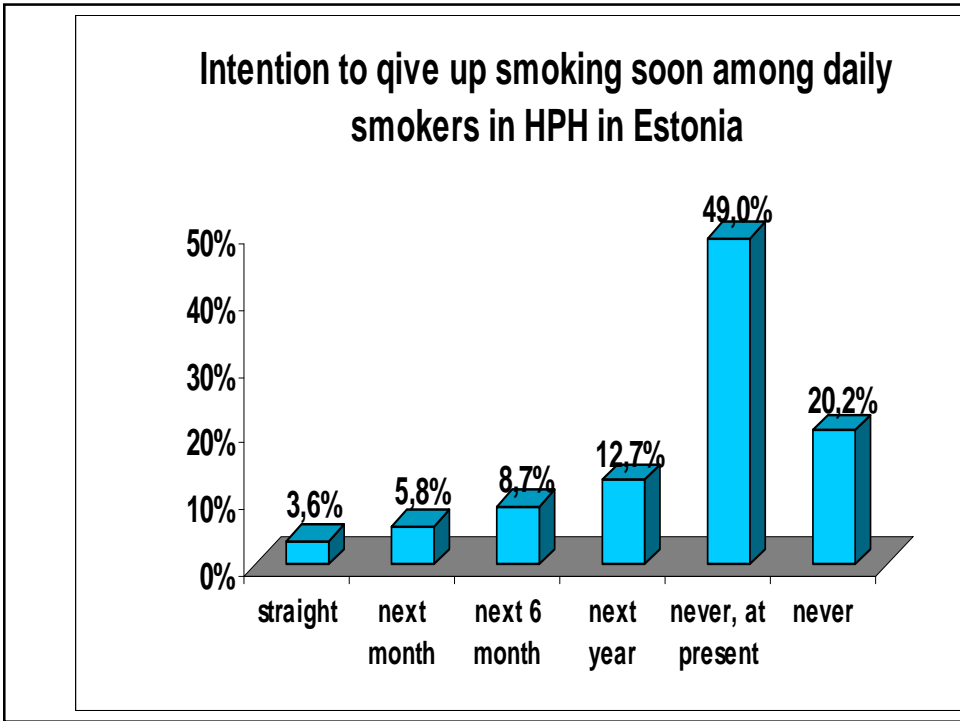
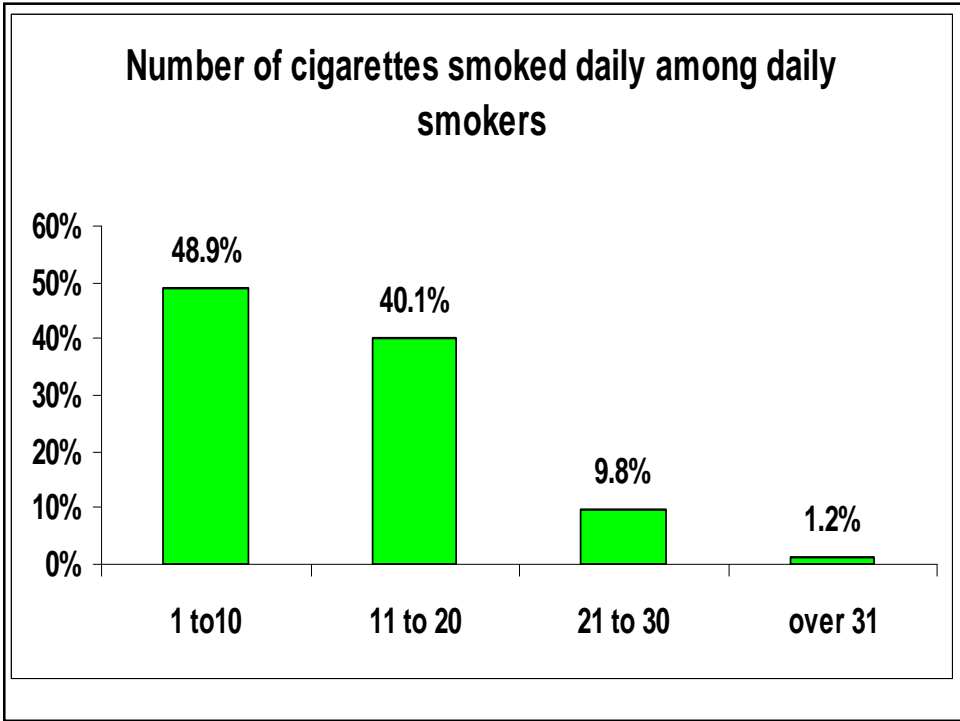
- Non-smokers 70,0%
- Ex-smokers 13,6%
- Daily smokers 15,2%
- Occasional smokers 1,2%

Smoking habits by profession among HPH staff in Estonia in 2006

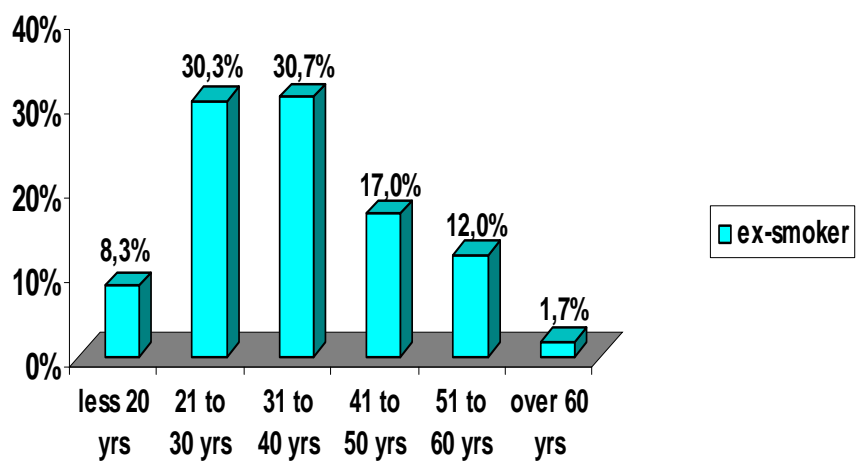


Time after waking up of smoking the first cigarette in daily smokers in Estonian HP hospitals

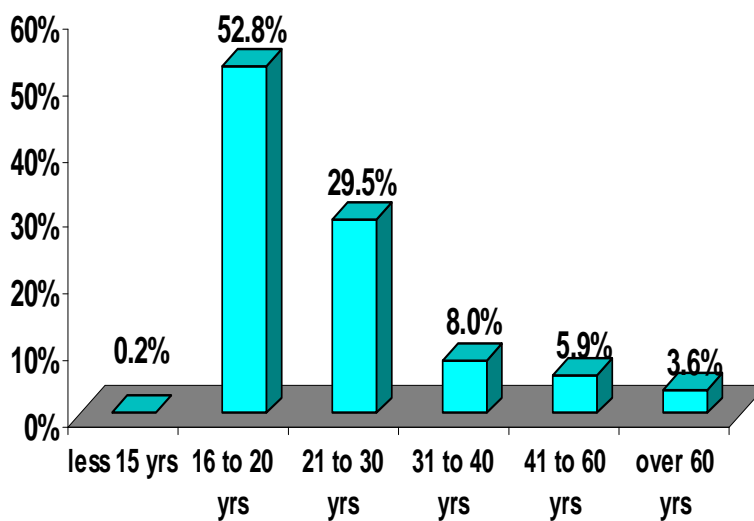




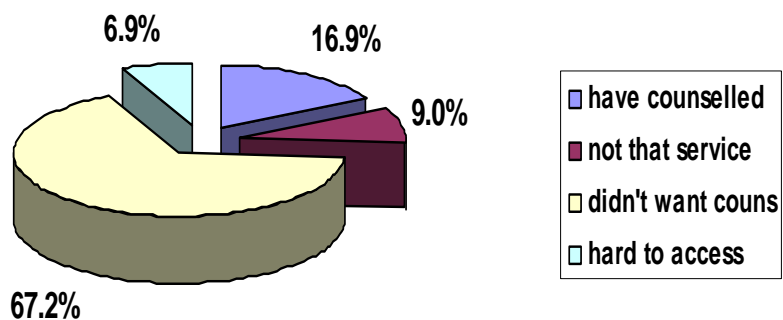
Age of giving up smoking among ex-smokers in HPH in Estonia



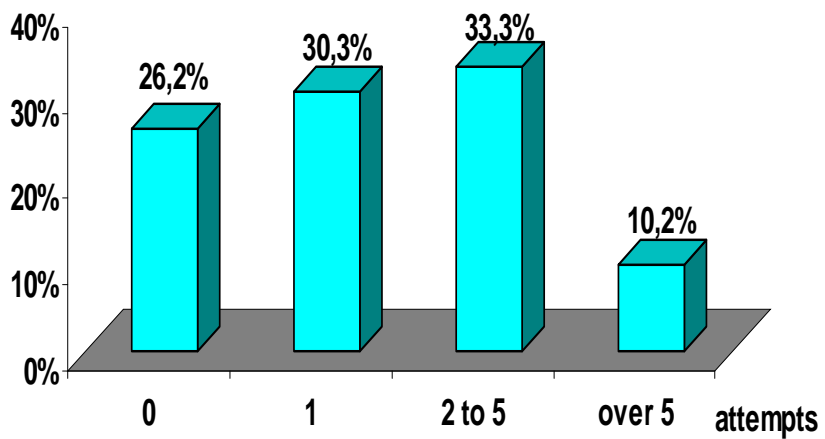
Age of beginning smoking in daily smokers in Estonia



About counselling of give up smoking in Estonia



Percent of attempted to quit smoking in HPH in Estonia



Summary

- 🔔 The reduction of prevalence of tobacco consumption is a long-term (2005-2020) priority in Estonia.
- 🔔 Effectiveness indicators of the National Strategy for Prevention of CVD 2005-2020 are follows:
 - 🔔 the smoking habit will diminish among the 16-64 year old men from 45% to 40% by 2008 and to 30% by 2020;
 - 🔔 the smoking habit will diminish among the 16-64 year old women from 19% to 16% by 2008 and to 10% by 2020.
- 🔔 Important points are: continuing smoking cessation counselling services countrywide and integration the smoke free maternity services into the women's and children's clinics; paying more attention to the smoking prevention and/or to the availability of smoking cessation counselling services for children and adolescents; increasing the effectiveness of smoking cessation counselling services.

Summary

- The exchanging of experiences, know-how and practical skills on international level is a very succesful and useful method to get better and faster results in tobacco control.
- Specific interventions to give up smoking should be addressed to smoking health staff in all hospitals.
- In Estonia the HPH Network is working closely with the Smoke-free Hospitals Network and as in Ireland, Denmark, Finland – it is an integral part of HPH Network. It is only through collaborative action can we truly come to grips with the killer no.1.