

NHS 2007/8: Tobacco and Alcohol

Fact Sheet

October 2009

This fact sheet presents summary results for tobacco and alcohol consumption from the National Health Survey (NHS) conducted from August 2007 to early 2008. A total of 1,970 Tasmanians participated.

Note: Data reliability was assessed with relative standard errors (RSEs). Data items with RSEs of more than 25% have been identified and should be used with caution.

Tobacco

In 2007/8, Tasmania had the highest proportion daily adult smokers nationwide.

Daily Smokers 18 Years and over by Jurisdiction, 2007/8

	Daily smoking
NSW	18.9%
Vic	17.1%
Qld	21.5%
SA	19.4%
WA	17.3%
ACT	15.3%
Tas	23.3%
Aus	18.9%

NHS 2007/8, State Tables

One in four adult Tasmanians continue to smoke. 23.3% of Tasmanians aged 18 years smoke daily while a further 1.6% smokes occasionally. Slightly more males (26.4%) than females (26.4%) were smokers in 2007/8.

Smoker Status, 18 Years and Over, Tasmania, 2001 to 2007/8

	2001	2004-5	2007-8
Daily	22.0%	24.1%	23.3%
Occasionally	2.4%	1.3%	1.6%
Total Tasmania	24.4%	25.4%	24.9%
Total Australia	24.3%	23.2%	20.8%

NHS 2001, State Table No 30; NHS 2004/5 Table No 20, NHS 2007/8 State Table No 1.3

From 1989/90 to 2007/8, the proportion of Tasmanians who smoked decreased only slightly (3.9%) while the proportion of ex-smokers increased by 6.8%.

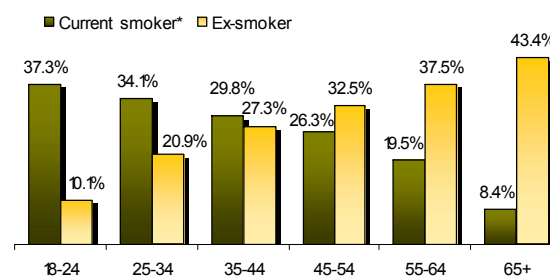
Smoker Status, 18 Years and Over, Tasmania, 1989/90 - 2007/8

	Current smoker*	Ex-smoker	Never smoked
1989/90	28.8%	23.3%	47.9%
1995	25.5%	31.8%	42.7%
2001	24.4%	26.5%	49.1%
2004/5	25.4%	32.3%	42.2%
2007/8	24.9%	30.1%	45.0%

* daily or occasional smoking; NHS 1995, Table 1; NHS 2001, State Table 30; NHS 2004/5, State Table 20, NHS 2007/8 State Table 11.3

Younger Tasmanians have much higher rates of smoking than older people. The proportion of Tasmanians smoking decreases with age while the number of ex-smokers increases with age.

Smoker Status by Age, Tasmania, 2007/8



The proportion of young smokers aged 18-24 years is significantly higher in Tasmania (37.3%) than at the national level (23.1%).

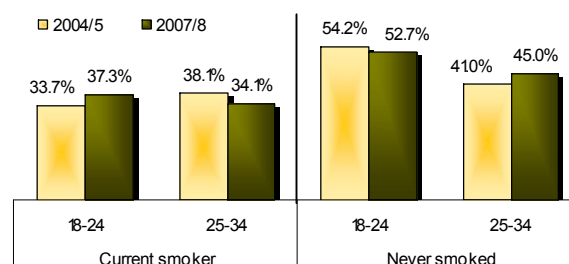
Current Smokers* by Age, Tasmania and Australia, 2007/8

	15-17	18-24	25-34	35-44	45-54
Tasmania	9.1%^	37.3%	34.1%	29.8%	26.3%
Australia	6.8%	23.1%	27.6%	25.1%	23.0%
% difference (Tas-Aus)	2.3%	14.2%	6.5%	4.7%	3.3%

*daily or occasional smoking; ^RSE >25%; NHS 2007/8 Summary of Results, Australia, Tasmania State Table No 11.3

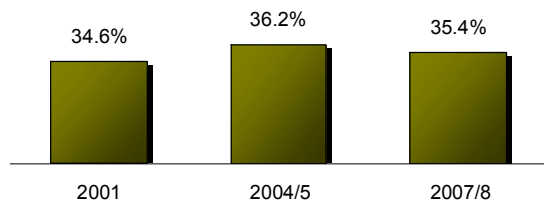
Between 2004/5 and 2007/8, smoking increased slightly amongst Tasmanians aged 18-24 years but decreased slightly amongst people in the 25-34 years. During the same period, the proportion of Tasmanians aged 18-24 who never smoked decreased slightly but increased slightly for those aged 25-34.

Smoker Status by Selected Age Groups, Tasmania 2004/5 and 2007/8



The proportion of smokers aged 18-34 years in Tasmania since remained relatively stable between 2001 and 2007/8.

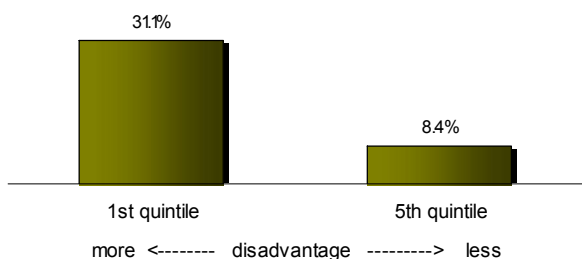
Current Smokers*, 18-34 Years, Tasmania 2001-2007/8



*daily or occasional smoking; NHS 2001, 2004/5, 2007/8

Smoking prevalence is much higher amongst disadvantaged Tasmanians. Smoking rates are almost four times greater amongst the poorest and most socially disadvantaged Tasmanians compared to the wealthiest and most socially advantaged.

Daily Smokers 15 + Years by Index of Disadvantage Quintiles, Tasmania 2007/8



NHS 2007/8, State Tables No. 13.3

Alcohol (Long Term Harm)

The 2007/8 NHS used the 2001 NHMRC Guidelines for risky and high risk alcohol consumption estimates. The risk level categories of the 2001 Guidelines are based on the average daily consumption of alcohol in the week preceding the survey as shown below.

Note that the 2009 Alcohol Guidelines have stated that males and females consuming more than two standard drinks on any day increase their risk of harm.

Risk of Harm in the Long Term, NHMRC Guidelines, 2001

	Males – daily limit	Females – daily limit
Low Risk	up to 4 drinks*	up to 2 drinks
Risky	5-6 drinks	3-4 drinks
High Risk	7 or more drinks	5 or more drinks

*standard drinks

In 2007/8, around one in seven Tasmanians consumed alcohol at risky or high risk levels (13.4%), similar to the national proportion.

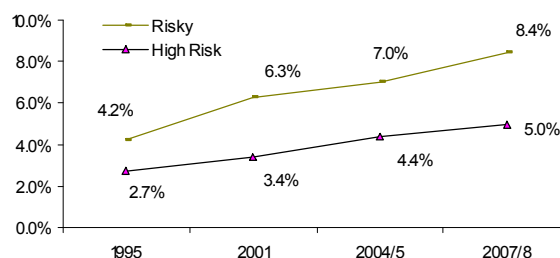
Alcohol Consumption at risky/high risk levels for long term harm, 18 Years and over by Jurisdiction, 2007/8

Jurisdiction	Risky/High Risk Consumption
NSW	13.3%
Vic	10.6%
Qld	15.0%
SA	11.3%
WA	16.8%
ACT	12.2%
Tas	13.4%
Aus	13.2%

NHS 2007/8, State Tables

Alcohol consumption associated with a risk of long term harm has increased since 1995. The total proportion of Tasmanians aged 18 years and over reporting risky and high risk consumption has almost doubled from 6.9% in 1995 to 13.4% in 2007/8.

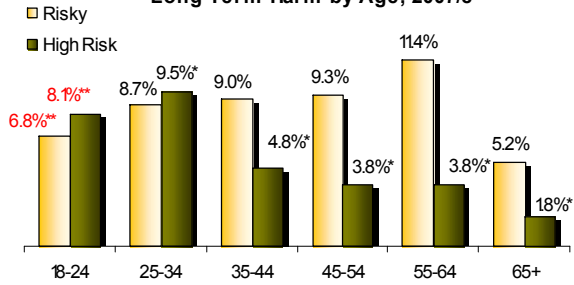
Risky and High Risk Level Alcohol Consumption, Tasmania, 1995-2007/8



NHS 1995, 2001, 2004/5, 2007/8

Risky and high risk alcohol consumption is most common amongst Tasmanians aged 25-34 years (18.2%). *Risky* alcohol consumption increases with age up until 64 years whereas *high risk* alcohol consumption peaks at age 25-34 and then declines with age.

Risky/High Risk Alcohol Consumption for Long Term Harm by Age, 2007/8



NHS 2007/8, State Table No 113; *RSE >25% **RSE >50%

Since 1995, risky and high risk consumption levels have more than doubled for most age groups, with those aged 25-34 years reporting the greatest overall increase.

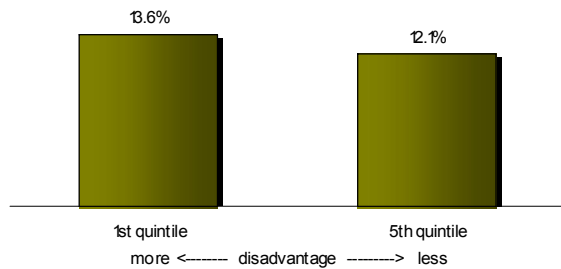
Risky/High Risk Consumption by Age, Tasmania 1995 – 2007/8

Age Group	1995	2001	2004/5	2007/8
18-24	10.2%	13.9%	8.3%*	14.9%
25-34	7.3%	9.2%	15.4%	18.2%
35-44	6.0%	10.8%	14.5%	13.8%
45-54	5.7%	12.9%	11.5%	13.1%
55-64	6.5%	9.9%*	14.4%	15.2%
65+	6.5%	2.6%*	4.5%*	7.0%*

*RSE >25%; NHS, 1995–2007/8

The most disadvantaged Tasmanians are slightly more likely to consume alcohol at risky or high risk levels, compared to the most advantaged Tasmanians.

Risky/High Risk Alcohol Consumption, 15 Years and Over, by Index of Disadvantage Quintiles, Tasmania 2007/8



NHS 2007/8, State Tables No 13.3