



World Health
Organization

REGIONAL OFFICE FOR
Europe

Growing up unequal: gender and socioeconomic differences in young people's health and well-being

Tobacco use among adolescents in the Russian Federation

Fact sheet based on the results of Health Behaviour in School-aged Children (HBSC) survey 2013/2014



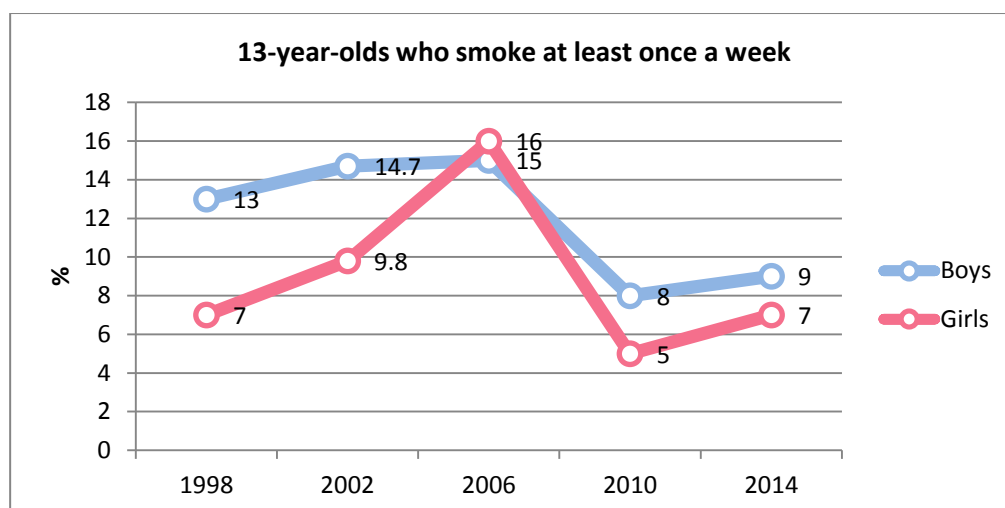
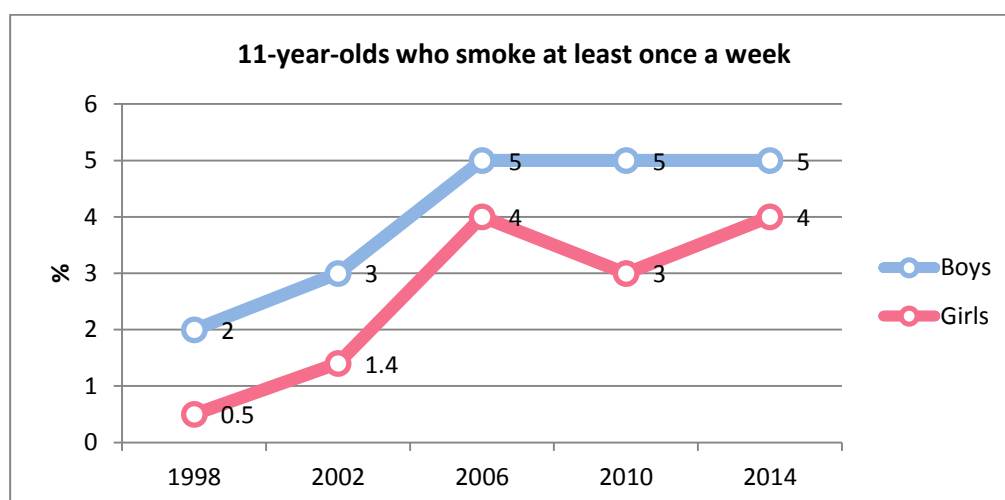
This fact sheet summarizes the main findings on tobacco use among adolescents from the 2013/2014 Health Behaviour in School-Aged Children (HBSC) survey in the Russian Federation.

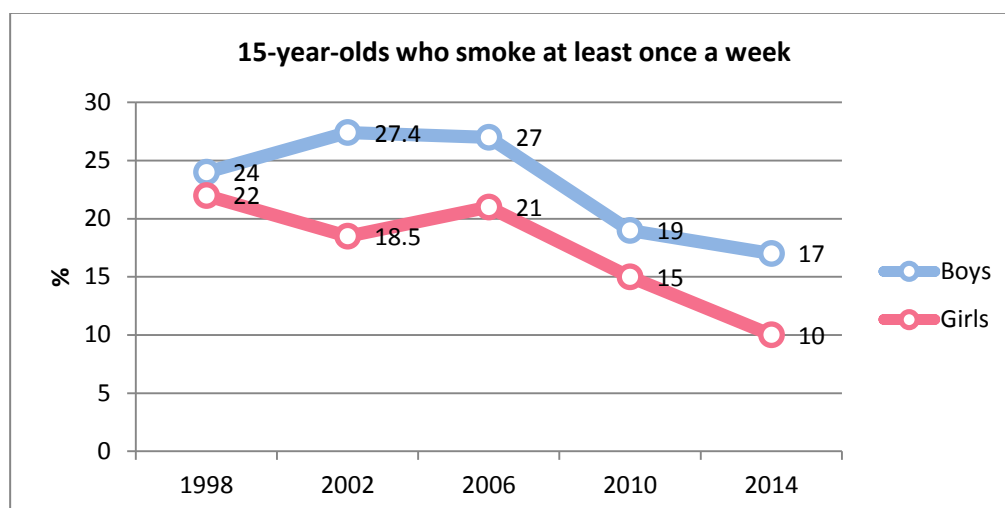
HBSC, a WHO collaborative cross-national study, is conducted every four years and provides information about the health and well-being, social conditions and behaviour of 11-, 13- and 15-year-old boys and girls in 42 countries and regions across the WHO European Region and North America. More than 4700 young people from the Russian Federation took part in the survey, the sixth to have been held in the country.

Graphs in this fact sheet show differences between the 2013/2014 survey and previous HBSC surveys in the Russian Federation.

Summary of results

- HBSC surveys from 1997/1998 to 2005/2006 show that weekly smoking among schoolchildren gradually increased at all three ages, but the 2009/2010 and 2013/2014 surveys show a slight decrease or flattening.
- There was a significant decrease in weekly smoking rates among 13-year-olds in 2009/2010, but a slight increase in 2013/2014.
- Rates have reduced steadily among 15-year-olds since the 2005/2006 survey.





Age differences

Weekly smoking rises with age, from 4% for girls and 5% for boys at age 11, to 10% and 17% respectively at 15.

Gender differences

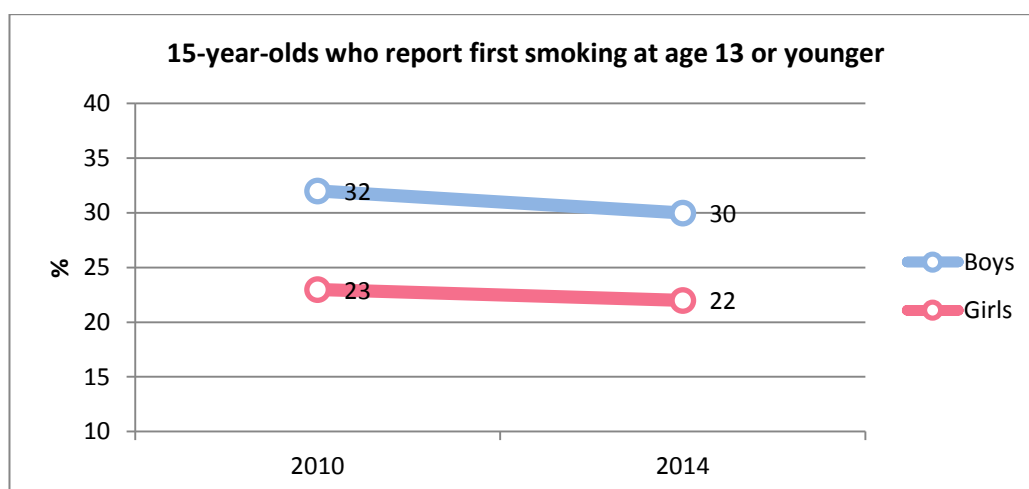
Weekly smoking and early smoking initiation are higher in boys. The difference at age 15 is seven percentage points.

Family affluence

Early smoking initiation is widespread among children and young people from low-affluence families, but weekly smoking is more common in those with high affluence. These indicators are not statistically significant.

Differences from the previous HBSC survey

Early smoking initiation rates have decreased, as has weekly smoking among 15-year-old girls and boys (by five and two percentage points, respectively).



How can policy help?

Research suggests that prior to enactment of the federal law on protection of citizens' health against exposure to environmental tobacco smoke and consequences of tobacco use in 2013, 60–65% of men and over 20% of women smoked. Smoking among young people and women caused particular concern.

The WHO European Region has a vision of a tobacco-free generation. The WHO global action plan for prevention and control of noncommunicable diseases for 2013–2020 highlights policy options for Member States on tobacco control, including:

- a complete ban on tobacco-smoking in defined public places;
- public information about the dangers of tobacco use;
- a complete ban on advertising, sales-promotion and sponsorship of tobacco products; and
- measures to ensure protection of people, particularly pregnant women, from the effects of tobacco smoke.

Banning demonstrations of tobacco products at point of sale and making display of health warnings on packaging mandatory are particularly effective in reducing tobacco's attractiveness to young people. Tobacco packs in the Russian Federation display warnings such as: "Smoking causes heart attacks and strokes", "Smoking is a cause of lung cancer", "Protect children from tobacco smoke" and "Smoking increases the risk of death from heart and lung diseases".

The Russian Federation acceded to the WHO Framework Convention on Tobacco Control in 2008. The 2013 federal law reflects the Convention's measures, including banning advertising and promotion of tobacco and discounts on products, and preventing demonstration of tobacco products and the process of use in newly created TV broadcasts and films. Tobacco-smoking is banned in defined public places (such as education, cultural and sports facilities and their environs, youth affairs institutions, children's playgrounds and beaches). Price and tax measures have been introduced to decrease demand (minimum retail prices, for example, are set at 75% of maximum retail prices) and significant steps have been taken to raise public awareness about the harms of smoking and second-hand tobacco smoke.

Data from the Public Opinion Research Centre suggest these measures resulted in a 16–17% reduction in the number of smokers between 2010 and 2014. The 2013/2014 HBSC survey shows, however, that further measures are required, including an education programme on healthy behaviour and promotion of healthy lifestyles for adolescents.

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Report findings available as app:

The latest HBSC report is available as a smartphone application,¹ presenting data on 11-, 13- and 15-year-old boys' and girls' health and well-being, social environments and health behaviours, as well as the health inequalities many of them face. It is searchable by country and a wide range of health topics and connects to the WHO European Health Information Gateway.

¹ The smartphone application can be accessed at: <http://www.euro.who.int/euro-healthstats>