

16 Drug avoidance behaviour

Avoidance of cigarette smoke

The 1998 survey asked respondents whether they avoided places where they might be exposed to other people's cigarette smoke. The survey results showed that nearly two-fifths (39%) of Australians aged 14 years and over who never smoked or were former smokers reported always avoiding such places (Table 16.1). At the same time, the proportion of non-smokers or former smokers not avoiding places where they could be exposed to other people's cigarette smoke was 18%. A further 43% reported that they sometimes avoided places where they could be exposed to other people's cigarette smoke. The survey also showed that:

- Proportionally more females (41%) than males (37%) always avoided places where they were likely to be exposed to other people's tobacco smoke.
- As age increased, so did the proportion of people who avoided places where they might be exposed to other people's tobacco smoke.

Table 16.1: Non-smokers' avoidance of places where they may be exposed to other people's cigarette smoke: proportion of persons, by age and sex, Australia, 1998

Avoidance	Age group						All ages
	14-19	20-29	30-39	40-49	50-59	60+	
(per cent)							
Males							
Yes, always	22.2	21.8	30.9	39.4	50.2	51.5	36.9
Yes, sometimes	52.9	57.8	56.3	40.0	35.5	24.3	43.7
No, never	24.8	20.4	12.8	20.6	14.3	24.2	19.4
Females							
Yes, always	19.6	27.6	40.3	42.4	53.1	48.8	40.5
Yes, sometimes	62.6	57.7	48.5	42.6	24.5	29.5	42.2
No, never	17.8	14.7	11.2	15.1	22.4	21.6	17.2
Persons							
Yes, always	20.9	24.8	35.8	41.0	51.7	49.9	38.8
Yes, sometimes	57.7	57.7	52.2	41.4	29.8	27.3	42.9
No, never	21.3	17.5	12.0	17.7	18.5	22.7	18.2

Note: Base equals respondents who have never smoked and former smokers who had not smoked in the preceding 12 months.

Restrictions on smoking in workplaces or educational institutions

The 1998 survey showed that, of all the respondents who were either working or studying, nearly 10% reported that there were no restrictions on smoking anywhere in their workplace, while more than twice as many (22%) reported that a total ban on smoking was in place (Table 16.2). However, the majority (58%) reported that their workplace or educational institution did allow smoking outside the building.

Table 16.1: Non-smoking policies or restrictions in workplaces, schools or colleges: proportion of persons working or studying aged 14 years and over, by sex, Australia, 1998

Restriction	Males	Females	Persons
		(per cent)	
No restrictions	12.4	6.0	9.7
Allowed to smoke in own room	1.2	0.5	0.9
Allowed to smoke in smoking area	13.1	6.6	10.3
Allowed to smoke outside building	55.1	60.8	57.5
Total ban (even outside)	18.2	26.2	21.6

Note: Base equals all respondents who were working or studying.

Effort in quitting smoking

The 1998 survey asked respondents who smoked at least on a weekly basis whether they had attempted to quit smoking. The survey showed that more than one-third (36%) of those smoking tobacco at least on a weekly basis reported that they had not initiated any activity towards quitting smoking in the past six months. Of those who initiated some efforts in quitting, the most frequently cited activity was 'discussed smoking and health at home' (45%), followed by reading 'how to quit' literature (20%). More than one-tenth asked doctors for help (11%) and 12% used nicotine gum or a patch. Some sex difference existed in attempting to stop smoking, with more females (67%) than males (59%) reporting taking steps to quit.

Table 16.1: Activities related to quitting smoking: proportion of recent smokers aged 14 years and over, by sex, Australia, 1998

Activity	Males	Females	Persons
		(per cent)	
Discussed smoking and health at home	42.3	47.0	44.5
Telephoned the 'Quit' line	3.4	5.8	4.5
Asked doctor for help	8.0	14.1	10.8
Used nicotine gum or patch	10.2	13.2	11.6
Bought a product other than nicotine patch	2.6	2.5	2.6
Read 'how to quit' literature	16.7	23.2	19.7
Something else	9.6	10.1	9.8
None of the above	39.0	32.4	35.9
Can't say	2.1	0.9	1.6

Note: Base equals all smokers who currently smoke at least one cigarette a week.

Encouragement to quit smoking

In 1998 the survey asked those respondents who did smoke tobacco at least on a weekly basis whether or not they were asked to quit smoking by other people living in the house. The data (Table 16.4) showed that:

- More than two-fifths (42%) reported no one trying to get them to quit smoking.
- The most frequently cited person in the house encouraging them to quit was a spouse/partner (22%) followed by a child (19%).
- Among males, the most frequently cited person encouraging them to quit was a spouse/partner (27%), while for females it was a child (24%).

Table 16.1: Co-residents' encouragement to quit smoking: proportion of recent smokers living with others, aged 14 years and over, by sex, Australia, 1998

Person encouraging	Males	Females	Persons
		(per cent)	
Parent	10.8	11.6	11.2
Child	14.4	23.5	18.6
Sibling	2.1	3.1	2.6
Spouse/partner	26.8	17.4	22.4
Friend/flatmate	5.5	8.2	6.7
Other resident	1.6	6.4	3.8
No-one trying	43.6	39.6	41.7

Note: Base equals all smokers who smoked at least one cigarette in the preceding week and live with other people.

Intention to give up smoking

The 1998 survey estimated that, of all the current smokers aged 14 years and over, more than one in four (26%) intended giving up smoking within the next three months (Table 16.5). Further, more than one-third (35%) of smokers intended to quit smoking, but not within the next three months. However, the survey also showed that two-fifths (39%) of all smokers aged 14 years and above had no intention of quitting smoking. Across sex, slightly more males (14%) expressed their intention to quit smoking within the next 30 days compared with females (10%). The survey also showed that as age increased the intention to quit smoking decreased.

Table 16.1: Intention to give up smoking: proportion of recent smokers aged 14 years and over, by age and sex, Australia, 1998

Intention	Age group						All ages
	14-19	20-29	30-39	40-49	50-59	60+	
	(per cent)						
	Males						
Yes, within 30 days	25.1	11.5	13.6	18.2	10.5	8.7	14.1
Yes, after 30 days but within the next 3 months	9.3	24.2	13.3	5.5	8.6	13.3	13.8
Yes, but not within the next 3 months	36.7	35.1	37.3	28.5	31.6	17.5	32.2
No	28.9	29.1	35.7	47.8	49.4	60.5	39.9
	Females						
Yes, within 30 days	16.7	9.5	11.4	8.2	10.7	5.8	10.3
Yes, after 30 days but within the next 3 months	7.2	14.3	16.0	11.9	7.0	11.7	12.5
Yes, but not within the next 3 months	36.3	41.9	40.8	30.0	47.0	38.7	39.0
No	39.8	34.3	31.8	49.9	35.2	43.9	38.2
	Persons						
Yes, within 30 days	20.7	10.6	12.6	13.8	10.6	7.5	12.3
Yes, after 30 days but within the next 3 months	8.2	19.5	14.6	8.3	7.9	12.7	13.2
Yes, but not within the next 3 months	36.5	38.3	38.9	29.2	37.8	26.0	35.3
No	34.5	31.6	33.9	48.7	43.7	53.8	39.1

Note: Base equals all smokers who smoked at least one cigarette in the preceding week.

When respondents were further asked whether they had actually tried to quit smoking in the preceding 12 months, the survey showed that:

- Nearly one-fifth (19%) reported successfully giving up smoking for more than a month (Table 16.6).
- One in three (33%) smokers reported unsuccessfully trying to give up smoking, and a similar proportion (32%) reported changing to a cigarette brand with lower nicotine or tar content.
- More than two-fifths reported reducing daily cigarette consumption.
- More females (36%) than males (28%) reported changing to a cigarette brand with lower tar and nicotine contents.

Table 16.2: Actual attempts at giving up smoking in the past 12 months: proportion of recent smokers aged 14 years and over, by sex, Australia, 1998

Attempt	Males	Females	Persons
		(per cent)	
Successfully given up smoking (for more than a month)	19.6	18.2	19.0
Unsuccessfully tried to give up smoking	33.9	31.1	32.6
Changed to cigarette brand with lower tar or nicotine content	28.4	35.6	31.7
Reduced daily cigarette consumption	43.8	42.1	43.0

Note: Base equals smokers who had smoked at least one cigarette in the preceding week.

Alcohol moderation behaviour

In 1998 the survey asked respondents whether or not they intended to reduce their intake of alcoholic drinks in any session by means of moderating behaviour such as counting the number of drinks, alternating between alcoholic and non-alcoholic drinks, eating while consuming alcohol, and so on.

Of those who reported drinking at least three drinks in one session in the past three months, the survey data (Table 16.7) showed that:

- More than nine out of ten reported limiting the number of drinks in an evening (92%) or refusing an alcoholic drink when they did not want it (95%).
- Nearly two-thirds (65%) reported alternating between alcoholic and non-alcoholic drinks.

Of all the drinkers, the survey showed that the most frequently cited activity to moderate consumption of alcohol was to reduce the amount of alcohol usually consumed (29%).

Table 16.1: Alcohol moderation behaviour: proportion of recent drinkers aged 14 years and over, by sex, Australia, 1998

Behaviour	Males	Females	Persons
	(per cent)		
Behaviour of recent heavy drinkers^(a)			
Count number of drinks	76.4	81.2	78.4
Alternate between alcoholic and non-alcoholic drinks	59.9	70.9	64.6
Eat while consuming alcohol	88.0	90.8	89.3
Quench thirst with non-alcoholic drink before having alcohol	72.3	76.7	74.3
Sometimes only drink low-alcohol drinks	73.2	72.5	72.9
Limit number of drinks in an evening	90.9	92.4	91.6
Refuse an alcoholic drink when don't want it	93.5	96.3	94.8
Behaviour of all recent drinkers^(b)			
Reduce amount of alcohol usually consumed	30.2	28.3	29.3
Reduce the number of times consumed alcohol	28.4	26.6	27.5
Switch to low-alcohol drinks more often	14.1	7.5	10.9
None of the above	52.4	58.7	55.4

(a) Base equals all persons who had consumed at least three standard drinks in a session in the preceding three months.

(b) Base equals all persons who had consumed at least one standard drink in the preceding 12 months.

Participation in drug treatment programs

In 1998 the survey estimated that more than one in 20 (6%) Australians aged 14 years and over participated in Quit or similar smoking treatment programs (Table 16.8). Among the recent smokers, the proportion of persons participating in Quit or similar programs was estimated at 15%. The survey also showed that:

- Among the recent drinkers, only 1% reported attending programs designed to reduce the consumption of alcohol.
- The participation of recent users of illicit drugs in programs such as methadone maintenance and GP-supervised prescription programs was 1% or less.

Table 16.1: Participation in alcohol or other drug treatment programs: proportion of the population aged 14 years and over, by sex, Australia, 1998

Program	All respondents	Recent smokers	Recent drinkers	Recent illicit drug users
(per cent)				
Males				
Smoking (e.g. Quit)	5.8	14.4	6.6	8.7
Alcohol (e.g. Alcoholics Anonymous)	1.7	3.7	1.5	3.3
Detoxification centre	0.7	1.6	0.8	1.9
Methadone maintenance	0.6	1.3	0.7	1.7
Prescription drugs (e.g. GP-supervised)	1.2	0.9	1.4	0.9
Other program	0.8	1.4	0.8	1.4
Females				
Smoking (e.g. Quit)	6.3	15.5	7.4	8.5
Alcohol (e.g. Alcoholics Anonymous)	0.5	1.0	0.5	1.2
Detoxification centre	0.2	0.8	0.2 *	0.9
Methadone maintenance	0.1	0.3	—	0.2 *
Prescription drugs (e.g. GP-supervised)	0.7	1.3	0.6	1.0
Other program	0.3	0.9	0.3	0.6 *
Persons				
Smoking (e.g. Quit)	6.1	14.9	7.0	8.6
Alcohol (e.g. Alcoholics Anonymous)	1.1	2.5	1.0	2.4
Detoxification centre	0.5	1.3	0.5	1.5
Methadone maintenance	0.3	0.9	0.4	1.0
Prescription drugs (e.g. GP-supervised)	1.0	1.1	1.0	0.9
Other program	0.5	1.2	0.6	1.0