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

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

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

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

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

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

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

<table>
<thead>
<tr>
<th>Person encouraging</th>
<th>Males (per cent)</th>
<th>Females (per cent)</th>
<th>Persons (per cent)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent</td>
<td>10.8</td>
<td>11.6</td>
<td>11.2</td>
</tr>
<tr>
<td>Child</td>
<td>14.4</td>
<td>23.5</td>
<td>18.6</td>
</tr>
<tr>
<td>Sibling</td>
<td>2.1</td>
<td>3.1</td>
<td>2.6</td>
</tr>
<tr>
<td>Spouse/partner</td>
<td>26.8</td>
<td>17.4</td>
<td>22.4</td>
</tr>
<tr>
<td>Friend/flatmate</td>
<td>5.5</td>
<td>8.2</td>
<td>6.7</td>
</tr>
<tr>
<td>Other resident</td>
<td>1.6</td>
<td>6.4</td>
<td>3.8</td>
</tr>
<tr>
<td>No-one trying</td>
<td>43.8</td>
<td>39.6</td>
<td>41.7</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Intention</th>
<th>14–19 (per cent)</th>
<th>20–29 (per cent)</th>
<th>30–39 (per cent)</th>
<th>40–49 (per cent)</th>
<th>50–59 (per cent)</th>
<th>60+ (per cent)</th>
<th>All ages (per cent)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes, within 30 days</td>
<td>25.1</td>
<td>11.5</td>
<td>13.6</td>
<td>18.2</td>
<td>10.5</td>
<td>8.7</td>
<td>14.1</td>
</tr>
<tr>
<td>Yes, after 30 days but within the next 3 months</td>
<td>9.3</td>
<td>24.2</td>
<td>13.3</td>
<td>5.5</td>
<td>8.6</td>
<td>13.3</td>
<td>13.8</td>
</tr>
<tr>
<td>Yes, but not within the next 3 months</td>
<td>36.7</td>
<td>35.1</td>
<td>37.3</td>
<td>28.5</td>
<td>31.6</td>
<td>17.5</td>
<td>32.2</td>
</tr>
<tr>
<td>No</td>
<td>28.9</td>
<td>29.1</td>
<td>35.7</td>
<td>47.8</td>
<td>49.4</td>
<td>60.5</td>
<td>39.9</td>
</tr>
</tbody>
</table>

Males

<table>
<thead>
<tr>
<th>Intention</th>
<th>14–19 (per cent)</th>
<th>20–29 (per cent)</th>
<th>30–39 (per cent)</th>
<th>40–49 (per cent)</th>
<th>50–59 (per cent)</th>
<th>60+ (per cent)</th>
<th>All ages (per cent)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes, within 30 days</td>
<td>16.7</td>
<td>9.5</td>
<td>11.4</td>
<td>8.2</td>
<td>10.7</td>
<td>5.8</td>
<td>10.3</td>
</tr>
<tr>
<td>Yes, after 30 days but within the next 3 months</td>
<td>7.2</td>
<td>14.3</td>
<td>16.0</td>
<td>11.9</td>
<td>7.0</td>
<td>11.7</td>
<td>12.5</td>
</tr>
<tr>
<td>Yes, but not within the next 3 months</td>
<td>36.3</td>
<td>41.9</td>
<td>40.8</td>
<td>30.0</td>
<td>47.0</td>
<td>38.7</td>
<td>39.0</td>
</tr>
<tr>
<td>No</td>
<td>39.8</td>
<td>34.3</td>
<td>31.8</td>
<td>49.9</td>
<td>35.2</td>
<td>43.9</td>
<td>38.2</td>
</tr>
</tbody>
</table>

Females

<table>
<thead>
<tr>
<th>Intention</th>
<th>14–19 (per cent)</th>
<th>20–29 (per cent)</th>
<th>30–39 (per cent)</th>
<th>40–49 (per cent)</th>
<th>50–59 (per cent)</th>
<th>60+ (per cent)</th>
<th>All ages (per cent)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes, within 30 days</td>
<td>20.7</td>
<td>10.6</td>
<td>12.6</td>
<td>13.8</td>
<td>10.6</td>
<td>7.5</td>
<td>12.3</td>
</tr>
<tr>
<td>Yes, after 30 days but within the next 3 months</td>
<td>8.2</td>
<td>19.5</td>
<td>14.6</td>
<td>8.3</td>
<td>7.9</td>
<td>12.7</td>
<td>13.2</td>
</tr>
<tr>
<td>Yes, but not within the next 3 months</td>
<td>36.5</td>
<td>38.3</td>
<td>38.9</td>
<td>29.2</td>
<td>37.8</td>
<td>26.0</td>
<td>35.3</td>
</tr>
<tr>
<td>No</td>
<td>34.5</td>
<td>31.6</td>
<td>33.9</td>
<td>48.7</td>
<td>43.7</td>
<td>53.8</td>
<td>39.1</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Attempt</th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Successfully given up smoking (for more than a month)</td>
<td>19.6</td>
<td>18.2</td>
<td>19.0</td>
</tr>
<tr>
<td>Unsuccessfully tried to give up smoking</td>
<td>33.9</td>
<td>31.1</td>
<td>32.6</td>
</tr>
<tr>
<td>Changed to cigarette brand with lower tar or nicotine content</td>
<td>28.4</td>
<td>35.6</td>
<td>31.7</td>
</tr>
<tr>
<td>Reduced daily cigarette consumption</td>
<td>43.8</td>
<td>42.1</td>
<td>43.0</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Behaviour of recent heavy drinkers&lt;sup&gt;a&lt;/sup&gt;</th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Count number of drinks</td>
<td>76.4</td>
<td>81.2</td>
<td>78.4</td>
</tr>
<tr>
<td>Alternate between alcoholic and non-alcoholic drinks</td>
<td>59.9</td>
<td>70.9</td>
<td>64.6</td>
</tr>
<tr>
<td>Eat while consuming alcohol</td>
<td>88.0</td>
<td>90.8</td>
<td>89.3</td>
</tr>
<tr>
<td>Quench thirst with non-alcoholic drink before having alcohol</td>
<td>72.3</td>
<td>76.7</td>
<td>74.3</td>
</tr>
<tr>
<td>Sometimes only drink low-alcohol drinks</td>
<td>73.2</td>
<td>72.5</td>
<td>72.9</td>
</tr>
<tr>
<td>Limit number of drinks in an evening</td>
<td>90.9</td>
<td>92.4</td>
<td>91.6</td>
</tr>
<tr>
<td>Refuse an alcoholic drink when don’t want it</td>
<td>93.5</td>
<td>96.3</td>
<td>94.8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Behaviour of all recent drinkers&lt;sup&gt;b&lt;/sup&gt;</th>
<th>Males</th>
<th>Females</th>
<th>Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduce amount of alcohol usually consumed</td>
<td>30.2</td>
<td>28.3</td>
<td>29.3</td>
</tr>
<tr>
<td>Reduce the number of times consumed alcohol</td>
<td>28.4</td>
<td>26.6</td>
<td>27.5</td>
</tr>
<tr>
<td>Switch to low-alcohol drinks more often</td>
<td>14.1</td>
<td>7.5</td>
<td>10.9</td>
</tr>
<tr>
<td>None of the above</td>
<td>52.4</td>
<td>58.7</td>
<td>55.4</td>
</tr>
</tbody>
</table>

(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

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