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Prevalence of smoking with their attitude and pattern among female subjects visiting a Dental college in Bahadurgarh

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Background: Smoking is the largest preventable causes of premature deaths globally. India is a home to second highest number of women smokers globally. Tobacco usage in women, doubled in the last five years (GATS) in India.

Aim of the study: To explore the prevalence, attitude and to determine the pattern of smoking among female subjects.

Materials and methods: 2000 female subjects aged 10 years and above were enrolled after well Informed written consent. Semi-structured interview was recorded for each patient. These subjects were divided into two groups : Group-I: Smokers & Group-II: Non-smokers. Data was collected and statistically analysed.

Results: 63.5% of subjects were from nuclear family, middle-aged and married. 953 females were illiterate with farming as main occupation. Majority of females were in low income group. In hygiene practices brushing once a day was practiced in dominant group. 11.9% of females were smokers with bidi as the dominant followed by hookah smokers. In smokeless tobacco khaini followed by pan masala was dominant. Age of initiation was 20-30 yrs with majority started under the influence of friend for relaxation. 58.40% were aware about the negative effects of smoking and 56.72% have tried quitting owing to health constraints. Oral lesions, Bronchial asthma, TB, Hypertension were more among the smoker subjects while other health constraints like COPD were dominant in smokeless tobacco subjects.

Conclusion: This study Highlights the attitude and factors determining smoking in female subject with middle aged females dominating. Majority believes that Quitting smoking is good for health and Strongly agrees that passive smoking is equally harmful.

Biography

Gurdarshan Singh pursuing his BDS from PDM Dental College and Research Institute Sarai Aurangabad, Bahadurgarh, Jhajjar, Haryana, India. Dr.Gurdarshan Singh carries immense interest in propagating the oral health care with dexterity in his hands skills and satisfying patients with his total cooperation in alleviating pain.

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