THE EUROPEAN SMOKING BANS AND MATURE SMOKERS: CAN THEY KICK THE HABIT?

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SUMMARY

- Whether nationwide smoke-free legislations in Europe lead to smoking reduction and cessation among mature smokers in the short run and long run
- Data : individual-level data from the Survey of Health, Ageing and Retirement in Europe (SHARE)
  - started in 2004
  - repeated every two years
  - nationally representative samples of people age 50 or older and their partners

SUMMARY (CONT.)

- Short run → wave 1 (2004) & wave 2 (2006) : 2 years
- Long run → wave 1, 2, 4, 5 (2004 2006 2011 and 2013) : 10 years
- Outcome
  - Smoking status : respondent smokes daily (short & long run)
  - smoking intensity : average number of cigarettes smoked per day (short run)

SUMMARY (CONT.)

- Results : Short run
  - smoking bans also have added effects in reducing smoking prevalence among the population and cigarette consumption
  - comprehensive smoking bans had a modest but statistically significant impact on smoking prevalence
  - smoking bans are effective at increasing smoking cessation among light smokers and very heavy smokers, while the effects on average smokers are not statistically different from zero

SUMMARY (CONT.)

- Results : Long run
  - the longer the bans have been in place, the more likely a smoker will quit over time
  - light and heavy smokers are more affected by the bans, while the impacts on average smokers are smaller
  - smoking bans are effective at increasing smoking cessation among light smokers and very heavy smokers

SUMMARY (CONT.)

- Results : Smoking bans at workplace
  - The highest reduction in smoking prevalence rate is consistent with where the regulations are enforced most strictly and comprehensively.
    - Transportation sector, education, health and social work
  - spending more time at work are more likely to quit smoking having workplace bans imposed at work
    - 41 to 60 hours per week

STRENGTH

- Data : individual-level data from the Survey of Health, Ageing and Retirement in Europe (SHARE)
- Short run and long run effects
  - provides new evidences on recently enacted smoking bans that are stricter and more widespread than those implemented in the past
- Workplace bans

QUESTION (1)

- Data : individual-level data from the Survey of Health, Ageing and Retirement in Europe (SHARE)
  - nationally representative samples of people age 50 or older and their partners
    - Mature smokers, smoking many year and addictions (harder time to quit)
    - The average age of SHARE respondents is 60 as of year 2004

QUESTION (2)

Table 3.3: Changes in cigarette consumption in 2004 and 2006 after a comprehensive smoking ban, varied by smoking intensity in wave 1

Numbers of cigarettes smoked in wave 1	Changes in no. of cig in wave 2		Percent change of no. of cig in wave 2		Number of Observation
0 to 5	-1.5397**	(0.5864)	-0.2319	(0.1442)	263
6 to 10	-0.8211	(0.5802)	-0.0571	(0.0386)	463
11 to 15	-0.1256	(0.4647)	-0.0075	(0.0195)	395
16 to 20	0.006	(0.6540)	-0.0051	(0.0185)	596
21 to 25	-1.6601*	(0.8967)	-0.0739***	(0.0221)	194
26 to 30	-0.898	(1.0692)	-0.0285	(0.0247)	144
31 to 35	3.2276	(4.0789)	0.067	(0.0811)	20
36 to 40	-1.5242	(1.9276)	-0.0242	(0.0310)	124
more than 40	-11.9773	(8.6140)	-0.1865**	(0.0819)	51

Note: Standard errors in parenthesis clustered by NUTS level 1
**** Significant at the 1 percent level, ** 5 percent level, and * 10 percent level*

QUESTION (2)

Table 3.5: Short-term and long-term effects of bans on smoking cessation and heterogeneity in smoking intensity

Smoking intensity	Short run		N	Long run		Annual LR quit rate		N
0 to 5	-0.1390***	(0.0517)	994	-0.0832	(0.0499)	-0.0597**	(0.0255)	1470
6 to 10	-0.0291	(0.0448)	1466	-0.034	(0.0365)	-0.0001	(0.0204)	2156
11 to 15	-0.0312	(0.0378)	1245	-0.0332	(0.0318)	-0.026	(0.0190)	1823
16 to 20	-0.0583**	(0.0274)	1804	-0.0295	(0.0293)	-0.0324**	(0.0150)	2553
21 to 25	-0.053	(0.0332)	525	-0.0728**	(0.0308)	-0.0259	(0.0227)	731
26 to 30	-0.0588	(0.0675)	396	-0.0188	(0.0726)	-0.0269	(0.0315)	547
31 to 35	-0.2098	(0.1933)	52	-0.3412	(0.2042)	0.0014	(0.0209)	67
36 to 40	-0.0362	(0.0385)	330	-0.0576	(0.0393)	0.0059	(0.0219)	433
more than 40	-0.1184	(0.0985)	148	-0.1388	(0.1039)	-0.0426	(0.0879)	173

Note: Standard errors in parenthesis, clustered by NUTS level 1

**** Significant at the 1 percent level, ** 5 percent level, and * 10 percent level*

- The results suggests that light and heavy smokers are more affected by the bans, while the impacts on average smokers are smaller (Figure 3.1). (page 26)

QUESTION (3)

(Page 26) In both the short run and long run, light and heavy smokers are most likely to quit after smoking bans. In the short run, very light smokers, those smoking less than 5 cigarettes per day, are 13.9 percent ($p<0.01$) more likely to quit following the ban. However, if they did not quit within the first two years, the chance of them quitting are lower in the long run. In contrary, the probability of quitting among heavy smokers, those smoking more than 30 cigarettes per day, are higher in the long run than in the short run. Meanwhile, the effects of smoking bans on average and heavy smokers, those smoking between 16 to 40 cigarettes per day, are not significantly different form zero at the 5 percent confidence level (Table 3.5).

QUESTION (4)

- Policy implications
  - "The results confirm that smoking bans, particularly when enforced more strictly and comprehensively, can increase smoking cessation even among mature smokers with well-established addiction."
  - Smoking ban at workplaces


Thank You