



## Smoking cessation between teenage years and adulthood.

<https://arctichealth.org/en/permalink/ahliterature195366>

Author: M. Paavola  
E. Vartiainen  
P. Puska

Author Affiliation: Department of Epidemiology and Health Promotion, National Public Health Institute, Mannerheimintie 166, 00300 Helsinki, Finland.

Source: Health Educ Res. 2001 Feb;16(1):49-57

Date: Feb-2001

Language: English

Publication Type: Article

Keywords: Adolescent  
Adolescent Behavior  
Adult  
Age Factors  
Female  
Finland - epidemiology  
Humans  
Longitudinal Studies  
Male  
Questionnaires  
Risk factors  
Smoking Cessation - statistics & numerical data

Abstract: Most smokers begin smoking in adolescence. It is less well known how young people quit smoking and the factors that are associated with this process. A 15-year follow-up study on the North Karelia Youth Project has made it possible to assess these factors using a longitudinal study design. The project began in 1978 with students in Grade 7 of junior high school (age 13 years) and concluded in 1980 when the students reached Grade 9 (age 15 years). The follow-up study included four additional surveys. The present analyses are based on the data collected at ages 15, 21 and 28. The original sample comprised 903 students and the response rate of the last survey was 71%. A quarter (26%) of daily smokers and about half (46%) of occasional smokers at age of 15 had quit by the age of 28. The cessation rate was higher among females than males ( $P = 0.006$ ). The cessation rate was higher among married ( $P = 0.015$ ), employed ( $P = 0.01$ ) and white-collar workers ( $P = 0.006$ ). Cessation was less prevalent among those who had friends ( $P$

PubMed ID: 11252283 [View in PubMed](#)