

**SMOKING BEHAVIOR AND STATUS
AMONG MEDICAL DOCTORS IN CANTHO UNIVERSITY OF
MEDICINE AND PHARMACY,
VIETNAM**

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M.P.H.M (PRIMARY HEALTH CARE MANAGEMENT)

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ABSTRACT

Smoking is a serious public health problem worldwide. This cross sectional study aimed to determine smoking status and behavior among medical doctors in Cantho University of Medicine and Pharmacy, Vietnam.

Data were collected from January 10 to February 15, 2005 through a self administered questionnaire. Among 161 physicians, 16.8% were current smokers, 4.3% were ex-smokers and 78.9% were non-smokers. Smoking prevalence was 30% among males and 0% among females,

Smoking was less commons in the younger age group. Most of the smokers began smoking in teenage years and were initiated by their friends. Force of habit was the major reason for present smoking, followed by work and job stress. Many physicians perceived that smoking could relieve anxiety or stress, and most of them mentioned that smoking cessation may increase weight. Those who had never smoked or were ex-smokers reasoned that they wanted to protect their own health and to avoid unpleasant symptoms. The striking smoking habit was that more than half of them smoked in the presence of children. Most physicians rarely advised their patients to stop smoking. They usually paid more attention only to lung and heart patients, but not much to other conditions. For smoking cessation, most of them suggested gradual reduction and nicotine replacement methods.

KEY WORDS: SMOKING STATUS / SMOKING BEHAVIOR / SMOKING
MODEL / SMOKING CESSATION

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