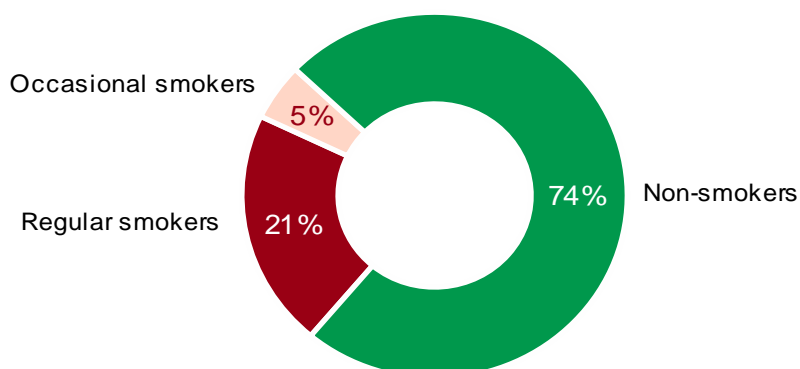


## Cigarette smoking

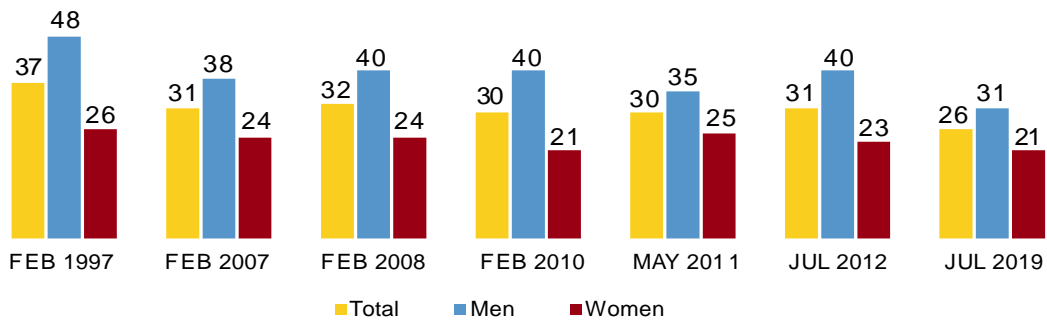
Smokers are now less visible in public spaces than they used to be. In 2010, the anti-smoking act entered into force, prohibiting smoking in public places. Public consent for the presence of smokers around other people has decreased.

A quarter of adult Poles (26%) smoke cigarettes, in which a fifth do it regularly, and every twentieth smokes occasionally. The percentage of smokers is currently the lowest in the history of CBOS research. One third of men (31%) smoke cigarettes, of which 26% do it regularly. This is a clear difference in comparison to women (21% smoke, in which 17% regularly). The decrease in the number of smokers visible in recent years has been due mainly to men changing their habits. In 2012, 40% of men and 23% of women declared smoking.

### Do you smoke (traditional, not electronic) cigarettes?



## Percentage of smokers



Most often, smokers are people between 45 and 54 years old (35%) and between 55 and 64 years (32%).

Only a very small percentage of people use electronic cigarettes. The study shows that 2% of respondents regularly use electronic cigarettes, while 1% do it occasionally.

The use of electronic cigarettes depends on the age of respondents. Youngest adults (up to 24 years of age) use electronic cigarettes especially often (14%).

One-fifth (20%) of respondents believe that electronic cigarettes are more harmful to health than traditional cigarettes, and exactly the same percentage think the opposite, that they are less harmful. In contrast, 40% think that electronic cigarettes are just as harmful as traditional cigarettes.

---

More information about this topic can be found in CBOS report in Polish: "Smoking Cigarettes", August 2019. Fieldwork for national sample: July 2019, N=1077. The random address sample is representative for adult population of Poland.