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## **Smoking prevalence and parameters among Majmaah University students, Saudi Arabia: A cross sectional study**

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**Background:** The tobacco epidemic is one of the biggest public health threats the world has ever faced with 21% of the global population aged 15 and above smoked tobacco. Which killing around 6 million people a year. More than 5 million of those deaths are the result of direct tobacco use while more than 600 000 are the result of non-smokers being exposed to second-hand smoke. Nearly 80% of the more than 1 billion smokers worldwide live in low and middle income countries, where the burden of tobacco-related illness and death is heaviest. In men, the risk of developing CAD is directly related to the number of cigarettes smoked. It is estimated that about 20% of deaths from CAD in men and 17% of deaths from CAD in women are due to smoking.

**Objectives:** The study aimed to find the Prevalence of smoking and second hand smoking among Majmaah University students, to identify Type of smoking and Frequency of smoking and when Starting this behaviour.

**Methods:** This cross sectional study was conducted from December 2013 - May 2014. The target population were students of male gender studying in Majmaah University. A total of 325 students aged between 19-25 years were randomly chosen from different Colleges of Almajmaah University.

**Results:** Seventy Two students (22.2%) were smokers, Seventy Four (22.8%) were second hand smokers. Remaining Two Hundred Fifty three (55%) were not smokers. Forty One of smokers (56.9%) were smoking cigarettes. Twenty Five (34.7%) were smoking waterpipe, and Six (8.3%) were smoking both types. Most cigarette smoker were smoking one pack per day (25) students, and (15) students were smoking waterpipe once daily. Smokers were starting from 2-4 years 45.8% and 40.3% were smoking from five years or more.

**Conclusion:** The prevalence of Smoking among Majmaah University Students is reaching world wide percentage. More than one Fifth of the participants were smokers. And another one fifth were second hand smokers. More researches need to find out causes of smoking. Intervention and awareness programmed should be conducted to reduce prevalence of Smoking.

### **Biography**

Yasser is a current 6th year Medical Student at Majmaah University, Saudi Arabia. He has present research at two regional conferences and published in local medical Journal, currently planning to do more researches regarding national health and quality of life style as it affects directly in public health.

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