

SMOKING TRENDS IN JAPAN FROM 2008-2017: RESULTS FROM THE NATIONAL HEALTH AND WELLNESS SURVEY

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BACKGROUND

- Smoking is a leading cause of death and illness according to WHO¹.
- Recent legislation (July 2018) by the National Diet of Japan approved the first nationwide ban on certain tobacco products indoors at schools, hospitals and government offices.
- The new law is planned to be implemented in phases, leading up to the Tokyo 2020 Olympics².

OBJECTIVE

- The objectives of this analysis were to:
 - Examine smoking trends and nicotine dependence among adults in Japan from 2008-2017.
 - Compare smoking trends in Japan vs. the US.

METHODS

Data Source

- This analysis utilized the Japan and US National Health and Wellness Survey (NHWS), part of PaCeR (Patient-Centered Research) Platform, for Japan from 2008 (n=20,000) through 2017 (n=30,001) and for US from 2008 (n=63,000) through 2017 (n=75,004).

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Figure 1b. Trend of smoking prevalence in all males in Japan and the US, 2008-2017.

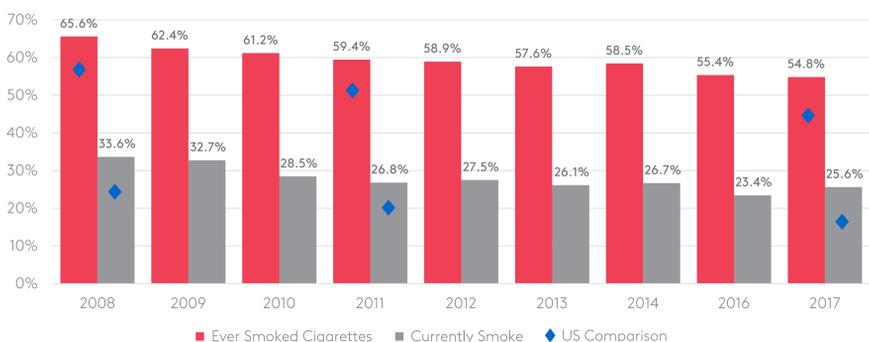
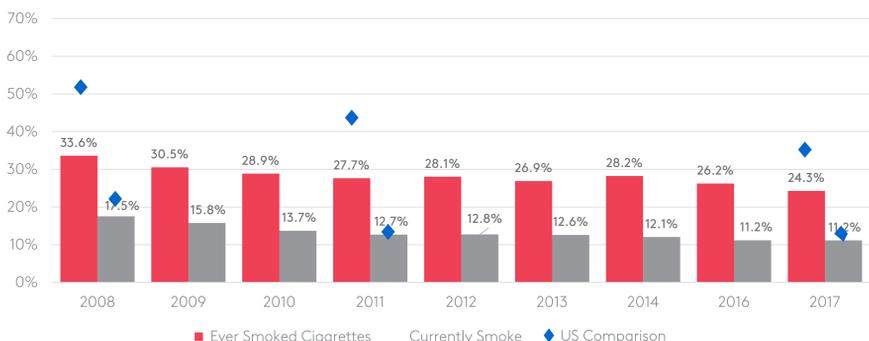


Figure 1c. Trend of smoking prevalence in all females in Japan and the US, 2008-2017.



RESULTS

- Lifetime smoking prevalence among adults in Japan declined from 49.1% in 2008 to 38.9% in 2017. The same trend was observed for those currently smoking: from 25.3% (2008) to 18.1% (2017) (Figure 1a).
- The declining trend was consistent across genders in Japan.
 - Lifetime smoking prevalence among males declined from 65.6% (2008) to 54.8% (2017) (Figure 1b), and from 33.6% (2008) to 24.3% (2017) among females (Figure 1c).
 - Prevalence of current smoking also decreased from 33.6% (2008) to 25.6% (2017) among males (Figure 1b), and from 17.5% (2008) to 11.2% (2017) among females (Figure 1c).
- These prevalence estimates were compared against other nationally representative sources. While there can be differences in methodologies, the trends in NHWS were generally consistent with the other sources.
- Proportions of females within the current smoking population decreased from 35.8% in 2008 to 32.2% in 2017 (results not graphed).
 - The mean age steadily increased from a mean of 45.7 years old in 2008 to 50.3 years old in 2017. The proportions of those age 45+ increased from 51.6% in 2008 to 64.2% in 2017. The same trends were observed across genders and could have been a result of continued education along with the 2008 new legislation (results not graphed).
 - Use of alcohol decreased among smokers and while the proportion of those with a BMI of 30+ remained the same, 1 in 5 is overweight/obese, the proportion of those taking steps to lose weight decreased from 2008 to 2017 (results not graphed).
- Similar to the trends seen in Japan, smoking rates have declined over time in the US, among both male and female (Figure 1).
- In 2017, 18.1% of all adults smoked in Japan compared to 15.4% in the US, (25.6% of men and 11.2% of women in Japan compared to 17.2% of men and 13.7% of women in the US).
- Adjusting for covariates, MCS and PCS are consistently lowest in current smokers and highest in never smokers throughout the years (Figure 2 and Figure 3).

Figure 2. Mental Component Summary score among current, former and never smokers in Japan, 2008-2017.

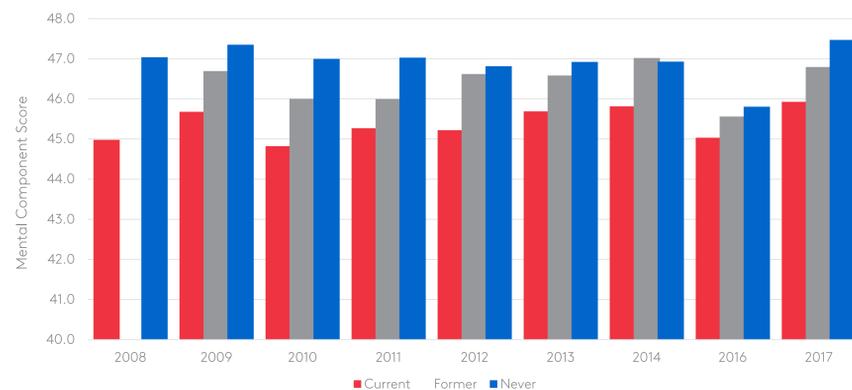
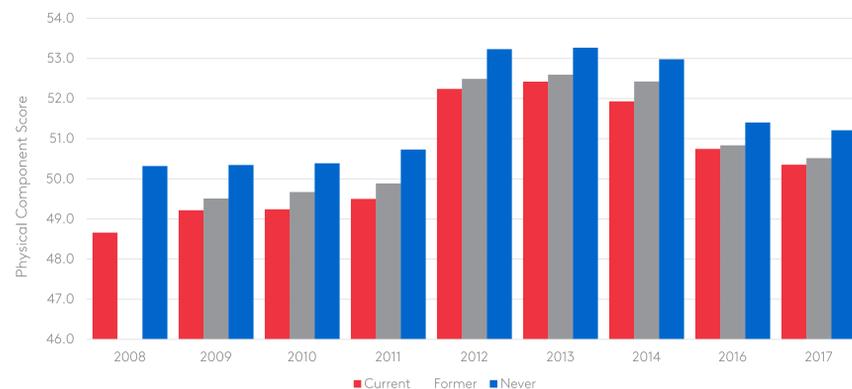
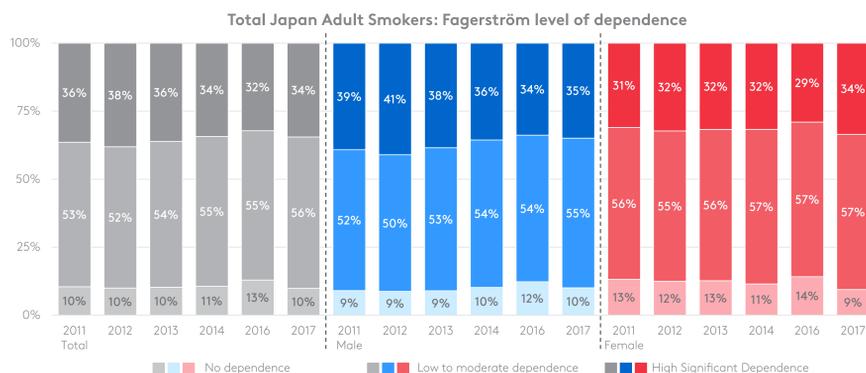


Figure 3. Physical Component Summary score among current, former and never smokers in Japan, 2008-2017.



- Since 2011, high significant nicotine dependence (score of 5+) decreased among male smokers, and has remained steady among female smokers (Figure 4).

Figure 4. Trend of nicotine dependence in all adults in Japan, 2008-2017.



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CONCLUSIONS

- While smoking rates are declining in Japan, there remains a substantial rate of nicotine dependence among smokers.
- Continued education remains important given first and second-hand smoking health concerns and that the rate of male smoker still remains at 1 in 4.

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