COMPARATIVE ANALYSIS OF AMOUNT OF EXHALED CARBON MONOXIDE AS AN INDICATOR OF SMOKING AMONG STUDENTS OF SELECTED UNIVERSITIES IN WROCLAW

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Smoking currently causes a number of diseases. Unfortunately, both active and passive smoking appear particularly in a population of students living in student residences. **Objectives**: A research objective was to determine the frequency and level of smoking addiction among students of selected universities in Wroclaw living in students' dormitories. **Material and methods**: The study was performed on among 347 students living in dormitories of four Wroclaw universities: Wroclaw Medical University, University of Wroclaw, University of Physical Education and Technical University. The average age of examined students was 23 years old. In the study took part 168 women and 179 men. Measurements were performed in the last three months of the academic year. Every examined student underwent measurement of quantities of exhaled carbon monoxide in. A Micro Medical Smoke Check device was used, in accordance with manufacturer's instructions. Smoke Check result was administered in one of four ranges: 0-6 ppm, 7-10 ppm, 11-20 ppm, 20 ppm and above, determining the number of molecules of carbon monoxide per million particles of exhaled air. Every student took part in an anonymous survey. The survey was divided into three parts (for smokers/non-smokers/ex-smokers). It included The Fagerstrom Test for Nicotine Dependence, questions about family history of nicotine-dependent neoplasms, exposure to tobacco smoke, smoking length etc. The results were processed by the Kruskal test. **Results:** No difference in the amount of exhaled CO between students of particular schools ($p>0.05$) was observed. The Smoke Check measurements are higher in students declaring actively smoking compared to non-smokers ($p<0.05$).The Smoke Check measurement results are higher in students declaring passive smoking compared with those not exposed to tobacco smoke at all ($p<0.05$). No differences in level of CO between men and women were observed ($p>0.05$). **Conclusion:** Despite increased health awareness, students of the Medical University and University of Physical Education reach for cigarettes as often as the other students who took part in the study. Declared „smoking/not smoking" state was confirmed by The Smoke Check examination, which proved the truthfulness of the students. Statistically, male students smoke as often as female students.