

ACTIVE AND PASSIVE EXPOSURE TO TOBACCO SMOKE AND THE LEVEL OF NICOTINE ADDICTION AMONG STUDENTS OF SELECTED UNIVERSITIES IN WROCLAW

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Objective: The aim of this study was to evaluate declared active and passive exposure to tobacco smoke and the level of nicotine addiction among students of selected universities in Wroclaw, living in students' dormitories. **Material and methods:** The study was performed on 347 students (168 women and 179 men) living in the dormitories of four Wroclaw universities: University of Medical Sciences, University of Wroclaw, Academy of Physical Education and the University of Technology. The average age of examined students was 23 years old. The youngest participant in the study was 19 and the oldest 29 years old. Measurements were performed in the last three months of the academic year, so that every student had time to integrate with the college environment. Each student took part in an anonymous survey. The survey was divided into three parts: the first one for smokers, second one for non-smokers and the last one for those who quit smoking. The survey asked among other things about the nicotine addiction degree (Fagerström Nicotine Tolerance Questionnaire), family history of nicotine-dependent neoplasms, exposure to the tobacco smoke, the length of smoking, smoking history in the closest family, etc. **Results:** The percentage of daily smokers was 19% of examined students, non-smoking - 76%, ex-smokers - 6%. The percentage of daily smokers was 23% of men and women - 17%. Percentage of students passively exposed to tobacco smoke was 47%. 20% of the students claimed that there has been developed at least one case of nicotine-dependent cancer in their family. The most commonly mentioned cancer, regardless of the group of students smoking/non-smoking/ ex-smokers was lung cancer. Among the group of students smoking, only one person admitted that no one in her family smoked. 86% of student smokers claimed that at least one parent smoked, the father is mentioned in 83% of the mother - 61%. 75% of students reported that passive smoking was caused by their friends/roommates, their father - 25%, and the mother - 18%. Only 4 out of 20 people reported that the reason for quitting smoking was the price of the cigarettes. The average degree of nicotine addiction among students by Nicotine Tolerance Questionnaire Fragestroma is 4.5. There is no difference in the development of cancer among the population of nicotine addicted smokers and non-smokers ($p > 0.05$). **Conclusions:** Non-smoker students, because of their affiliation to the academic society are passive smokers more often during social contacts than in the surrounding of the closest family. Respondents declared that living in a dormitory is a factor stimulating to smoking. Family patterns of smoking are transferred to younger generations. The most common cancer caused by smoking in students' families was lung cancer, which corresponds to the generally accepted reports. The students' addiction to nicotine is moderate.