SMOKING AND HOMELESSNESS: THERE IS A WILL BUT IS THERE A WAY?

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Declarations of interest:

• I have no links, including financial, to the tobacco industry or the e-cigarette industry.

• I have provided expert consultancy to the Pacific Life Insurance Group on smoking prevalence rates and cessation.

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“A NATIONAL SCANDAL”: 449 PEOPLE DIED HOMELESS IN THE LAST YEAR

DRUGS

ALCOHOL

% RISE

SIBERIAN WINDS

OPPORTUNITY

DIET?

SERVICES?

SMOKING?
Smoking is a ‘non issue’

Baggett et al., 2013. JAMA, Internal Medicine
N= 28’000

**Cancer** - 2^{nd} leading cause of death overall
**Cancer** - leading cause of death in >45
Homeless charities report smoking at 70-90%.

Europe has overlooked this group in relation to smoking.

N = 14,716
57-82%

smoking*tobacco*homeless
Review

- 1 Randomized controlled trial (Okuyemi et al., 2013)
  - 6 month quit rate of 9.3% for MI & 5.6% NRT
- 7 day point prevalence at 26 weeks 6%-48%*
- Drop out - 5 - 77%
- Insufficient evidence to support one type of method
- Little mention of e-cigarettes

No evidence to support the claim that cessation causes or worsens negative affect or use of other substances
Perceptions as barriers

• Underestimation in clients desire to change
• Little faith in recovery
• Magnitude of smoking in a local context
• Denial of causality of smoking on negative outcomes
• Finite resources

‘Well, she says to me ‘you’re addressing other things at this time, I don’t think you’re ready to sort this out yet (...). She made me not interested’ Garner & Ratschen, 2012
What do the people say?

A cross sectional survey of smoking characteristics and quitting behaviour from a sample of homeless adults in Great Britain

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• N = 286 adult smokers accessing homeless support services in GB
• 85% of smokers report some history of quitting
• 75% want to quit
• 92% reported daily contact with smokers
• 82% tried an e-cigarette
• 77% of smokers reported wanting to try an e-cigarette but can afford £5-10

Dawkins et al., 2019. Addict Behav.
New opportunities for harm reduction?

**Capability**
- Physical
- Psychological

**Motivation**
- Automatic
- Reflective

**Opportunity**
- Physical
- Social

**Behaviour**

COM-B
Michie et al., 2011
Implementation Science
Exploring the uptake and use of e-cigarettes offered to adults accessing homeless services: a feasibility study
Thank you

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